



The RAIN Method

Your Guide to Calming the Storm

Feeling overwhelmed by emotions? The RAIN Method is your go-to tool to stop unhelpful stories from running the show and instead, find peace. Emotions aren't good or bad—it's what we do with them that matters. Here's how to use RAIN to calm those emotional storms.

R - Realize It Isn't True

Quick Action: Pause and say aloud, "This story isn't the truth—it's just fear talking."

When emotions that don't serve you take over, pause and recognize: the story in your head isn't reality. That spiral about your partner leaving forever or your life falling apart? It's fear talking, not truth. Take a deep breath and remind yourself: this isn't the full picture.

A - Allow Yourself to Feel

Quick Action: Locate the emotion in your body—name where you feel it (e.g., "My chest feels tight").

Give yourself permission to feel the pain—let it be raw and real. Don't bolt or numb out. Sit with the ache, even if it feels like it might break you. Focus on the physical sensation: Where is it in your body? A tight chest, a knotted stomach? Does it have a color or texture? Stay present—emotions pass in *just 90 seconds when you don't feed them with stories*.

I - Investigate the Message

Quick Action: Ask your emotion, "What are you trying to tell me right now?"

Emotions are messengers, not enemies. Ask: Why are you here? What do I need to know? Do I need more of something in my life—more courage, more rest, more faith? If you sit with the question, open your heart, and listen—without judgment—you'll hear the answer and know how to move forward with clarity.

N - Now Choose Love and Let Go

Quick Action: Take a deep breath and affirm, "I choose love—I'm free to let this go."

Once you've heard the message your emotion came to deliver, thank it and reassure it that you've got this. Then choose love and let go of the thoughts keeping you stuck—they've got no power over you anymore. Take a deep breath, feel love in your heart, and let gratitude fill you for this chance to grow into the wise, powerful woman God created you to be. You're free to choose who you'll become—walking in love, peace, and purpose.