RAIN Method

4 Steps for Reducing Fictional Fear

An easy-to-remember framework to deal with everyday fear: Recognize, Assign, Identify, and Navigate.

Fear can be initially divided into two buckets: **factual** and **fictional**. Factual fear is in the moment, actual physical threats to your survival or those you care for. **Fictional fear** is the response we have to everything else that “stresses” us out.

1

RECOGNIZE

In this first step, take a moment to acknowledge and name the physical aspects you experience when entering a state of fear arousal. Your tells could include any of the below:

Racing Heart

Dry Mouth

Foggy Thinking

Faster Breathing

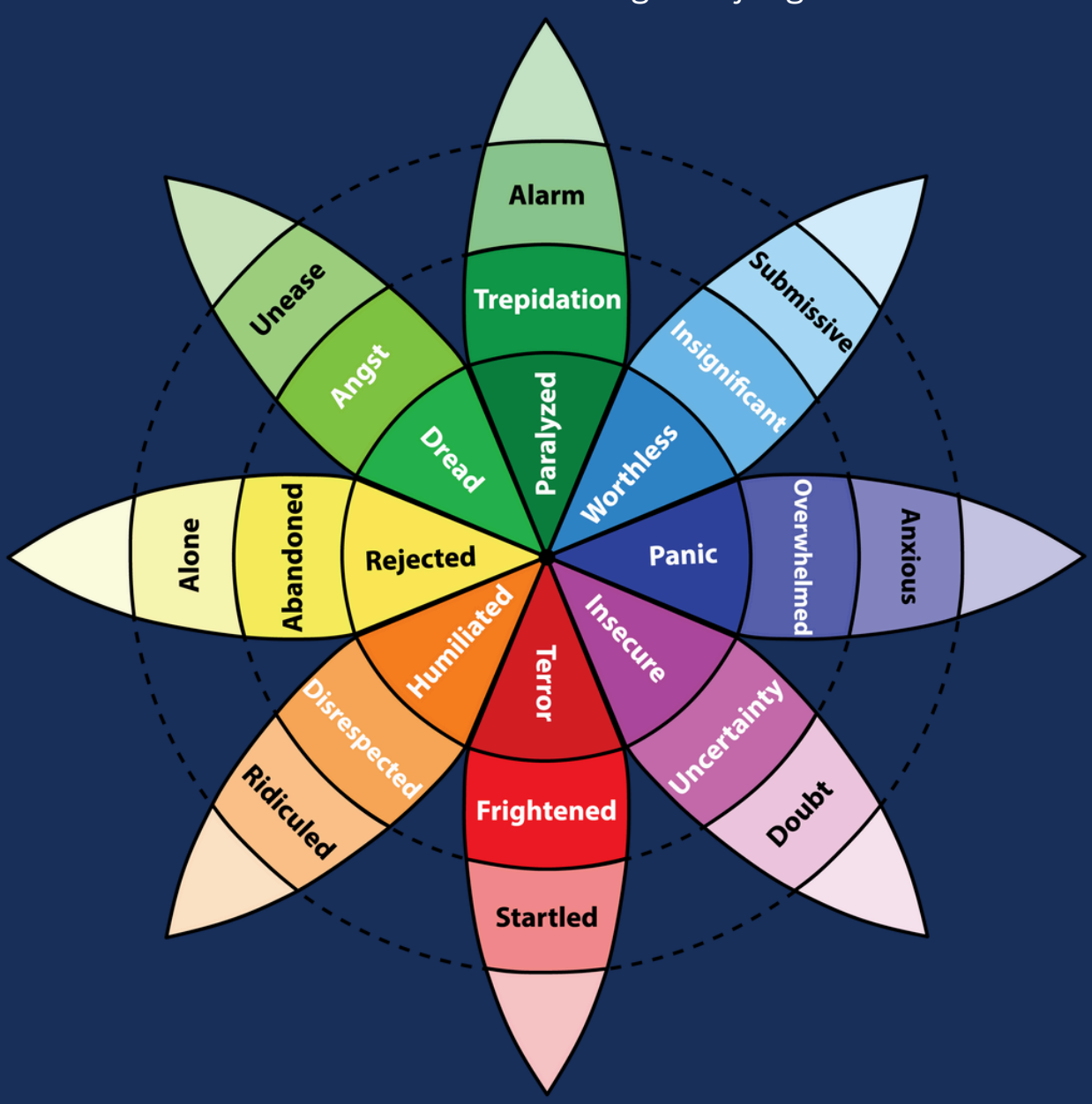
Sweaty/Clammy Skin

Digestive Issues

2

ASSIGN

Now assign a name to the emotion that has emerged in response to a particular trigger. Use the Fear Wheel to assign and then allow that emotion to exist without negative judgment.



3

IDENTIFY

Look deeper into your fear by asking yourself where it comes from. By investigating the root of our fearful thoughts, we can derail the discomfort. This can be sorted into two fundamental groups:

Fear of **NOT ENOUGH**

OR

Fear of **LOSING CONTROL**

4

NAVIGATE

Once you've recognized, assigned, and identified your fears, it's important to then practice maneuvering through the discomfort they cause. Try navigating through the feeling using any of your favorite tools or techniques, like box breathing.

Learn more about the RAIN Method in Chapter 8 of Brave New You

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