

Check the Facts with Mindfulness-Based Ecotherapy

Name: _____ Date: _____

This worksheet blends DBT’s “Check the Facts” skill with Mindfulness-Based Ecotherapy (MBE) principles, helping you ground emotional reactions in both reality and nature’s wisdom.

Purpose

To examine whether your emotional response fits the facts of the situation while reconnecting with the natural world to restore balance and clarity.

Step 1: Identify the Emotion

What emotion are you feeling right now? _____

How strong is it (0–10 – circle one)? 0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

What physical sensations accompany it?

Pause. Notice your surroundings. Pay attention to the environment through all your senses: The air, the light, the sounds, the aromas, the textures. Let nature anchor you before moving on.

Step 2: Describe the Situation

What happened that triggered this emotion?

Who was involved?

What thoughts or interpretations arose?

Imagine the event as a ripple in a pond. Observe it without judgment. Just notice how far it spreads. If you are lucky enough to be outdoors near a body of water, it may help to drop a pebble and watch the ripples spread while making this observation.

Step 3: Check the Facts

Ask yourself:

What are the objective facts of the situation?

What assumptions or interpretations might I be adding?

Is there evidence supporting my emotional reaction? If so, what?

Could there be alternative explanations? If so, what?

Ground yourself: touch the earth, a leaf, or a stone. Feel the steadiness beneath your thoughts. If you can't go outside right now, that's okay. Just imagine being outdoors in a place that is grounding.

Step 4: Fit the Facts

Does my emotion fit the facts?

- If yes → Problem-solve or act mindfully.
- If no → Use Opposite Action (act opposite to the emotional urge).

Visualize roots beneath you, like a tree. Picture yourself as strong, flexible, and adapting to the soil of truth.

Step 5: Mindful Integration

What does nature teach me about this emotion?

How can I respond with balance, like the ecosystem (nature) adjusting to change?

What action aligns with both truth and compassion?

Take three slow breaths, imagining yourself exhaling tension into the wind and inhaling clarity from the earth.

Reflection

What did I learn about my emotional patterns?

How did connecting with nature shift my perspective?

What truth feels most grounded now?

End by noticing something alive around you, whether a plant, bird, a breeze, or something else, and let it remind you that change is natural, and balance is possible.