
Managing Your
Upsetting Thoughts

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The R.A.I.N. Technique

Our minds are very creative. Sometimes we create happy thoughts and sometimes we create upsetting thoughts. If we feel that upsetting thoughts outweigh the happy ones let's be gentle with ourselves and use the R.A.I.N. technique. This tool can help you learn to notice your thoughts with kindness and accept them as they are.

This is a simple practice

R = Recognize the thought you are experiencing and name it.

A = Allow it to be there, just as it is. It might be uncomfortable or unpleasant, but it will pass.

I = Investigate the thought with kindness. How does it feel in your body? Where do you feeling it most in your body? How does it make you feel?

N = Non-identification means the thought is not who you are because it goes away with time. You may be feeling bad, but *you* are not bad.

When you have upsetting thoughts, you might need to go through the whole R.A.I.N process to work through them. Maybe you will only need to do one or two steps. The more you practice, the more skilled you will be at understanding what you need to do to manage your thoughts.

You might do some additional reflection like:

- [ ] Take a few deep breaths.
- [ ] Repeatedly labeling the thought as "not you" in your mind to reduce the intensity.
- [ ] Take a time out.
- [ ] Ground yourself by slowly walk and pay attention to the sensations on the soles of your feet.
- [ ] Ground yourself by connecting with your 5 senses (see, hear, smell, touch, taste), allowing yourself to calm down.

Next consider a thought that may be truer than this thought?

MF
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