Think about a challenging experience going on now or recently in your life. Take a moment to write down reflections as you work through the RAIN method.

**RECOGNIZE** what thoughts, feelings, or behaviors are present for you right now:

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**ALLOW** whatever comes up to just be there. What’s it like to do that?

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**INVESTIGATE** what these thoughts, feelings, and behaviors might be trying to say:

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**NON-IDENTIFICATION** means we are more than this experience. Who else am I?

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________
The Distress Cycle

1. Some event triggers a strong negative feeling inside us.

2. We hate this feeling and want it to go away!

3. So we do something impulsive to alleviate the feeling quickly.

4. We feel better, at least temporarily, which reinforces the behavior.

The temporary effects (#3) wear off. Now we feel WORSE than ever because: (A) the original problem still exists and (B) we feel bad about (#3) and its impact.