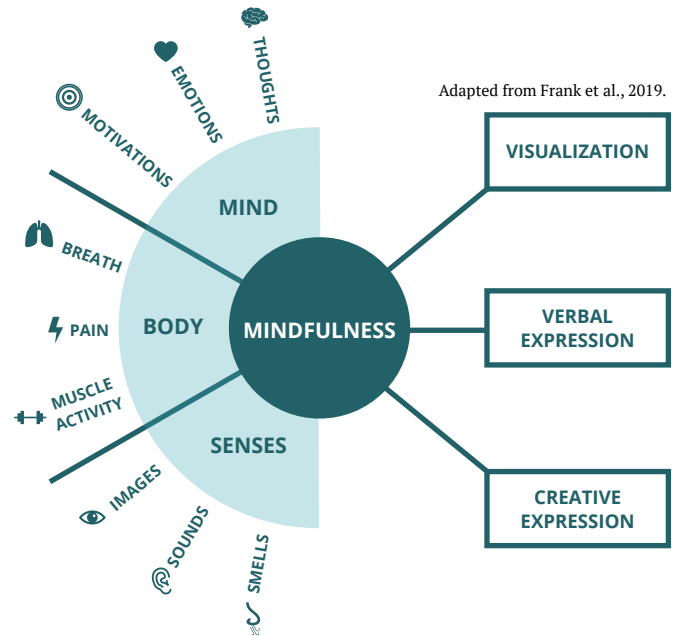


# The RAIN mindfulness framework

Distractions are all around us, but those that come from inside can sometimes have the biggest draw. This is fine if you want to daydream but if you're trying to get work done, this can be a real problem.

Daily experiences can leave us feeling strong, negative emotions that influence all of our later interactions if we don't take steps to regulate them when they happen.

The framework below (Brach, 2017) can help you put your most difficult distractions into a compartment so you can better pay attention to what's in front of you afterwards.



<p><b>R</b></p> <p><b>RECOGNIZE</b></p> <p>Notice that you are experiencing something. Name it for what it is.</p> <p><i>Feelings: "I'm irritated with my daughter."</i>  <i>Sensations: "My body is tense."</i>  <i>Desires: "I want to cry."</i></p>	<p>What do you <i>recognize</i> that you are feeling? Name it.</p>
<p><b>A</b></p> <p><b>ACCEPT</b></p> <p>Whatever the feeling is, accept it. Allow it to exist without trying to change it in any way.</p>	<p>What will help you <i>accept</i> this feeling? What do you need?</p>
<p><b>I</b></p> <p><b>INVESTIGATE</b></p> <p>Explore the feeling. Look for nuances and try to describe them.</p> <p><i>"There's anger, but there's also some hurt in there, and a little bit of guilt."</i></p>	<p><i>Investigate</i> this feeling. Try to describe it in detail.</p>
<p><b>N</b></p> <p><b>NURTURE</b></p> <p>Disentangle yourself from the feeling. You are not your emotions. This is just a transitory experience you are having.</p>	<p>How can you <i>nurture</i> yourself and give this feeling space?</p>