

The RAIN Dance

Instead of having an adversarial relationship with emotions, it is better to dance with them.

This handout aims to provide a structured approach to understanding and addressing emotional distress. By guiding one through the process of Recognizing, Allowing, Inquiring into, and Nurturing emotions, it outlines the skills necessary to not only manage emotional distress, but also foster self-compassion, acceptance, and resilience in day-to-day life.

R

Recognize your emotions and their physical manifestations

A

Allow your emotions to exist instead of judging them

I

Inquire while adopting a stance of humility and curiosity

N

Nurture your emotions through self-soothing and self-care with coping skills