



Shift Happens

Post-journey integration journal

These prompts are designed to help you reflect on your recent psychedelic experience. I recommend waiting until at least 1 day after your journey to dive into these questions. Your experience is still unfolding on an unconscious level so it's best to wait a little while before trying to make sense of anything.

For immediate post-journey integration, I suggest resting, spending time in nature, eating nourishing foods and practising self-care.

It can be useful to do a 'mind dump' in the hours following your journey either by writing down everything you can remember or recording a video/voice note. This way, you can come back to it later and don't have to worry about forgetting important details.

How did I feel in the week leading up the journey?

How was I relating to the people in my life, did I notice any triggers in relationships?

What emotions were most present in the days leading up to the journey?

Were there any unexpected memories or feelings?

Did I have any significant dreams leading up to the experience?

Was I experiencing any ruminating thought patterns?

Was there any fear or resistance present? If so, what was the story attached to this fear?

How did I feel when I arrived in the journey space?

(for group ceremonies) How was I relating to the people I met? Was this bringing up any stories or narratives?

How was I relating to the facilitators? How did I feel in their presence?

What was happening in my inner world during the ceremony? What were the main narratives?

If there were challenging moments, how well was I able to navigate them?

What were the main themes of this journey?

Have these themes shown up before, if so where, when and how?

About my environment:

- Did I feel safe?
- Was I able to express my needs?
- How did the environment affect me?
- (for group ceremonies) How did other people's experiences affect me?

- How easily was I able to sink into my own inner world?
- Did I Experience any distractions?
- How did I relate to the facilitators? How did they make me feel? Any stories or narratives that were present around them?

How did I feel after the ceremony (including body sensations and emotions)?

Was I able to stay connected with my experience in the hours/days following?

How am I feeling now? What differences am I noticing?
(thought patterns, feelings in the body, anxiety levels, calmness etc)

What expectations went unmet?

How does my intention relate to the experience that I had?

If I imagine that this experience happened exactly as it was supposed to, what would the lessons be?

Which of these lessons or insights would I like to take forward into my life?

How can I continue to work with these insights/lessons?

What skills do I have to help me with this?

What skills can I develop and incorporate into a daily practice?

How can I stay on track and make sure I use this experience for personal growth?

If you would love to dive deeper into your integration journey or need extra support get in touch to book a free 20-minute call!

elenasachinis@gmail.com



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