




PSYCHEDELIC  
INTEGRATION  
WORKBOOK

*"The psychedelic experience is a journey of self-discovery  
that can help us to see the world in a new way."*

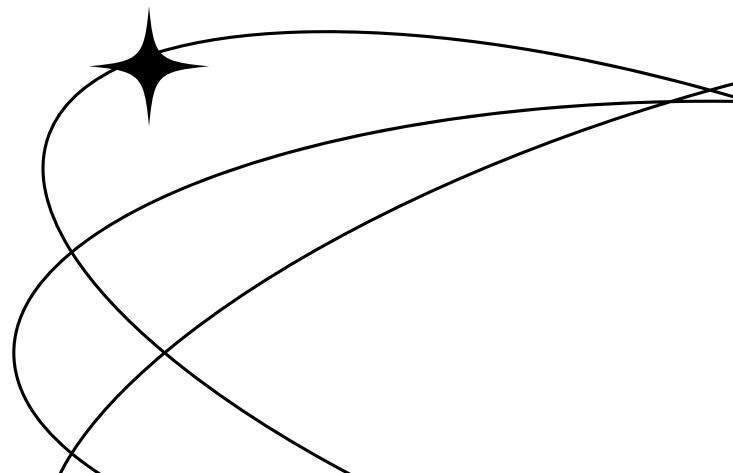
*-Rick Doblin, MD.*

Shelley DeMarco



# TABLE OF CONTENTS

Introduction	01
1. Pre - Experience	02
2. Experience	05
3. Integration	07
4. Aftercare	09
5. Action Item Tracker	10
6. 30 Day Microdosing Tracker	12
7. Notes Section	17



# INTRODUCTION



***"The journey of healing is a journey of love."  
- Marianne Williamson***

Psychedelic integration is the process of making the most of your psychedelic experience and applying the insights you gained to your everyday life. This workbook can help you to do that by providing you with a space to reflect on your experience, set goals for integration, and track your progress.

This workbook is divided into four sections:

- **Pre-experience** - This section will help you to prepare for your psychedelic experience by setting intentions, creating a safe space, and gathering resources.
- **Experience** - This section will help you to reflect on your experience and identify the insights you gained.
- **Integration** - This section will help you to develop a plan for integrating your insights into your life and track your progress.
- **Aftercare** - This section will provide resources for support and integration after your experience.

# 1. PRE - EXPERIENCE

What are your intentions for the psychedelic experience? What do you want to change? This is the first and most important question to ask. Once you know what you want to change, you can start to develop a plan for how to make it happen.

---

---

---

---

---

---

---

---

---

---

---

---

Why do you want to change?

---

---

---

---

---

---

---

---

---

---

---

---

What are your fears or concerns about the experience?  
How can you address these?

---

---

---

---

What is your setting for the experience? Where will you be? Who will be with you? Even though you are working with us in your journey, this is important to identify to see if you have questions and to ensure that you are clear on what you will experience.

---

---

---

---

What resources will you need for the experience? This could include things like a journal, any important items you will like to have close (e.g. crystals, special items for mandala, photos etc)

---

---

---

---

What brought you here?

---

---

---

---

What do you want your life to look like (e.g. What would need to be different? What is missing?)

---

---

---

---

---

---

---

---

What do you want your relationship with your spouse / partner (if you have one) to look like? (e.g. What would like to be different? What would like to change?)

---

---

---

---

---

---

---

---

---

---

---

---

How do you like your life's work? What could be better?

---

---

---

---

---

---

---

---

---

---



## 2. EXPERIENCE

*"The psychedelic experience can help us to connect with our inner wisdom and to find new solutions to our problems."  
- Stanislav Grof, M.D.*

Your memories of the experience very often fade quickly. It is a good idea to spend time perhaps listening to the music play list or spending time in nature while you review the experience as closely as possible to retain the memories of the experience. This will help you reflect on any meaning and new changes you want to make based on what you learned or felt.

