

RAIN PRACTISE DIARY WITH EXAMPLE

<i>What was the situation?</i>	<i>R – Recognising What was happening inside me? (body, mind and emotions)</i>	<i>A – Allowing How did I let what’s happening, “Just be”, as it is?</i>	<i>I – Investigating What happened as I looked closer (body, mind and emotions)</i>	<i>N – Natural Awareness What happened next, as you opened your awareness?</i>
I gave my partner something to proof read, she returned it with so many corrections.	I felt anger. I started thinking, “I only asked for your impression, not to rewrite it!”	I took notice of my body’s stress. Also, I did not banish my feelings	Despite my feeling hurt, I realised she spent a lot of time looking at this just to help me	I could now see, that with her suggestions, the writing was greatly improved

