

HOW TO MICRODOSE NATURE

with Lorna Liana



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Introduction

Welcome to the How to Microdose Nature Workbook!

This workbook is designed to be a companion to the How to Microdose Nature Online Course – although you can still use this workbook without having completed the course.

Anyone who is considering microdosing with plant medicines can find benefits from using this workbook alongside their microdosing practice.

The focus of this workbook will be on supporting you through a 30-day microdosing protocol, using this road map:

1. Deciding what you want to microdose
2. Choosing your protocol
3. Setting your intention and preparing your space
4. Filling out a pre-microdosing assessment survey
5. Keeping track of the next 30 days of microdosing
6. Filling out a post-microdosing assessment survey
7. Taking a break, integrating, and recalibrating

After your 30 days of microdosing, you can take a break, assess your results, and decide if you want to continue. This workbook can be used again and again.

Happy microdosing!

– Lorna Liana & the EntheoNation team

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About the Authors

Lorna Liana



Lorna Liana is a new media strategist and online business coach. With over 25+ years of psychedelic experience, Lorna tracks the developments in the Psychedelic Renaissance and global expansion of plant medicines through extensive research and conversations with thought leaders in the field.

Since 2003, she's attended plant medicine ceremonies with 30+ different shamans and facilitators, 7 indigenous tribes, several Brazilian churches, and a host of neo-shamanic circles, in Peru, Ecuador, Brazil, Europe, the US, and Asia.

Brandon Batstone



After healing himself from a severe substance abuse disorder using psychedelic medicine, Brandon found his higher purpose in devoting his time to psychedelic advocacy and education. He is the founder of the Psychedelic Society of Newfoundland & Labrador, a yoga instructor, tourism professional, and content creator, highly focused on the intersection of psychedelics and spirituality.

When he's not creating psychedelic content on multiple social platforms, he's planning his next trip to sacred destinations in South America and beyond.

Don't miss out on the How to Microdose Nature Online Course



What You'll Get:

- Live 2-hour workshop, with on-demand access
- Natural online apothecary
- Study guides and handouts
- 4 live Q&A calls with guest teachers
- 5+ hours of bonus interview recordings

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The Microdosing Basics

Microdosing is the art and science of taking small quantities of psychedelic substances to bring subtle but profound improvements to your life.

Typically, it involves taking a dose small enough for you to be able to go about your daily life without noticing any strong psychedelic effects – while enjoying lasting benefits to wellbeing and health. A microdose is usually around a tenth of a full psychedelic dose, although this will depend on your individual tolerance and experience.

Microdosing is an excellent way to introduce yourself to psychedelic plant medicines without huge expense, the difficulties of traveling, or the challenges of a full psychedelic ceremony. Experienced psychonauts find that microdosing is a good way of staying in touch with the lessons of plant medicine ceremonies, especially when it is impractical to attend multiple ceremonies per year.

To learn more about the background of microdosing, check out our resources on [EntheoNation.com](https://entheonation.com) – or sign up to the How to Microdose Nature Online Course.

Selecting Your Substance and Dose

There are many plant medicines that have a history of being used in small doses, but very few that have been microdosed by Westerners for a long time. As such, we don't yet have a huge amount of information about which plant medicines are most suitable for microdosing.

In the How to Microdose Nature Online Course, we go into more depth about the most popular plant medicines used for microdosing. In this online course, you can access our Quickstart Guides on microdosing ayahuasca vine and magic mushrooms.

When choosing your plant medicine for microdosing, you want to take into account your intention, the effects you are looking for, the medications you are taking, and any prior experience you have had with psychedelics.

When selecting your starting dose, you aim to start low and work your way up during your microdosing protocol if you find the dose too low at first.

If you already have psychedelic experience, start with a dose that is a tenth of your typical moderate psychedelic dose. If you are new to psychedelics, we recommend starting with the following doses:

Ayahuasca Vine	1 drop of extract
Magic Mushrooms	0.1g dried / 1g fresh
Magic Truffles	0.5g fresh
San Pedro	3g dried / 10g fresh
Salvia divinorum	0.2g dry leaves (chewed)

During your microdosing protocol, gradually increase your dose if you think you're not experiencing any effects. If you are feeling sleepless, restless, nauseous or anxious, consider lowering your dose or taking a few days off.