What were your experiences during the psychedelic journey? What did you see, hear, feel, think, and learn? Don't just write this once, return to it several times and add in details as they come to you.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



What insights or learnings did you gain from the experience? What are the implications of these insights for your life?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

What challenges or obstacles did you encounter during the experience? How did you overcome these challenges?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

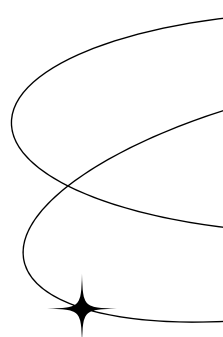
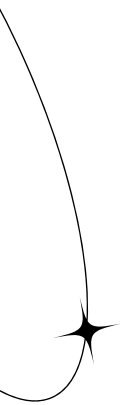
---

---

---

---

---







# 3. INTEGRATION



“The only person you are destined to become is the person you decide to be.”

- Ralph Waldo Emerson

It is important to allow a plan with action items unfold in the weeks after a journey. This will help you as you integrate the experience into your life in a meaningful way.

How do you plan to integrate the insights you gained from the experience into your life? What specific changes do you want to make?

---

---

---

---

---

---

---

---

What challenges or obstacles do you anticipate in integrating these insights? How will you address these challenges?

---

---

---

---

---

---

---

---



What resources do you need to support you in integrating these insights? This could include things like a therapist, your integration coach, a support group, or a self-help book.

---

---

---

---

How will you measure your progress in integrating these insights? What are some specific goals you can set for yourself?

---

---

---

---

How will you take inventory of the aspects of your behavior that you want to change? How will you maintain your self-awareness?

---

---

---

---

What specific actions can I take to learn new skills, to improve my mindset, or create new opportunities for myself?

---

---

---

---





## 4. AFTERCARE

“Psychedelics can help us to see the beauty in the world and to appreciate the interconnectedness of all things.”  
- Michael Pollan, author of “How to Change Your Mind”

What are some things you can do to take care of yourself after the experience? This could include things like getting enough rest, eating healthy foods, and spending time in nature.

---

---

---

---

What resources are available to you for support? This could include things like a therapist, your integration coach, a friend, or a support group.

---

---

---

---

How can you continue to integrate the insights you gained from the experience into your life? This could include things like journaling, meditation, or art therapy.

---

---

---

---

# 5. ACTION ITEM TRACKER

“The only thing that stands between you and your dream is the will to try and the belief that it is actually possible.”

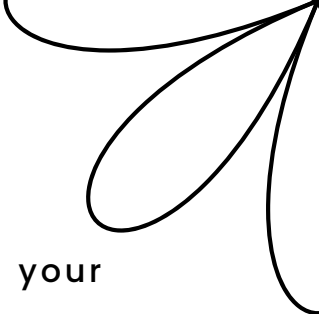
– Joel Brown

Use this section to track your progress in integrating your psychedelic insights.

What are your goals for integration? List the specific action items you will commit to:

Action Item	Details	Target Date





What specific actions have you taken to achieve your goals?

---

---

---

---

What challenges have you encountered?

---

---

---

---

How have you addressed these challenges?

---

---

---

---

How have you measured your progress?

---

---

---

---

Are there any habits or routines you can implement to help you continue towards your goals?

---

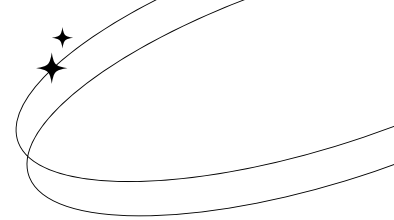
---

---



# 6. 30 DAY MICRODOSING TRACKER

DAY	DATE	SUBSTANCE	DOSE	INTENTION	EFFECTS	REFLECTIONS
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						



# DAYS 1 - 10

What are your intentions for microdosing?

---

---

---

---

What do you hope to achieve?

---

---

---

---

What are your concerns or hesitations?

---

---

---

---

What are your dreams like on microdosing days?

