

# PREPARING FOR PSYCHEDELIC EXPERIENCES “CHEAT-SHEET”

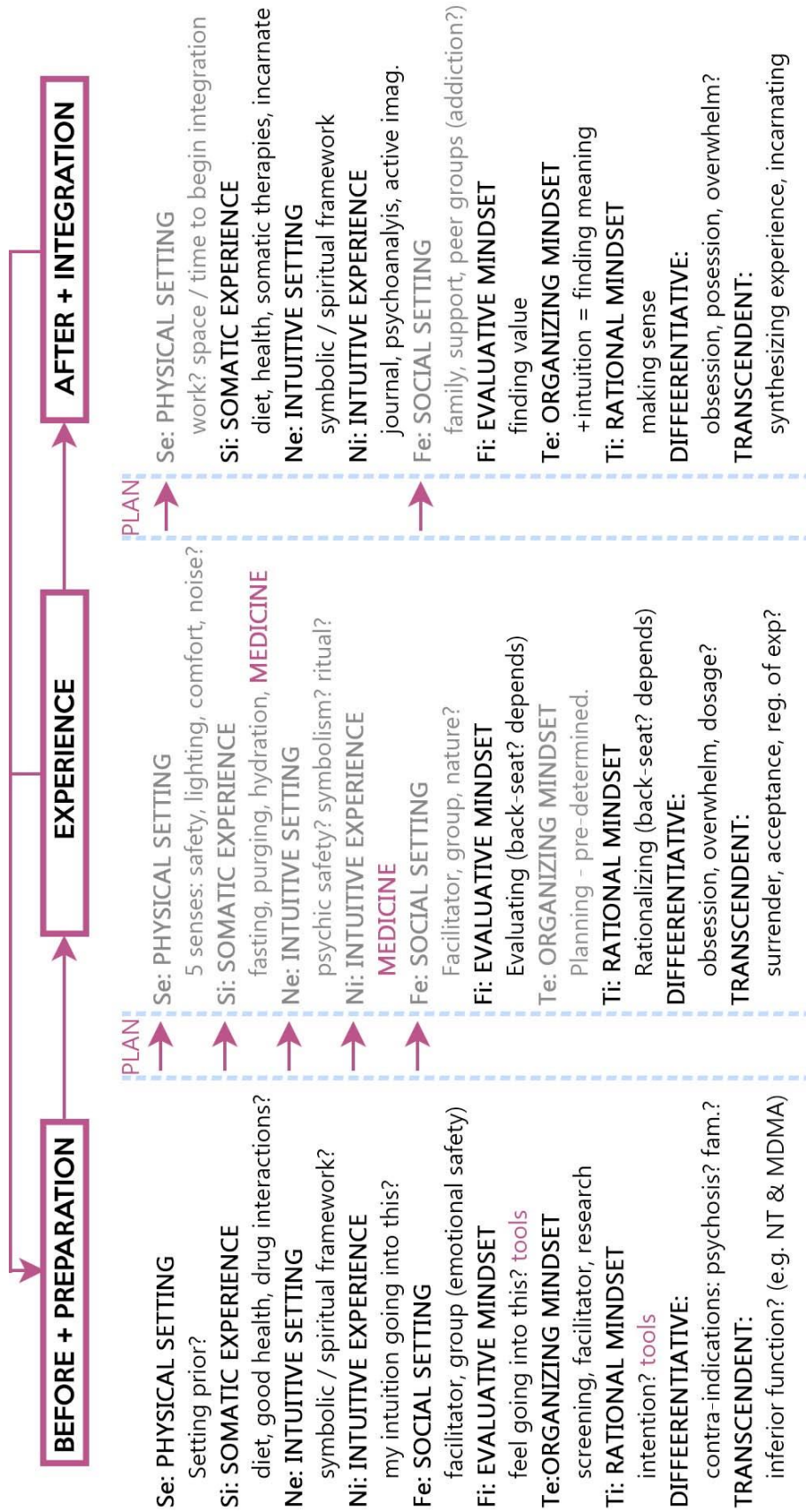
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# 10 FUNCTIONS MATRIX



# PHYSICAL SETTING (EXTRAVERTED SENSATION)

The physical, environment you come from, will be immersed in during your experience and to which you will return.

