

# Values Clarification in the Wild

*A Mindfulness-Based Ecotherapy SUD Worksheet*

## Stage: Contemplation → Preparation

**Purpose:** To help you identify your core values and see how your current behaviors align or conflict with them, using nature as a grounding metaphor.

### Instructions:

Take a walk outdoors. Notice what draws your attention or feels “alive” in the environment. Complete the following prompts.

### Prompts:

What in nature catches your attention and feels meaningful or resonant?

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Which personal qualities or behaviors do you most want to nurture in yourself?

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What personal values are important in your life?

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How does your substance use or compulsive behavior support or conflict with these values?

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