

# Day 3: WORK

Turning Toward Your Triggers

## Today's Focus

Triggers are not the enemy - they are messengers. Today, we learn to work with difficult emotions instead of running from them.

## The RAIN Practice

R - Recognize: What am I feeling right now?

A - Allow: Can I let this feeling be here without judgment?

I - Investigate: Where is this in my body? What does it need?

N - Nurture: How can I show myself compassion right now?

## Exercise 1: Practice RAIN

*Think of a recent trigger. Walk through the RAIN practice:*

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## Exercise 2: Your Trigger Map

*What are your triggers trying to tell you? (e.g., 'I'm lonely,' 'I need rest,' 'A boundary was crossed')*

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## Today's Action Step

The next time a craving or difficult emotion arises, pause. Use the RAIN practice before reacting.

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