

# Cope Ahead with Mindfulness-Based Ecotherapy

Name: \_\_\_\_\_ Date: \_\_\_\_\_

This worksheet helps you prepare for difficult situations by mentally rehearsing effective coping strategies while grounding yourself in the stabilizing presence of the natural world.

## Part 1: Identify the Upcoming Situation

Describe the situation you expect will be challenging.

What is happening?

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When it will occur?

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Who is involved?

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Why may it be difficult?

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Pause and take a moment to observe your environment. Notice the temperature, the quality of light, or the nearest natural sound. Explore the environment with all your senses. Let this sensory awareness steady you before moving on.

## Part 2: Identify Likely Emotions and Urges

List the emotions you expect to feel.

Primary emotion: \_\_\_\_\_

Secondary emotion: \_\_\_\_\_

What urges or impulses might arise?

- Avoidance
- Anger
- Withdrawal
- People-pleasing
- Self-criticism'
- Other (describe below)

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Imagine these emotions as weather patterns. They may be strong, but they pass. You may wish to imagine strong emotions as dark clouds. See them in your mind as they slowly evaporate in the sunlight.

## Part 3: Choose Your Coping Skills

List the DBT skills you plan to use during the situation. Examples include:

- Wise Mind
- Self-soothing
- Opposite Action
- Check the Facts
- Grounding through the senses
- Mindful breathing

Now integrate nature-based supports:

Where can you step outside before or after the event?

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What natural object can you carry (stone, leaf, wood) as a focal point to keep you rooted in the present moment in being mode?

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What sensory anchor from nature helps you regulate (wind, water, birdsong)?

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## Part 4: Visualize the Situation

Walk yourself through the event step by step.

1. Imagine entering the situation.
2. Notice the first signs of stress.
3. Picture yourself using your chosen skills.
4. See yourself staying grounded, steady, and capable.
5. Imagine the situation ending and you walking away with clarity.

To deepen the visualization, imagine you are rooted like a tree. Even if the wind rises, your foundation holds.

## Part 5: Rehearse the Coping Strategy

Write out or speak aloud the exact steps you will take.

If I feel overwhelmed, I will...

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If I feel angry, I will...

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If I feel anxious, I will...

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If I feel the urge to avoid, I will...

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Include a nature-based action:

- Step outside for one minute
- Touch a grounding object
- Visualize a calm natural place
- Match your breath to the rhythm of waves or wind

## Part 6: After the Situation

Plan how you will care for yourself afterward.

What grounding practice will you use?

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What natural space can you visit?

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What reflection or journaling will help you integrate the experience?

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Nature teaches recovery. Even after storms, ecosystems restore themselves through small, steady processes. You can do the same.

## Reflection

What strengths did you rely on?

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How did nature support your resilience?

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What did you learn about your ability to prepare and cope?

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