

Introduction

This journal was designed as a tool for psychedelic integration - to help you better understand your whole self response to psychedelic use. Inside Integration will work with you over time to evaluate what substance, dose, and methods work best for you, as well as support integrating the benefits of psychedelic use into your life, providing tools for overall wellness.

If you are looking for a magic pill to cure your woes- you will not find it with psychedelics. In the words of Dennis McKenna, “psychedelics are catalysts, they can help us wake up, but then, it’s up to us to wise up.”

Psychedelics come in a variety of forms, and the type and delivery method can impart dramatically different effects. Furthermore, each person's body and reaction to psychedelics is slightly different. Finding what works best for you to support your intention in using psychedelics can sometimes be a challenge. This journal contains tools and information to help you understand what makes each psychedelic experience different and allows you to easily document your own reactions, enabling you to refine your therapy and discover what might work best for you.

The information in this journal is not intended to replace a one on one relationship with a qualified healthcare professional and is not intended as medical advice. Please consult a medical professional before making any decisions regarding your use of psychedelic substances. Be sure to follow all local and federal laws surrounding psychedelic use.

No part of this journal may be reproduced in any form without the written permission from the creator. Every effort has been made to ensure accuracy in content.

Blessings on your journey.

Instructions

How to use this journal

This Journal is your travel companion on your journey with psychedelics. Whether you are an experienced psychonaut or preparing for your first voyage, whether you are microdosing or hero's dosing, whether you have 30 seconds or 30 minutes, this journal is here to support your reflections on your experience.

Date

This one is obvious. Don't overthink things. You can track the date of each journal entry, whether you are tripping or not. Self awareness is a skill beneficial to develop regardless of psychedelic use.

Medicine

Keep track of what you're taking, and how much. You can write the contact information of where you got it from in the front of this journal. If today is a non-dose day, indicate with an "X"

Location

This is your Set & Setting. Are you at a concert or on the couch? Be sure to indicate whether you are with others or by yourself. Remember, if you are alone, you have your ground crew and resource numbers in the front of this journal.

Daily Self Assessment

Awareness of positive emotions: What made you smile today? Did someone or something "fill your cup"? Did you engage in any helpful acts, towards yourself or others? Remember that feeling and write it here.

Awareness of difficult emotions: Was there something hard to handle today? Was there anything harmful about your actions, towards yourself or others? Remember it's not always helpful to label difficult emotions as bad ones, maybe it just took a little extra work to navigate how it really made you feel. Find some compassion for yourself here.

Social Interactions: How did it feel interacting in the world and being social today? Was the Barista nice? Were you exhausted by that phone call? Did you laugh with the pizza delivery guy? Even the smallest interactions can have a big impact on our day.

Relationships: They say we are like the 5 people we spend the most time with. Who are your closest relationships with? How did you contribute to them today or how did they show up for you?

Self Care/Self Love: What did you do to love yourself today? Mirror pep talk? Bubble bath? An extra snooze cycle? Maybe just some loving and kind words that you can write down here.

Nutrition: How did you nourish yourself today? Did you drink enough water? Eat your greens? Make a note of the foods that make you feel good vs those that weigh you down.

Passions: What would you walk down the street holding a sign or collecting signatures for? Did you spend time doing what you love today? How does it feel?

Enhancers: Caffeine, Cannabis, Music, Media... what adds a little extra to your day? What does it feel like without these things?

Holistic Review Chart

Fill in the segments with a number from 1-10 to reflect your general satisfaction in these various areas of your life. Naturally these segments are deeply interwoven so we recommend only a brief reflection on each section before going with your gut feeling on it. You will be prompted to repeat this practice as time goes on.

Pre- Flight Check-in

Using a 1-10 scale or similar tracking method of your preference, fill in the space correlating to the above labels, rating them as recommended below.

Energy: How much energy do you have today? Track this regardless of how productive or enjoyable your energy level is. "0" is no energy and "10" is far too much.

Focus: How was your focus today?

Sleep: This represents a combination of how well you slept & how rested you felt throughout the day.

Body Feel: How "in your body" are you feeling? How has your physical body felt today?

Mood: Track your mood as the one factor that reflects how you feel about the various factors above. Maybe you didn't sleep well and had no focus but felt great about your day. Maybe not.

Free Flow

Use this section to write or journal freely about your day. Take notes regarding any observations from your day, particularly in regard to your psychedelic experience and your personal protocol.

Intention:

Whether you are microdosing or heroes dosing, it is important to be intentional with your psychedelic use. We have much more control over the experience than we think. It is not something that happens to us, rather that we are an active participant. Bring your intention to the forefront of your mind, and then gently let it ease into surrender. Intentions can tangle with expectations.

Flight Log

Use this space on your journey to observe your experience. Write about or draw any visuals, note sensations in the body, emotions that come up, and any insights you gleaned at the beginning, middle, and end of your journey.

Landing Space

Use this space as you see fit. Doodle, write, rhyme. Let your creativity have the reins.

Habit Tracker

If you are using psychedelics and/or this workbook to intentionally make changes in your habits, keep track of them here.

Journal

Daily Self Assessment

date	medicine	location

Awareness of positive emotions	Awareness of difficult emotions	Social Interaction	Relationships
Self Care/Self Love	Nutrition	Creativity	Enhancers

Holistic Review



date	medicine	location

Intention:

Experience Tracker	Beginning (onset)	Middle (peak)	End (come down)
Visuals			
Body Sensations			
Emotions			

Messages/Insights			
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Landing Space

Habit Tracker

Month: _____

A circular habit tracker grid. The outer ring contains numbers 1 through 31, representing the days of the month. The inner grid is divided into five concentric rings, each representing a habit category. The grid is currently empty, with no data entered.

Day	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5
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