R.A.I.N.

A Compassion Practice for Trauma Awareness

by Tara Brach

RECOGNIZE

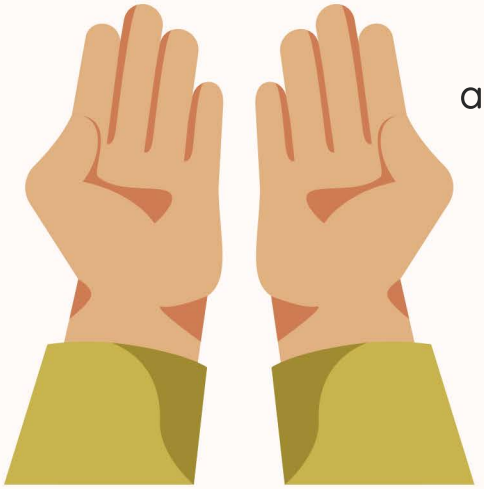
"I'm noticing the trauma response within me."

"Ouch, this is the wound talking."



ALLOW

"Okay... this is the trauma I've carried, and it's showing up now."



"This pain is allowed to be here."

INVESTIGATE

"How is my trauma showing up in my body, thoughts, and beliefs?"

"What does this wounded part need from me right now?"

"What did I not receive back then that I still long for today?"



NURTURE

"I see the trauma response, and I offer care, not judgment."



"I love and support the part of me that went through that."

"I'm here. I'm listening. It wasn't your fault."

The Daily Wellness