



MY DAILY PLEDGE

RAIN Technique

The RAIN technique, developed by Dr. Tara Brach, involves Recognizing difficult emotions, Allowing them to be present, Investigating with mindfulness, and Nurturing oneself, serving as a compassionate and effective tool for managing and transforming challenging emotional experiences.

R (Recognize)

Recognize the core of what is troubling you. Ask the self-reflection question, "What's going on inside me?" This phase requires a stance of curiosity, courage and persistence

A (Allow)

Allow yourself to experience your thoughts, emotions and sensations without resisting or distracting from those emotions. This phase requires a willingness to be vulnerable

I (Investigate)

Investigate your emotions and thoughts with self-kindness. "What does this thought or emotion REALLY want from me? What is it trying to tell me? What is the real reason I'm experiencing this emotion?"

N (Nurture)

Nurture yourself by offering self-compassion and care. This step involves bringing kindness and understanding to the emotions, providing comfort and reassurance. It may involve positive affirmations or actions that promote a sense of wellbeing.

This is one of the techniques that help you regulate your emotions and enhance your overall wellbeing and personal resilience. Do not hesitate to book a 20-minute free consultation call with Rima by going to this link: <https://www.upbyrimahilal.com/contact-me>