

RAIN + LAS - A Mindfulness Experience

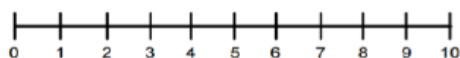
- R – Recognize what is happening
- A - Allow life to be just as it is
- I – Investigate with kindness
- N – Non identification
- L – Learning, what is the emotion trying to tell you?
- A – Action, what next? Strength

1. Recognize what is happening

Focus on what is happening in your body: name the emotion.

Rate it on a scale of intensity from 1 - 10.

Before



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? Remember - it does not mean you accept it beyond this moment.

3. Investigate with Interest

You might want to ask the questions with curiosity and kindness: “How am I experiencing this in my body?” or “What am I believing?” or “What does this feeling want from me?”

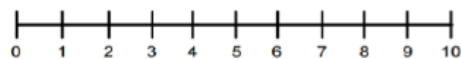
4. Non-Identification

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 deidentify but to still acknowledge the fact. This is here, but not who you are. Write down your challenging emotion or sensation in this new way below:

Now rate the emotion on a scale of 1-10 again.

Notice "how is it different?"

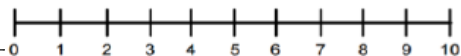
After



5. What is the Learning?

6. What Action (if any) would be good at this time?

After



7. What Strength (core value, character, talent) will you use to make this learning and action easy and powerful? How specifically?