

RAIN

R- **recognize** where you feel it in your body. Recognize what sensations you are feeling?

A- **allow** it to be there, do not try to fix it or soothe it, notice your breath as you allow it to be there.

I- **investigate** have you felt this before, is it new, is it old, where is this coming from?

N- **nurture** what would be nurturing for this, what could help you soothe this?