---

---

---

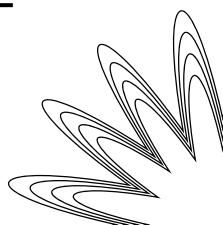
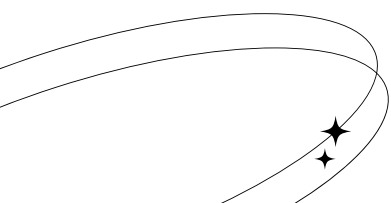
---


What are you noticing about your physical and emotional state on microdosing days?

---

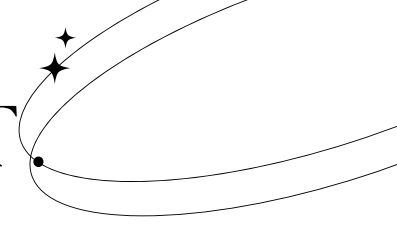
---

---





# DAYS 1 - 10 CONT.



How is microdosing affecting your sleep, energy levels, mood, focus, productivity, and creativity?

---

---

---

---

Have you noticed any changes in your relationships with others?

---

---

---

---

Have you noticed any changes within yourself?

---

---

---

---

Have you had any insights or revelations?

---

---

---

---

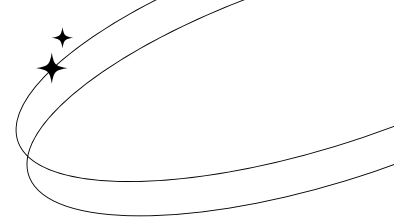
Have there been any thoughts that are repetitively showing up?

---

---

---





# DAYS 11 - 20

Are there any areas of your life where you are noticing significant changes?

---

---

---

---

How is your microdosing journey evolving?

---

---

---

---

How has microdosing changed your perspective on life?

---

---

---

---

What have you learned about yourself so far?

---

---

---

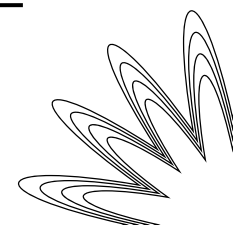
---

What challenges have you faced, and how have you overcome them?

---

---

---





# DAYS 21 - 30

What are your reflections on your 30-day microdosing journey?

---

---

---

---

How have you grown and changed as a result of microdosing?

---

---

---

---

What are your plans for the future?

---

---

---

---

Do you plan to continue microdosing? Why or why not?

---

---

---

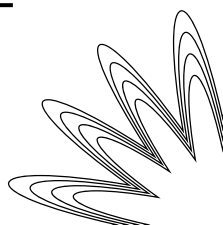
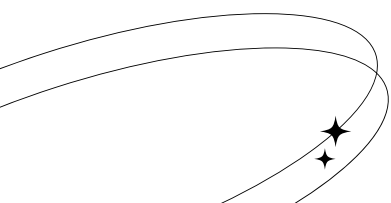
---

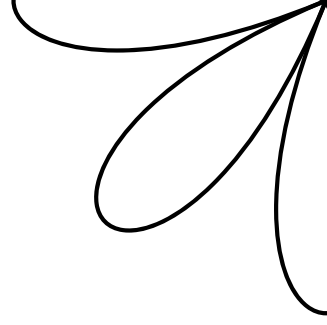
What have you learned about yourself and the world around you?

---

---

---

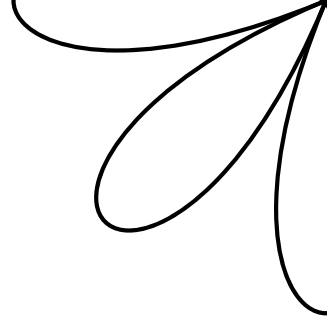




# NOTES

Lined writing area with 21 horizontal lines.