## BEFORE

Do you need to plan for and consider the physical setting you will be immersed in prior to your experience or only plan for the setting during and after your experience? \_\_\_\_\_

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## DURING

In terms of the physical setting during your experience what do you need to prepare in terms of the following (If this is up to a facilitator do they seem to have adequately prepared for these)?

Physical safety \_\_\_\_\_

Physical comfort? e.g. clothing, bedding \_\_\_\_\_

Lighting and noise? e.g. blindfold, earplugs, music? \_\_\_\_\_

Décor? \_\_\_\_\_

## AFTER / INTEGRATION

What do you need to consider in terms of a supportive physical setting you will return to immediately after your experience (clean space, food prepared etc)? \_\_\_\_\_

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Transport to and from the setting (you may not be in a condition to drive)? \_\_\_\_\_

In the following days will you be returning to work immediately, or can you create some space and time to begin to assimilate your experience? \_\_\_\_\_

Do you have a permanent dedicated space and time available to assist with integrating your experience? \_\_\_\_\_

NOTES / COMMENTS: \_\_\_\_\_

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# SOMATIC EXPERIENCE (INTROVERTED SENSATION)

Your internal felt sense of your body, including physiological considerations prior to, during and after your experience.

## BEFORE

How can you prepare to be in good state of physical health going into your experience?

Dietary considerations, hydration, weaning off stimulants? \_\_\_\_\_

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Exercise, yoga, somatic therapies etc? \_\_\_\_\_

Is your facilitator taking you through a medical screening process? \_\_\_\_\_

Have you consulted with a medical practitioner on safety concerns such as interactions with medications, foods, alcohol and other substances, side-effects, general health etc?

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## DURING

How will you manage dietary, hydration needs during your experience (or will you rely on a facilitator for these)? \_\_\_\_\_

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Are there facilities in the case you need to purge? Bathroom, buckets etc? \_\_\_\_\_

Will the facilitator fully present that can assist you with this? (consider the possibility of ataxia and sensory disorientation) \_\_\_\_\_

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## AFTER

Considering the somatic and physiological after-effects of your experience, do you need to manage these with diet, hydration, exercise, supplementation, somatic therapies, or other medical interventions? \_\_\_\_\_

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# INTUITIVE SETTING (EXTRAVERTED INTUITION)

The external setting as it pertains to intuition prior to, during and after your experience, in particular the register of symbolism having a collective nature.

## BEFORE

Are you approaching your experience from a religious, spiritual, symbolic or psychoanalytic framework? If not is there an appealing and meaningful framework that might be incorporated into approaching your experience? \_\_\_\_\_

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## DURING

Will there be meaningful religious or spiritual symbolism present in the setting? \_\_\_\_\_

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Will your experience take place in a ceremonially / symbolically rich container to facilitate psychic safety and ego-receptivity? \_\_\_\_\_

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If these will be provided for by a facilitator, consider the role of cultural differences. e.g. are you open to the symbolism that might be present? Has the facilitator explained the meaning of the ceremony or how to participate? \_\_\_\_\_

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## AFTER

Do you have a religious, spiritual, symbolic or psychoanalytic framework from which to approach the integration of your experience? \_\_\_\_\_

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NOTES / COMMENTS: \_\_\_\_\_

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# INTUITIVE EXPERIENCE (INTROVERTED INTUITION)

Your internal experience as it pertains to intuition prior to, during and after in particular with regard to forming insights of a personal nature.

## BEFORE

Are you working with any specific complexes going into your experience? \_\_\_\_\_

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What does your intuition say about going into this experience? \_\_\_\_\_

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## DURING

MOSTLY PASSIVE: UP TO THE SUBSTANCE / MEDICINE AND ALL OTHER FACTORS

## AFTER

Do you have a journal in which to record your experiences along with any important imagery? \_\_\_\_\_

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Do you have a psychotherapist / analyst to help integrate your experience? \_\_\_\_\_

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Is your facilitator available to help integrate your experience? \_\_\_\_\_

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NOTES / COMMENTS: \_\_\_\_\_

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# SOCIAL SETTING (EXTRAVERTED FEELING)

The social setting you exist in before your experience, during your experience and to which you will return after your experience.

## BEFORE

Are there any considerations in terms of the social setting to which you will return after your experience?

