

ABC in Nature: Activating Event – Belief – Consequence

A Mindfulness-Based Ecotherapy Worksheet

Stage of Change: Action

Purpose: To notice the connection between triggers, beliefs, and responses, practice cognitive restructuring, and integrate real-time awareness through nature observation.

Part 1: Identifying the ABC

A – Activating Event / Trigger

Describe a recent event that triggered unhelpful behavior.

B – Belief / Thought

What thoughts or beliefs arose in response to this event? Include both conscious and subtle thoughts or beliefs. Consider assumptions, self-talk, or interpretations.

C – Emotional / Behavioral Consequence

What feelings, bodily sensations, or behaviors followed?

Rate intensity of emotion (circle one):

0 – 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

Part 2: Disputing Irrational Beliefs

Identify any beliefs that might be unhelpful, distorted, or exaggerated.

Reframe or challenge the belief using a realistic, values-aligned perspective. Example: “This feeling or thought will pass; I can act according to my values instead.”

Part 3: Outdoor / Nature Reflection

Spend 3–5 minutes outdoors (or visualize a natural scene).

Observe:

- How shadow changes perception of a tree or landscape
- How perspective shifts when you move or look from a different angle

Reflection prompts:

How does changing perspective in this way alter your interpretation of the triggering event?

What new insight arises when you notice the event from multiple angles?

Part 4: Action Planning

Name one small, concrete behavior or action you can take next time a similar trigger occurs:

Optional mindfulness anchor: Choose a sensory cue in nature (sound, texture, light) to bring you back to present when triggered. List it here:

Closing Reminder

Thoughts are not commands. They are just things your brain does. You don't have to respond or react to them in any way if you choose not to. Just as shadows shift with the sun, your perspective on events can change.

Observing, disputing, and responding flexibly strengthens real-time coping and supports real change over time.