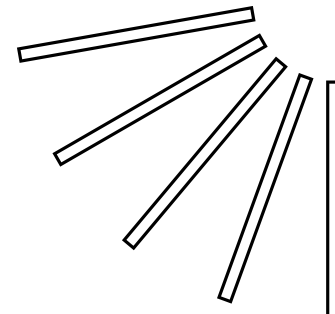
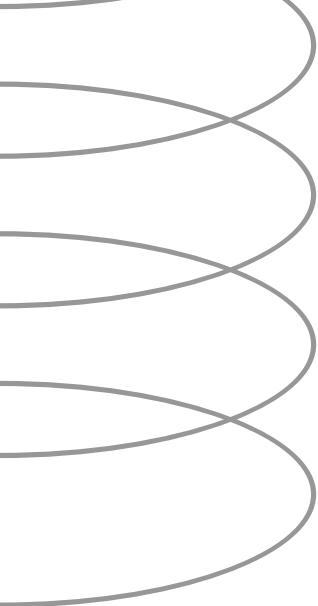
# NOTES

Lined writing area consisting of 22 horizontal lines.

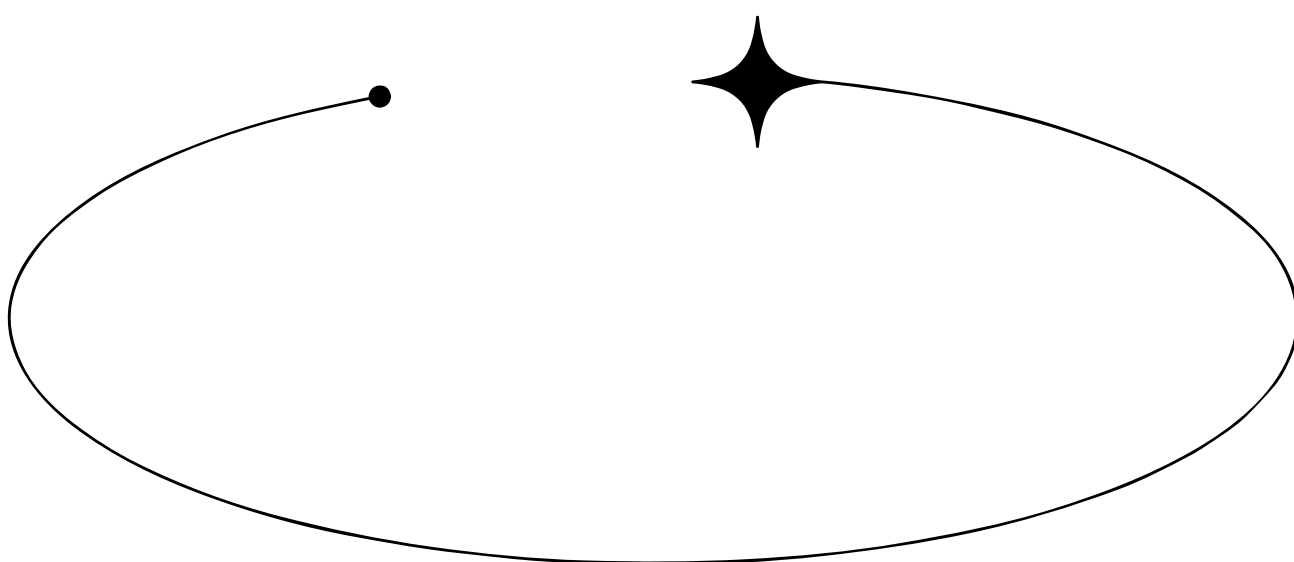


Cure yourself with the light of the sun  
and the rays of the moon.  
With the sound of the river and the  
waterfall.  
With the swaying of the sea and the  
fluttering of birds.  
Heal yourself with mint, with neem and  
eucalyptus.  
Sweeten yourself with lavender,  
rosemary, and chamomile.  
Hug yourself with the cocoa bean and a  
touch of cinnamon.  
Put love in tea instead of sugar, and take  
it looking at the stars.  
Heal yourself with the kisses that the  
wind gives you and the hugs of the rain.  
Get strong with bare feet on the ground  
and with everything that is born from it.  
Get smarter every day by listening to  
your intuition, looking at the world with  
the eye of your forehead.  
Jump, dance, sing, so that you live  
happier.  
Heal yourself, with beautiful love, and  
always remember: you are the medicine.

-Marina Sabina



Write a message to yourself to inspire you when you need support:



WWW.SAGESOUL.NET