Here are some of the most accessible products you can purchase online to help you get started! Always check your local laws before purchasing.

Get 10% off your order with code "ENTHEO" at checkout!

Ayahuasca Vine Extract by The Soul Vine



Sustainably sourced from Peru, prepared with love and ceremony, and arrives in a microdosing bottle.

[VISIT THE SOUL VINE](#)

Microdose Bros Magic Truffle Microdoses



Vacuum-sealed microdoses of magic truffles, shipped from the Netherlands.

[VISIT MICRODOSE BROS](#)

MindfulMeds Magic Mushroom Pills



Magic mushroom pills mixed with mushroom supplements. Only available in Canada.

[VISIT MINDFULMEDS](#)

Choosing Your Protocol

There are several different microdosing protocols that you could follow. One of the most popular is the Fadiman protocol. Doses are taken once every three days, giving you two rest days between each dose day. The Fadiman protocol was developed for people microdosing with serotonergic psychedelics like magic mushrooms, magic truffles and San Pedro, as at least two days' break is required to prevent a tolerance building up.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Many alternatives exist, but there is not much research on them. You can dose every other day, or multiple days in a row, or even take whole weeks off – it's really up to you to experiment. You could also decide on your dosing days on an impromptu basis if you'd like, only dosing on days that feel appropriate at the time. Many people do microdose as needed, and that's just fine too.

No matter what protocol you choose, leaving copious days off is not only important for preventing a tolerance buildup – it's also a crucial part of enjoying the benefits of microdosing. Many people report an 'afterglow' period on non-dosing days, where the positive effects of microdosing can linger and continue to impart benefits.

Use the template on page 14 of this workbook to fill in your calendar for your month of microdosing. Select your dose days however you feel is best for you. If you are using serotonergic psychedelics make sure to give yourself at least two rest days between each dose.

Intentions

As with a full psychedelic ceremony, setting your intentions for microdosing is important. Spend some time thinking about what you hope to get from microdosing. What are you looking for and why do you need it?

Keep in mind the distinction between intentions and expectations. Intentions are what you would like to receive from the medicine, and are not guaranteed – with expectations, your wellbeing suffers if they are not met. If you allow your intentions to become expectations, you may find you have narrowed your opportunities for betterment.

The reason to set intentions is to be mindful of how you are entering into relationship with the plant medicine, while not necessarily knowing where the relationship might take you – it is about clarifying your mindset to yourself and the plant medicine, while preparing yourself to be open to whatever comes.

While setting intentions, try to reflect on whether you are open to unexpected things happening. You are unlikely to have all your desires met. But you are likely to experience something you weren't expecting, and to find new benefits and changes that you hadn't anticipated.

Use the box on page 15 of this workbook to lay out your intentions for this microdosing protocol. Once you have settled on them, it can help to repeat them out loud to yourself. You could even incorporate these into a ceremony before you begin your microdosing regimen, or you could repeat these intentions on your dosing days before taking your dose.

Here is an example intention that is designed to help you keep an open mind:

"I am microdosing with these magic truffles to help address my social anxiety. I am hoping that the truffles will show me how to confront and overcome my anxiety. I am aware that I might not receive what I am asking for, but I am open to the effects that the truffles will have on me and I am prepared for the unexpected."

Preparing Your Setting

Creating a personalized setting for microdosing is important for optimizing any benefits. You want to curate a container that is specific for your intentions and particular needs.

Try to minimize any stressors during the protocol, especially on dosing days. Organizing your schedule in advance can help with this – don't plan things like intense social engagements or difficult work calls if they could interrupt your intentions for the microdosing regimen.

It can also help to include a variety of self-care in your daily schedule. Even if you have specific intentions, you must look after yourself. If you have work-based intentions, make sure to schedule frequent breaks, and leave yourself enough time for food and sleep. If you have spiritual or creative intentions, try to also schedule some time where you simply relax.

Just like with any psychedelic ceremony, it's important to make sure that the space you are in is comfortable and nourishing. Enrich your space with personal objects; play meaningful music; wear your favorite clothes; prepare healthy food.