Family relationships? \_\_\_\_\_

Peer groups? (Addiction interruption?) \_\_\_\_\_

Support groups? \_\_\_\_\_

## DURING

How do you feel toward the facilitator? \_\_\_\_\_

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Do you feel emotionally safe in their presence? \_\_\_\_\_

Is the facilitator's values congruent with your own? \_\_\_\_\_

Do they seem approachable, supportive and understanding? \_\_\_\_\_

How do you feel about being in a group setting? (if applicable) \_\_\_\_\_

Considering that sexual abuse and abuses of power have occurred during psychedelic journeys where you are likely to be in a vulnerable position do you need to take additional precautions?

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## AFTER

Are there any considerations in terms of the social setting to which you will return after your experience?

Family relationships? \_\_\_\_\_

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Peer groups? (Addiction interruption?) \_\_\_\_\_

Support groups? \_\_\_\_\_

# EVALUATIVE MINDSET (INTROVERTED FEELING)

Your evaluative mindset, based on your set of personal values prior to, during and after your experience.

## BEFORE

How do you feel going into this experience? \_\_\_\_\_

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Anything that needs to be addressed through further planning? \_\_\_\_\_

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## DURING

While consciously evaluating (“good” vs “bad”) your way through your psychedelic experience should take a back seat, there may be occasions where you might be called to evaluate your experience. For example, the notion of consciously allowing for unconscious content to reveal itself despite this being in conflict with your conscious position may be called for.

Can you see the value of allowing unconscious material that may be in opposition to your conscious position to present itself via images, memories, beliefs and affects / emotions and view this as part of your process? \_\_\_\_\_

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(Recall the exercises during the preparation workshop)

## AFTER

INTEGRATING EMOTIONS AND FINDING VALUE IN YOUR EXPERIENCE.

NOTES / COMMENTS: \_\_\_\_\_

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# RATIONAL MINDSET (INTROVERTED THINKING)

Your rational mindset, based on your internal subjective system of logic prior to, during and after your experience.

## BEFORE

What do you think about going into this experience? \_\_\_\_\_

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What is your intention going into this experience? \_\_\_\_\_

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Anything that needs to be addressed through further planning? \_\_\_\_\_

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## DURING

While consciously rationalizing your way through your psychedelic experience should take a back seat during your experience to limit ego-interference there may be occasions where you may be called to rationalize your experience. One example of this is being caught in the grips of an unconscious complex or unconscious part of the ego (obsession) that might require some limited participation from us as the conscious ego.

Are you aware of the distinction between what you are able to consciously control and getting stuck in identification with an unconscious complex? \_\_\_\_\_

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How could you consciously participate in that experience? \_\_\_\_\_

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(Recall the exercises and discourse from the preparation workshop)

## AFTER

INTEGRATION: MAKING SENSE OF YOUR EXPERIENCE.

NOTES / COMMENTS: \_\_\_\_\_

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# ORGANIZING MINDSET (EXTRAVERTED THINKING)

Your logical organizing mindset required to prepare for a safe and meaningful experience prior to, during and after your experience.

## BEFORE

Is there anything else not covered that needs to be considered or planned for going into your experience to facilitate a safe and meaningful experience? \_\_\_\_\_

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Is your facilitator certified / qualified? \_\_\_\_\_

**IF IN DOUBT ERR ON THE SIDE OF CAUTION!**

## DURING

YOU MAY BE UNABLE TO ORGANIZE ANYTHING DURING YOUR EXPERIENCE AND AS SUCH THIS WHOLE EXERCISE REQUIRES CAREFUL PLANNING.

## AFTER

INTEGRATION: FINDING MEANING IN YOUR EXPERIENCE

NOTES / COMMENTS: \_\_\_\_\_

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# TRANSCENDENT / DIFFERENTIATIVE FUNCTION

The differentiation between ego and unconscious (or psychic functions and contents) necessary to experience a safe, meaningful and potentially transcendent (unifying) experience.

## BEFORE

Have you consulted a mental health professional regarding contra-indications (including family history) for the substance / medicine you intend to use? \_\_\_\_\_

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## DURING

SUBJECT TO OTHER FACTORS INCLUDING MINDSET.

## AFTER

INTEGRATION: THE PROCESS OF INTEGRATION LEADING TO GREATER PSYCHIC WHOLENESS

Are you versed in active imagination or other methods to assist with integrating your experience? \_\_\_\_\_

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NOTES / COMMENTS: \_\_\_\_\_

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