



A Clinician's Guide to Teaching Mindfulness

RAIN acronym – working with difficulties - Worksheet

RAIN

- R – Recognize what is happening
- A - Allow life to be just as it is
- I – Investigate with kindness
- N – Non identification

1. Recognize what is happening

Focus on what is happening in your body: what kind of sensations or emotions? In your thoughts?

2. Allow life to be just as it is

To allow what is happening can be hard. Experiment with using the word “Yes.” Or “This, too...” to soften. What happens?

3. Investigate with kindness

You might want to ask the questions: “What most wants attention?” “How am I experiencing this in my body?” or “What am I believing?” or “What does this feeling want from me?”

4. Non-Identification

Allowing the experience to be as it is but don't make it who you are. For example, instead of saying “I'm really anxious.”, try phrasing it into “There is a lot of anxiety here.” This helps to de-identify but to still acknowledge the fact. This is here, but not who you are. Write down your challenging emotion or sensation:
