

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:

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')

Today's Action Step

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