KAP Reflection Questionnaire

Please complete this reflection questionnaire the same day of your session or within 24 hours in order to help you start integrating the experience.

Date of session:
Music:
Dose:

What was your mindset going into the journey?

What was your intention? Did it change?

What do you remember? Anything unexpected?

Any memorable body sensations?

Any images or memories?

Any specific or extreme emotions?

Any particular thoughts?

Any new or unexpected insights?

How have you begun integrating this experience? Journaling, art, movement, etc

What do you most want to work on?

What was supportive during your journey? Any changes requested next time?

How do you feel 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.

Dial 988 or call King Country Crisis Connections at (866) 427-4747.

Go to the nearest ER or call 911 if any new symptoms of psychosis, mania, or worsening of suicidality.