RAIN Method

4 Steps for Reducing Fictional Fear

an easy to remember framework to master everyday stress & fear

Recognize, Assign, Identify, and Navigate

Fear can be initially divided into two categories:
Factual + **Fictional**
Factual Fear = In the moment, physical threats to survival.
Fictional Fear = Our response to everything else that "stresses" us out & keeps us awake at night.

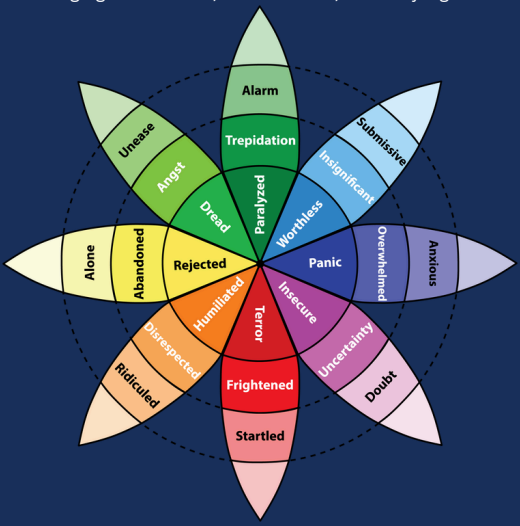
1 RECOGNIZE

Pause and tune in. Notice how your body signals fear.
Your personal "tells" might include any of the following:

- Racing Heart
- Dry Mouth
- Foggy Thinking
- Faster Breathing
- Sweaty/Clammy Skin
- Digestive Issues

2 ASSIGN

Use the Fear Wheel to identify a single word for the emotion you're feeling right now. Then, let it be there, without judgment.



3

IDENTIFY

Look beneath the word you just assigned to what you're feeling right now. Which one of these two categories does that root cause fit into?

Fear of **NOT ENOUGH**

OR

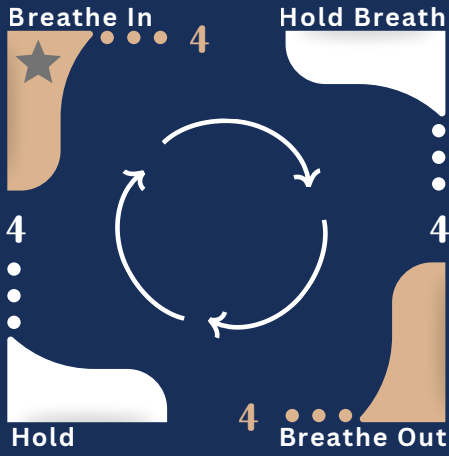
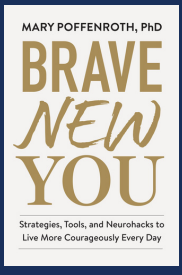
Fear of **LOSING CONTROL**

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 sensation using any of your favorite neurohacks, or one trusted by me and the Navy SEALs: Box Breathing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