



## How to Stay Calm: The RAIN Method

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*"The more tranquil a man becomes, the greater is his success, his influence, his power for good. Calmness of mind is one of the beautiful jewels of wisdom."  
~ James Allen*

We have all come across the person, or else we are the person, who flies off the handle and reacts, often in an angry, stupid or violent manner. And then afterwards, on realising what a dumb thing it was, regrets the action. Whether you call it reactive, impulsive, reckless or just plain silly behaviour, it is not helpful in just about every situation. The good news is that you can learn to stay calm.

In this newsletter I am going to introduce the RAIN method

### RAIN METHOD

The RAIN method takes its name from the initial letters of the four steps in the process and draws from the fields of mindfulness and emotional intelligence.

***R = Recognition of what you are experiencing.***

***A = Acceptance of your emotions***

***I = Investigation of your thoughts and emotions with compassion***

***N = Non-identification with your thoughts and emotions.***



### **Recognition of what you're experiencing**

When you feel in the grip of a strong emotion or trapped in a pattern of thought, the first step is to actually stop and think about what you are experiencing. Describe what you are experiencing. For instance, say, "I am feeling angry". This creates some distance between yourself and your emotions. By getting yourself to recognise and name what you are experiencing you are forced to think before you react.

### **Acceptance of your emotions**

Accepting something doesn't mean liking it. It means you accept that this is what is going on right now. Acceptance also means you are not trying to suppress, ignore or change the emotion or thought you are experiencing. To accept your feeling or thought, you may need to tell yourself, "I accept that I am furious and that this is happening". By accepting what is going on we can actually reduce our suffering (which is something that is part of Acceptance and Commitment Therapy (ACT)). So even though you may not like what is going on, try and not fight reality. Fighting it is not going to change it and usually prolongs your distress about the situation.

### **Investigation of your thoughts and emotions with compassion**

Having recognised and accepted your current emotional state, the third step is to take a look at what is going on with you and anyone else involved. With compassion means you try and understand what was going on in the minds of yourself and other people involved. You try and understand the situation from the perspectives of each of the parties involved including yourself. Investigation is not to judge or change the emotion or thought, it is to look into it with compassion and understanding. What is going on around you? Why are you having the thoughts and emotions you are having? Do you often think or feel this way? Why do you feel or think this way? What have you learned through trying to understand how you are thinking and feeling right now.

### **Non-identification with thoughts and emotions**

This step is about not taking things personally. Don't get too personally involved with what is happening. Try and observe your thoughts and emotions as if they were outside of you. Realize that you are not your thoughts and feelings. You are the awareness that is there underneath every thought and feeling. Don't fuse yourself with your thoughts and feelings. Instead of saying, "I am angry", say "I am having those feelings of anger".

All great business people, sports people and artists are calm under pressure. They had to learn to be that way - it wasn't how they started out. To be great they had to learn the skill of remaining calm in all sorts of situations. You can also do it.