



RAIN; A practice of radical compassion by Tara Brach

The acronym **RAIN** – Recognize, Allow, Investigate, Nurture – guides us in bringing mindfulness and compassion to difficult emotions.

A practice of self-regulation that will, in turn, benefit our children.

1. **Recognize** what is going on in you – To Recognize is simply pausing to acknowledge your thoughts, feelings, and behaviors.
2. **Allow** the experience to be there, just as it is – To allow means letting your thoughts, emotions, and behaviors simply be, without trying to fix or avoid them, using phrases like 'it's okay' or 'this belongs
3. **Investigate** with interest and care; be curious about yourself and your child – To investigate means being curious and ask yourself questions about what's happening for you and your child.
4. **Nurture** with self-compassion – Self-compassion is treating yourself with kindness, understanding, and patience during difficult times, rather than being harsh or self-critical.

