

## Living in the Moment: Using the RAIN technique

The next time you feel nervous, worried or scared use the following technique.



**Recognise.** What are thoughts, feelings or emotions you are having?

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**Allow.** Let these emotions be present, don't try to stop or change them

**Investigate.** What is the cause of these thoughts, emotions or feelings? \_\_\_\_\_

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**Non-Identification.** List things that tell you that these thoughts and feels are incorrect. What can you see, hear, feel, touch around you that will tell you that these are just thoughts and they do not define who you are or what is happening in the current moment? \_\_\_\_\_

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