

# Parts Work

**What to do  
when you are triggered**

## **Practice RAIN**

**R**ecognize is to mindfully observe your present moment experience

**A**llow your present moment experience to be here, just as it is, without fighting or resisting it

**I**nvestigate is to be curious about your present moment experience in a nonjudgmental and compassionate way. Ask all of the yous that you've ever been what age goes with this present moment experience and feelings, body sensations, messages/beliefs?

**N**urture what you have discovered about yourself. Nurture this part with kindness, compassion, and understanding. Be curious about this parts' needs and utilize your resources to meet those needs as best you can

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## Journaling about SHAME with the Practice of RAIN

**R**ecognize is to mindfully observe your present moment experience

**A**llow your present moment experience to be here, just as it is, without fighting or resisting it

**I**nvestigate is to be curious about your present moment experience in a nonjudgmental and compassionate way.

**I** Ask all of the yous that you've ever been what age goes with this present moment experience and feelings, body sensations, messages/beliefs? Regarding Shame, ask internally, What do I feel shame for? What do I feel shame about? Does this Shame Belong to me? Is this Shame helpful? Can I let this shame go? If I cannot let this shame go, what might be the barrier? What message or belief goes with this barrier? What age goes with this barrier?

**N**urture what you have discovered about yourself. Nurture this part with kindness, compassion, and understanding. Be curious about this parts' needs and utilize your resources to meet those needs as best you can

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