



WALK IN THE R.A.I.N.



W *IT'S A BEHAVIOR*

RECOGNIZE THE EMOTION you are experiencing and name it. "I feel ___." Is it Anger? Sadness? Joy? Jealousy? The more specific the better. Use the Noble One Feelings Chart to identify it.

ACCEPT THE EMOTION and allow yourself to feel it. Don't fight it. Don't push it down. Imagine you are in a rainstorm and the emotions are the rain drops. The rain will stop, and the emotions will be washed away.

INVESTIGATE and approach the feelings with curiosity. Stay away from the "story" that triggered the emotion and stick with trying to understand what it is like for you to feel these feelings.

NURTURE yourself. Start by self-validating. "Given all that has happened, it makes sense that I feel this way." Given your history, given the morning you had, given what just happened, it makes sense that right now you are having this emotion. Be compassionate and speak to yourself the way you would speak to someone that you love. What would you say to a best friend? "I love you. I am sorry this happened. This must be difficult for you. You will get through this. I am always here for you."

"SOME PEOPLE WALK IN THE RAIN, OTHERS JUST GET WET"

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