

Noticing the Landscape: Awareness Without Pressure

A Mindfulness-Based Ecotherapy SUD Worksheet

Stage of Change: Precontemplation

Purpose:

To increase awareness of how substance use or compulsive behavior fits into your life ecosystem without pressure to change. This is about noticing patterns, not making promises.

Part 1: Mapping Your Daily Terrain

Imagine your typical day as a landscape that you're hiking through. There are routines, stops, stress points, and places of rest.

Briefly outline a typical weekday from waking to sleeping:

Morning: _____

Midday: _____

Afternoon: _____

Evening: _____

Night: _____

Where does substance use or the behavior typically occur within this "terrain"?

(Time, location, situation)

Time(s):

Location(s):

Situation(s):

What usually happens just before it?
(Events, interactions, thoughts, feelings)

Events:

Interactions:

Thoughts:

Feelings:

What usually happens after?

Notice patterns without evaluating them as good or bad. Write any patterns you see in the space below.

Part 2: Emotional Climate Check

Just as weather shifts, emotional climates change throughout the day. What emotional “weather” is most common before the behavior?

(Boredom, stress, loneliness, excitement, resentment, relief, etc.)

What emotional climate follows the behavior?

Are there particular emotional “storms” or “droughts” that increase the likelihood of use? If so, what are they? What’s the first sign that a “storm” is brewing for you?

Are there emotional conditions where use is less likely? If so, what are they and how can you have those conditions more often in your life?

Remember: This is not about blaming, shaming, or guilt-tripping yourself.

It is about observing your own internal climate patterns.

Part 3: Natural Cycles Reflection (Outdoor Recommended)

If possible, step outside for 3–5 minutes.

Notice one natural cycle:

- Day shifting toward night
- Tides moving in or out
- Wind rising and settling
- Seasonal changes
- Light and shadow

What cycle do you observe?

What stands out about how this cycle unfolds?
(Gradual? Predictable? Rhythmic? Uncontrollable?)

In what ways does your own behavior follow cycles or rhythms?

In what ways are your own behaviors different from the natural cycles you just observed?

What patterns repeat over time?

Remember: No fixing anything right now. Just noticing for now.

Part 4: Ecosystem Reflection

Every ecosystem has inputs and outputs. Observe your behavior when you use substances.

What does this behavior provide? (Relief, connection, distraction, stimulation, escape)

What does it cost? (Energy, money, relationships, health, time)

If your life were an ecosystem, where would this behavior fit?

(Central? Peripheral? Increasing? Decreasing? Stable?)

Closing Reflection

You are not being asked to commit to change today. Awareness precedes action. Observation creates space. Today, you're just gathering information. Like studying a landscape before choosing a path, this step simply helps you see the terrain more clearly.