

# Building the Change Trail Map

*A Mindfulness-Based Ecotherapy SUD Worksheet*

## Stage of Change: Preparation

**Purpose:** To turn intentions into structured, actionable goals using a “trail map” metaphor. Just as a hiker studies trail signs and switchbacks, this worksheet helps you plan for obstacles, measure progress, and stay on course.

### Part 1: Define Your Trail - Specific Behavior Goal

Clearly describe the behavior you want to change or strengthen. Example: “Reduce alcohol use to zero drinks per week” or “Pause and journal when urges arise.”

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### Measurable Markers

How will you know you’re making progress? Include concrete, observable indicators that can be measured. Example: “Track urges daily in a log” or “Attend 2 support meetings per week.”

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## Part 2: Anticipate Obstacles

### Internal Obstacles

Identify thoughts, emotions, or urges that might get in the way. Example: “Feeling anxious after work,” “Craving as a stress relief,” “Self-doubt.”

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## External Obstacles

Identify environmental or social triggers. Example: “Parties or social gatherings,” “Friends who use substances,” “Stressful deadlines.”

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## Part 3: Plan Coping Strategies

List specific strategies to navigate obstacles while staying on track. Example: “Call a supportive friend when craving hits,” “Take a mindful walk outdoors,” “Use urge-surfing techniques.”

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## Part 4: Trail Map Reflection (Outdoor Metaphor)

Imagine your recovery path like a hiking trail. Some sections are steep, some are flat. There are switchbacks, not straight lines.

Consider:

Where might the trail curve? Where might you need rest or redirection?

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How does this perspective shift your expectations for progress?

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## Closing Reminder

Progress is not a straight line. Just like hiking a trail, persistence, awareness, and flexibility will help you reach your destination. Use this map as a guide, adjusting as needed, while keeping your values and goals in focus.