

# The Rain Technique

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THE RAIN TECHNIQUE IS A USEFUL TOOL THAT CAN BE USED TO NAVIGATE MOMENTS THAT REQUIRE MINDFULNESS AND SELF-COMPASSION. THESE MOMENTS CAN ARISE IN CONFLICT WITH OTHERS, IN FRUSTRATION OF LIFE SITUATIONS, AND WHEN FEELING EMOTIONALLY OVERWHELMED.

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**RECOGNIZE WHAT'S GOING ON. CONSCIOUSLY ACKNOWLEDGE THOUGHTS, FEELINGS, AND EMOTIONS THAT ARE AFFECTING YOU.**

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**ALLOW THE EXPERIENCE TO BE THERE, JUST AS IT IS. WHEN WE FEEL UNCOMFORTABLE EMOTIONS, WE TYPICALLY TRY TO PUSH THEM AWAY OR ATTACH THEM TO SOMEONE ELSE. ALLOW YOURSELF TO JUST BE IN THIS PLACE.**

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**INVESTIGATE WITH KINDNESS. BEGIN BY ASKING YOURSELF HONEST QUESTIONS ABOUT THE SITUATION AND YOUR EMOTIONS. QUESTIONS LIKE - WHAT DO I THINK CAUSED THIS REACTION? WHERE DID THESE FEELINGS COME FROM? DO THEY NEED MORE OR LESS ATTENTION?**

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**NATURAL AWARENESS, WHICH COMES FROM NOT IDENTIFYING OR ALLOWING THIS EXPERIENCE TO DEFINE YOU. YOU ARE NOT BOUND TO THE EMOTIONS, SENSATIONS, OR STORIES FROM WITHIN THIS EXPERIENCE. YOU ARE FREE TO BE YOU!**