

# Psychedelic Integration Scales

**Date of Journey:**

**Substance & Dosage:**

**Date Completing these scales:**

*Consider your level of agreement with the following statements. There are not right or wrong answers. Mark the statement with a “ - ” if you Disagree, a “ 0 ” if you neither Agree or Disagree, a “ + ” if you Agree, and a “ ++ ” if you Strongly Agree.*

## **Integration Engagement Scale – Actions:**

I've given myself mental space to reconnect to the experience.

I've read, viewed, or listened to informative content relevant to my experience.

I've gained insight on my experience through talking with supportive people.

I've spent time in silent contemplation of my experience.

I've spent time in nature to nurture my experience.

I've followed up on my experience with focused attention practice

*(meditation, mindfulness, mantra, journaling, visualization, etc).*

I've applied learnings from my experience to my life.

I've found ways to carry the intentions I had for my experience into my daily life.

Because of my experience, I've prioritized my overall wellness.

I've spent time in environments that help me stay attuned to the lessons from my experience.

I've been supportive of others as a result of my experience.

I've made healthy life choices for myself because of my experience.

## **Integration Experienced Scale – Feelings:**

I feel at peace with my experience.

I feel more balanced since my experience.

I have a continued sense of open-minded curiosity about my experience.

I feel harmony between the experience and my inner being.

I feel harmony between my daily life and my experience.

I feel a sustained connection to my experience.

I feel more connection in my life because of my experience.

I have a deep feeling of connection between nature and my experience.

I feel greater self-awareness since my experience.

I feel the benefit from my experience expressed in my life.

I feel the positive effect of the way I interpret my experience.

I've felt the benefit of my experience extending past myself into my community.