

REAL EYES REALIZE "RAIN Helps with Emotional Regulation"

Tool Description – Tell Us More ...

REAL Eyes Realize the importance of processes difficult, triggering emotions, or at the very least, having a strategy for emotional regulation. The **RAIN** practice is helpful for just this action.

Consider This ... RAIN stands for:

R – Recognize (name your feelings)

A – Allow (make space without the desire to get rid of tough emotions)

I – Investigate (be willing to contact what's inside)

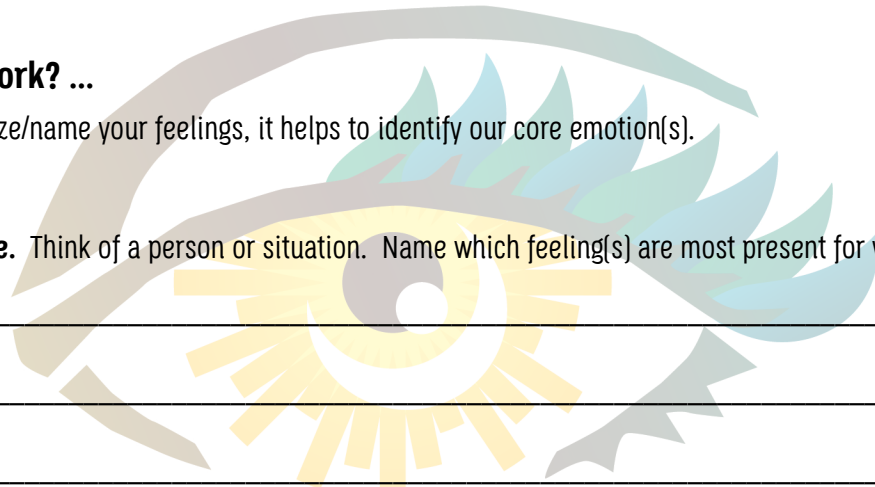
N – Nurture (bring in kindness; to self and others)

How Does It Work? ...

In order to recognize/name your feelings, it helps to identify our core emotion(s).

Step 1: Recognize. Think of a person or situation. Name which feeling(s) are most present for you.

Step 2: Allow. Practice deep and mindful breathing and relax your body and mind as best as possible. Place your hands over your heart. Where do you feel the sensation(s) most in your body? How can you give yourself permission to feel fully what is presenting itself to you?



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Step 3: Investigate. Journal or ask yourself questions such as:

What I see / feel is ...

It feels this way because ...

Step 4: Nurture. Ask yourself and provide what you need for self-care and compassion, and what, if anything, to provide care/compassion to others:

What would be most healing? Right now?

