

THE PSYCHEDELIC INTEGRATION SCALES

DOMAINS OF PSYCHEDELIC INTEGRATION

INTEGRATION ENGAGEMENT

REFLECTION: contemplative attention given to the experience

Can be internal or interpersonal. May include exploring the meaning of symbolic content, the personal relevance of the experience, the significance of strong emotions, the impact of different ways of understanding self or reality, the life implications of the experience, etc.

APPLICATION: putting insights gained from a psychedelic experience into action

May be expressed through ongoing daily life choices (such as selection of healthy environments, prioritizing supportive relationships, leaving abusive situations, extending forgiveness, expressing gratitude, spending time in nature, etc), as well as commitment to intentional practices (such as meditation, yoga, qi-gong, breathwork, exercise, mindful eating, prayer, etc).

DEFINITION

Psychedelic Integration: "The process by which a psychedelic experience translates into positive changes in daily life."



INTEGRATION EXPERIENCE

SETTLED: feeling a sense of peace and balance following the experience

Particularly relevant when emotional extremes or intrapsychic imbalances follow an experience. With challenging experiences, feeling settled may relate to arriving at an understanding of the experience in which challenges take on a sense of meaning. With ego-inflating experiences feeling settled may involve accessing humility.

HARMONIZED: a sense of life alignment with the experience

Feeling harmonized involves bringing external behaviors in line with internal awareness resulting from the psychedelic experience. A feeling of unease, or cognitive dissonance, could be a sign that an individual is neglecting to act on their internal awareness - and an invitation to growth for the individual.

IMPROVED: experiencing improved well-being

Improvement in wellbeing is a sign that awareness gained from the experience is being expressed and connected into one's life. Initial discomfort can be normal, as repressed psychological content surfaces and adjustments are underway. 'What you resist persists' in regard to discomfort. With acceptance and flexibility, however, challenges will translate into growth, and growth into wellness.

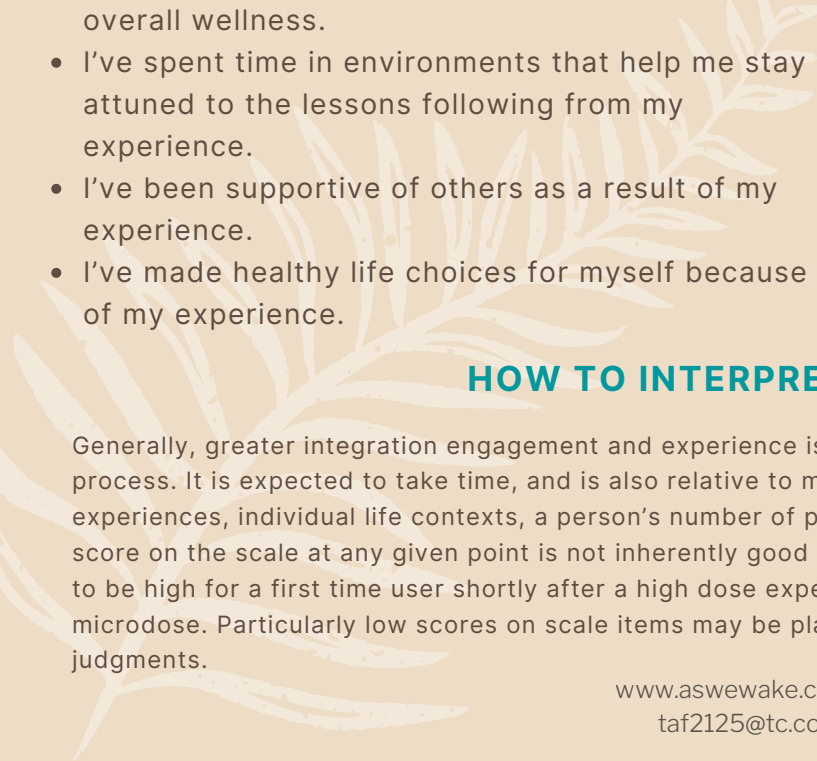
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- **INSTRUCTIONS:** Please state your level of agreement with the following statements, considering the time period since your most recent psychedelic experience. If you have already filled out this questionnaire, indicate your responses only with respect to the time period since you last filled out the questionnaire. Answer as honestly as possible. There are no right or wrong answers. At any given time your responses will naturally vary between lower and higher scores. Scores are measured on a Likert Scale with anchors 'Strongly Disagree', 'Disagree', 'Neither agree nor disagree', 'Agree', and 'Strongly Agree'


INTEGRATION ENGAGEMENT SCALE



- I've given myself mental space to reconnect to the experience.
 - I've read, viewed, or listened to informative content relevant to my experience.
 - I've gained insight on my experience through talking with supportive people.
 - I've spent time in silent contemplation of my experience.
 - I've spent time in nature to nurture my experience.
 - I've followed up on my experience with focused attention practice (meditation, mindfulness, mantra, journaling, visualization, etc).
 - I've applied learnings from my experience to my life.
 - I've found ways to carry the intentions I had for my experience into my daily life.
 - Because of my experience, I've prioritized my overall wellness.
 - I've spent time in environments that help me stay attuned to the lessons following from my experience.
 - I've been supportive of others as a result of my experience.
 - I've made healthy life choices for myself because of my experience.
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EXPERIENCED INTEGRATION SCALE



- I feel at peace with my experience.
 - I feel more balanced since my experience.
 - I have a continued sense of open-minded curiosity about my experience.
 - I feel harmony between the experience and my inner being.
 - I feel harmony between my daily life and my experience.
 - I feel a sustained connection to my experience.
 - I feel more connection in my life because of my experience.
 - I have a deep feeling of connection between nature and my experience.
 - I feel greater self-awareness since my experience.
 - I feel the benefit from my experience expressed in my life.
 - I feel the positive effect of the way I interpret my experience.
 - I've felt the benefit of my experience extending past myself into my community.
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HOW TO INTERPRET THE RESULTS

Generally, greater integration engagement and experience is predicted to be beneficial. However, integration is a process. It is expected to take time, and is also relative to magnitudes of doses, types of psychedelics, categories of experiences, individual life contexts, a person's number of previous psychedelic experiences, etc. As such, a low or high score on the scale at any given point is not inherently good or bad. For example, engagement with integration may tend to be high for a first time user shortly after a high dose experience, but low for someone else a long time after a single microdose. Particularly low scores on scale items may be places to begin exploration, not areas to draw conclusive judgments.