

RAIN Self-Compassion Technique for Chronic Pain

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Practice now:

[Mindfulness & Self-Compassion For Chronic Pain](#)

When we're hurting, it's easy to get hard on ourselves, adding judgment and frustration on top of physical pain. Bringing mindful self-compassion is one of the best medicines we can give ourselves. Compassion has a way of softening our nervous system and releasing tension, which is exactly what we need when we're hurting.

The **RAIN technique** is a simple, mindfulness-based practice that helps you respond to pain — both physical and emotional — with awareness and compassion instead of resistance.



R

Recognize

Notice what's happening right now without trying to fix or change it. Questions to ask: "What am I experiencing in my body right now? What thoughts or emotions are here with the pain?"

Why this helps: Recognition stops the fight against your experience and brings you into the present moment.

A

Allow

Allow Let your experience be here without pushing it away or making it wrong. Questions to ask: "Can I let this pain be here for now? What would it feel like to stop fighting against this?"

Why this helps: Allowing reduces the extra suffering that comes from resisting what's already happening.

I

Investigate

Get curious about your experience with kindness, like a caring friend would. Questions to ask: "What does this pain need right now? What would feel supportive? How can I be gentle with myself in this moment?"

Why this helps: Kind curiosity helps you respond to pain rather than react to it, often revealing what would actually help.

N

Nurture

Offer yourself the same compassion you'd give to a good friend who was hurting. Questions to ask: "What would I say to a friend going through this? How can I comfort myself right now? What does my body need?"

Why this helps: Self-compassion activates your nervous system's soothing response, which can naturally reduce pain and tension.

Remember: RAIN isn't about making the pain go away - it's about changing your relationship with it so you're not fighting a battle on two fronts.