It may be useful to schedule time on your dosing days for a small ceremony just as you take your dose. This will allow you to re-state intentions, repeat some affirmations, reflect on the previous dose's effects, give thanks to the medicine, or anything else you feel is appropriate.

Use the box on page 16 of this workbook to list the things you'd like to prepare in your schedule and your space during your microdosing protocol:

Harm Reduction During Your Microdosing Protocol

Although natural microdosing involves very small quantities of non-toxic plant medicines, there are still risks and downsides. It's important to be aware of these and implement harm reduction practices to make sure you have a good time.

There is an unproven theoretical possibility of an increased risk of heart disease if microdosing for extended periods with serotonergic psychedelics. Therefore we recommend microdosing for no longer than 4-6 weeks and taking extended breaks between microdosing regimens. If you have a heart condition, we recommend checking with your healthcare provider before microdosing.

As for the plant medicines that are non-serotonergic, there may be other unknown risks with microdosing for extended periods. **There has been no research into the long-term effects of microdosing with any substance.** Only microdose for short periods and take long breaks. If you have any chronic health conditions, check with your healthcare provider before microdosing.

As with any practice, there is a risk of psychological dependency with microdosing. Be aware of any feelings of reliance or dependence on your microdosing protocol, and be sure to stick to extended breaks between microdosing regimens.

During microdosing itself, you may notice some negative effects such as restlessness, anxiety, nausea, or insomnia. If you experience anything that feels like a negative side-effect, reduce your dose immediately, or take some time off from dosing. Keeping a journal is the best way of tracking any negative effects and finding the ideal dose.

Pre-Microdosing Assessment Survey

Before you start microdosing, we recommend filling in our pre-microdosing assessment survey. This will help to measure your emotional state and current wellbeing. It will be used to compare to the post-microdosing assessment survey after your protocol, to provide a slightly more measured view of how your microdosing protocol has affected you.

You can find the pre-microdosing assessment survey on page 17 of this workbook.

Microdosing Journal

If you wish to track the benefits of microdosing, we recommend that you keep a journal during your microdosing protocol. The process of journaling will help you appreciate the positive effects of your microdosing, and reduce the negative effects.

You can simply take notes about your doses and experiences in your own journal – however we have prepared a journal template on page 23 of this workbook that you might find helpful, especially for your first time.

Write in your journal on every day of your microdosing routine, even if you're not dosing on that particular day. Try to write at the end of the day, when you've had time for the effects of the microdose to subside – this way you can look back on the events of the day in full.

Post-Microdosing Assessment Survey

Once you've finished microdosing, fill out our post-microdosing assessment survey on page 39 of this workbook. You'll notice that it's the same questions as at the beginning of your microdosing protocol – this will help you compare the two surveys and see, in a more measurable way, how your microdosing has affected you.

Once you've completed this final survey, it's now time to embark on the longer process of reflection and integration, to figure out what to do next and how to do it.

Reflection & Integration

Reflection is an ongoing process, which you will be actively engaging in by journaling every day. Thinking mindfully about the effects of each dose, and your mental state during the course of the protocol, is the first step to optimizing your microdosing.

Integration is a longer process that can begin during your microdosing protocol, but will mostly take place afterwards. It involves interpreting the effects of microdosing, and using them to make lasting changes to your life.

If you experience positive effects from microdosing, it is unlikely they will continue afterwards on their own. Microdosing may point the way towards positive changes in your life – but you will still have to implement them yourself.

For example, people often find that microdosing improves the flow of social interactions. The way of implementing that improvement in your post-microdosing life is the real challenge. When reflecting on your microdosing protocol, try to think about what exactly made social interactions easier. Was it because:

- You felt more comfortable in yourself?
- You spoke more honestly?
- You only engaged in social interactions you were passionate about?

Then consider how you might integrate those aspects of your experience into your everyday life; whether that is daily affirmations about your intentions in social interactions, or directed therapy to relax your social anxieties.

Many people find that while microdosing, they have more motivation to eat well, exercise more, and rest when needed. Integration will then involve figuring out what changes during microdosing made exercise and healthy eating seem more appealing! How can you set up your life to include more of those factors that will motivate you?

