

## **REFLECTION QUESTIONNAIRE**

The following questions are meant to help you recall and reflect upon your journey. Answer the questions that you are drawn to, notice the ones you are not. These questions are simply to help you dive into, and get the most out of this life-changing work. There are no right or wrong answers; don't worry about spelling or grammar, and if you are comfortable, consider handwriting your answers rather than using a computer. Be as truthful and authentic as possible!

- 1) What was your mindset going into the journey.
- 2) During the experience, what came up for you, or what did you think about?
- 3) Did any specific memories or images arise?
- 4) What bodily sensations did you feel or notice?
- 5) What emotions arose? Did you experience moments of extreme love or extreme fear?  
Explore the range of emotions and how each of these felt in your body.
- 6) Did anything else happen that feels noteworthy or intriguing (even if it may seem trivial)?
- 7) Did you come to any realization(s) or have any insight(s) during the experience?
- 8) Did you notice any patterns about yourself and/or your behavior?

- 9) Did you experience struggles or conflicts in your journey, or times you fought the medicine? What triggered that and/or what does it mean to you?
- 10) What did you take away that you feel you need to work on most?
- 11) What do you want to integrate in your day-to-day life?
- 12) How do your intentions regarding going into/prior to the experience compare with your actual experience? Is there an overlap? What insights can/do you draw from that?
- 13) How might you express and articulate this unique experience? What forms of expression feel most conducive (i.e. journaling, creating art, vocalization or discussion)?
- 14) What would you say if someone asked you about your journey (and you felt safe sharing)?
- 15) How are you feeling right now?

## **CRISIS RESOURCES**

- Fireside Project's Free Psychedelic Peer Support Line (OPEN EVERYDAY 3:00 PM - 3:00 AM PST). Call or Text at 62-FIRESIDE or 623-473-7433.
- Crisis Connections at (866) 427-4747.
- The National Suicide Crisis Line is 1-800-273-8255. Counselors are available 24 hours a day, seven days a week; adding this to your phone now for any emergency is recommended.
- Additionally, you can text "HEAL" to 741741 to the Crisis Text Line.
- If you have any new symptoms of psychosis, mania or worsening of suicidality, this constitutes a medical emergency. Go to the nearest ER or call 911 should this occur.