

RAIN JOURNALING

This exercise, adapted from Tara Brach, will help you develop self-acceptance.

RECOGNIZE
WHAT'S GOING
ON

When you are feeling unworthy, pause and acknowledge it.

ALLOW
THOUGHTS
AND FEELINGS

What thoughts and feelings are coming up?

INVESTIGATE
WITH
KINDNESS

What wisdom does the loving presence of the larger energy field have to share?

**NOT-
IDENTIFIED**

How can you remind yourself that you are not identified with your unworthy self?

RESOURCES

for

Further Exploration

Tara Brach, *Radical Self-Acceptance: A Buddhist Guide to Freeing Yourself from Shame*

Tara Brach, *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN*

Brené Brown, *The Gifts of Imperfection: Let Go of Who You Think You are Supposed to be and Embrace Who You Are*

Kristin Neff, *Self-Compassion: The Proven Power of Being Kind to Yourself*

Tami Simon, *The Self-Acceptance Project*

Colin Tipping, *Radical Self-Forgiveness*