In integration, there are no simple answers. But the only way for you to see lasting positive change from microdosing is to engage in this process of reflection and change.

We have provided some worksheets on page 43 of this workbook to help you think about positive changes you noticed during microdosing, and think about how you can integrate these changes into your everyday life.

Where Next?

You may wish to return to microdosing occasionally to remind yourself of the positive changes you are empowered to make in your life. It is unlikely that just one period of microdosing, and subsequent integration, will be enough to bring you all the changes you want to see.

The goal of microdosing should be to **reach a point where you no longer feel that you have to return to microdosing!**

You'll be closer to meeting this goal if you manage to fully optimize your microdosing protocol, and engage with the integration that follows. We hope this workbook will be useful as a companion in helping you get to where you'd like to be.

Happy microdosing!

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presented by Rainbo



Worksheets

Worksheets

The following materials are referenced in the main text of this workbook, and should be completed in the order described within the text.

Microdosing Calendar

Fill in this monthly calendar by shading/coloring the days you are planning on taking a microdose. You can also use this calendar to track whether you have stuck to your original protocol or changed things as you went along!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					

Intentions

Use this box to lay out your intentions for this microdosing protocol. Once you have settled on them, it can help to repeat them out loud to yourself. You could even incorporate these into a ceremony before you begin your microdosing regimen, or you could repeat these intentions on your dosing days before taking your dose.

Here is an example intention that is designed to help you keep an open mind:

"I am microdosing with these magic truffles to help address my social anxiety. I am hoping that the truffles will show me how to confront and overcome my anxiety. I am aware that I might not receive what I am asking for, but I am open to the effects that the truffles will have on me and I am prepared for the unexpected."

My intentions are:

Preparing Your Setting

Use this box to list the things you'd like to prepare in your schedule and your space during your microdosing protocol.

Make sure to plan for activities that will enhance your experience, alongside activities that will help nourish and relax you.

Try to avoid planning stressful or intense activities on dosing days, and consider working in some form of ceremony or ritual to help you re-state intentions or reflect on the happenings of the day.

My microdosing setting will be:

Pre-Microdosing Survey

Before starting your microdosing regimen, fill out this survey to get a measure of your emotional state and wellbeing. This will later be used to help determine how microdosing may have changed your mood and behaviors.

Survey provided by [MindfulMEDS](#).

1. One potential benefit of microdosing is to achieve increased empathy. We describe empathy as the ability to understand and share the feelings of another person.

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have understood what other people are thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, I have understood what other people are feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, I have been spontaneously moved to help someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Another potential benefit is to achieve Mood Elevation. We describe this as a temporary state of mind or feeling that is positive.

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often been in a positive mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Another goal of microdosing is to achieve day-to-day stress reduction. We describe stress as a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt stressed out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Another goal is improved conversational fluidity. We describe this as reciprocal, to-and-fro conversation where ideas and words are exchanged naturally.

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have been able to engage in flowing conversation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. One benefit that microdosing proposes to achieve is the alleviation of symptoms in one or all of the following conditions: depression, anxiety, PTSD and addiction.

Depression: A persistent feeling of despair, sadness, or loss of interest.

Anxiety: A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

PTSD: Intense feelings of distress when reminded of a tragic event; flashbacks (feeling like the trauma is happening again); feeling emotionally numb and detached from other people.

Addiction: An inability to stop consuming a chemical or drug, or undertaking an activity, even though it is causing psychological and physical harm.

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, I have experienced the symptoms of PTSD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, I have struggled with addiction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Another benefit of microdosing is to achieve is increased levels of focus and productivity.

Focus: The concentration and centering of attention on a single stimulus.

Productivity: The relationship between the quality of what you produce, and the time it takes to produce it.

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt unfocused	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, I have often felt unproductive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Another benefit of microdosing is an increased flow state. We describe "flow" as the complete absorption in what one does, and a resulting transformation in one's sense of time (also known as being "in the Zone").

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt like I was "in the Zone"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Another benefit is to achieve clearer, more connected thinking by alleviating Brain Fog. We describe Brain Fog as a cognitive dysfunction involving memory problems, lack of mental clarity, poor concentration, and inability to focus.

