

Unit 4: The RAIN Method - Removing Obstacles in Real Time

≡ Components	Discussion Forum Reading Video Written Assignment
≡ Duration	30 min
≡ Notes	Recognize, Accept, Investigate, Non-identification. 7-day RAIN journal (mix of long-form + 90-second micro-drills, 100+ words each)
✓ SOU Evidence	<input checked="" type="checkbox"/>
⌚ Section	Module 3
⌘ Status	Not Started
≡ Subsection	Obstacle Removal