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt a sense of "brain fog"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. Another potential benefit of microdosing is increased creativity. We describe creativity as the use of the imagination for original ideas, especially when faced with a task or problem to solve.

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have felt able to produce original ideas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. Another benefit of microdosing is to achieve increased enjoyment in everyday tasks. We describe enjoyment as the state or process of taking pleasure in something..

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have enjoyed the tasks that I've been doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, I have often put off the tasks I didn't think I would enjoy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

You will return to these questions later, once your microdosing protocol is completed.

Microdosing Journal

Here's an example sheet that we've filled in, to give you an idea of how to use this journal:

Day 1	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N	- Meditated after breakfast	Work felt a little easier than usual.	Some nausea immediately after the dose.	Will keep an eye on my sleep tonight to see if this restlessness continues.
Dosage: 0.2g	- Worked on upcoming project	Conversation with Amy was particularly easy and flowing!	Slight restlessness in the afternoon.	If it does I will reduce my dose for the next dosing day.
Dose Time: 8am	- Made progress on my painting		Meditation felt a little more difficult than normal.	
	- Call with Amy in the afternoon			

Now fill in each journaling sheet on every day of your protocol. Try to fill the sheets in at the end of the day, when the microdose has worn off, and you've had a chance to reflect on the day's events.

Day 1	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 2	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 3	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 4	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 5	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 6	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 7	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 8	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 9	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 10	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 11	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 12	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 13	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 14	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 15	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 16	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 17	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 18	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 19	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 20	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 21	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 22	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 23	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 24	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 25	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 26	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 27	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 28	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 29	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Day 30	Daily Events	Positives	Negatives	Notes
Dose Day? Y / N				
Dosage:				
Dose Time:				

Post-Microdosing Survey

Once your microdosing protocol is completed, fill out this survey. Recall how you've felt during the previous week and circle a number that corresponds with the most appropriate answer. This is an effective way to check-in with your progress and notice any changes that have occurred during your microdosing journey.

You can compare your results of this survey to the pre-microdosing assessment survey, to give you a rough measure of how the microdosing protocol has affected you. The easiest way of doing this is to transpose your pre-microdosing answers onto this survey in a different color pen, alongside your new answers.

Please rate your level of agreement with the following statements:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have understood what other people are thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, I have understood what other people are feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, I have been spontaneously moved to help someone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Over the past week, I have often been in a positive mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt stressed out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Over the past week, I have been able to engage in flowing conversation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Over the past week, I have often felt depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Over the past week, I have experienced the symptoms of PTSD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Over the past week, I have struggled with addiction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt unfocused	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Over the past week, I have often felt unproductive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Over the past week, I have often felt like I was "in the Zone"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often felt a sense of "brain fog"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Over the past week, I have felt able to produce original ideas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Over the past week, I have enjoyed the tasks that I've been doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Over the past week, I have often put off the tasks I didn't think I would enjoy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Once you have completed this post-microdosing survey, you can return to your pre-microdosing survey and transpose your original answers alongside your current answers! That way you can, at a glance, see how your month of microdosing has changed your score for each question.

Integration Worksheets

These sheets offer you the chance to reflect on specific positive changes you have seen in your microdosing regimen, and consider how you can integrate these changes into your everyday life. An example sheet is shown below:

Change 1: *Reduced Anxiety*

Factors of this change:

- *Found myself worrying less about small things*
- *Felt more appreciate of sensory pleasures*
- *Noticed that I judged myself and my situation less*

Integrating this change:

- *From now on, try to catch myself when I ruminate about insignificant things, and switch my focus*
- *Spend an hour every day paying attention to my surroundings*
- *Practice non-judgement by repeating judgemental thoughts out loud and compassionately rephrasing them*

Change 1:

Factors of this change:

Integrating this change:

Change 2:

Factors of this change:

Integrating this change:

Change 3:

Factors of this change:

Integrating this change:

Change 4:

Factors of this change:

Integrating this change:

Change 5:

Factors of this change:

Integrating this change:

Change 6:

Factors of this change:

Integrating this change:

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