

Psychedelic Therapy Manual

Welcome to the Psychedelic Therapy Manual. This guide is designed to help you navigate and maximize the therapeutic benefits of psychedelic experiences. Using these worksheets, you can reflect on different aspects of your life, set clear intentions, and integrate your experiences for lasting personal growth. Feel free to print out this manual or utilize it for journal prompts previous to your psychedelic experience.



**White Rabbit
Psychedelics**

The **Psychedelic Therapy Worksheet** is your first step in this journey. This worksheet will guide your reflection and integration process before, during, and after psychedelic therapy. By thoughtfully considering each aspect of your experience, you can maximize the therapeutic benefits and foster lasting personal growth. Begin with a **Character Analysis** where you describe your character, personality, behavior, and daily habits. Next, outline your **Expectations** from the therapy, followed by an **Intention Setting** exercise that combines your character and expectations. Reflect on your **Current and Future Self**, detailing where you are now, where you want to be, and your action plan to get there. Finally, identify the specific type of **Integration Focus** you seek, whether physical, psychological, or emotional.

Next, the **Physical Integration Worksheet** focuses on the physical aspects of your integration process. Start with a **Self-Assessment** of your current and desired appearance. Then, create an **Improvement Plan** by listing actionable steps to enhance your physical appearance. Develop a tangible **Action Plan** for self-improvement before your psychedelic therapy session. After the therapy, label any **Post-Therapy Insights** and reflect on the entire integration process to summarize your progress.

For psychological growth, the **Psychological Integration Worksheet** helps you delve into the psychological aspects of your integration process. Reflect on **Death and**

Spirituality by considering what happens when you transition and your relationships with spirit and a higher power. Then, explore your **Self-Identity and Goals** by defining your aspirations, current identity, desired companions, and preferred work. Formulate a **Pre-Therapy Action Plan** for psychological self-improvement. After your therapy, document any **Post-Therapy Insights** and reflect on the integration process to summarize your psychological growth.

The **Emotional Integration Worksheet** addresses the emotional aspects of your psychedelic experience. Begin with an **Emotional Reflection** on loved ones who have transitioned and your feelings about them. Identify **Unprocessed Events** and how you currently feel about them. Create an **Emotional Inventory** by writing down your emotions and their triggering events. Reflect on **Regrets and Forgiveness** by listing your regrets, people you wish to forgive, and things you are grateful for. Develop a **Pre-Therapy Action Plan** for emotional self-improvement. Post-therapy, label any additional insights and reflect on the entire integration process to summarize your emotional growth.

Psychedelic Therapy Worksheet

Use these worksheets to guide your reflection and integration process before, during, and after psychedelic therapy. By thoughtfully considering each aspect of your experience, you can maximize the therapeutic benefits and foster lasting personal growth.

1. Character Analysis

- Describe your character, personality, behavior, and daily habits:
 - *Character:*
 - *Personality:*
 - *Behavior:*
 - *Daily Habits:*

2. Expectations

- Describe your expectations of psychedelic therapy:
 - *Expectations:*

3. Intention Setting

- What is your intention? Intention is your character and expectations combined:
 - *Intention:*

4. Current and Future Self

- Where are you now, where do you want to be, and what will you do to get there?
 - *Current Self:*
 - *Future Self:*
 - *Action Plan:*

5. Integration Focus

- What is the specific type of integration am I seeking? Physical, Psychological, or Emotional:
 - *Integration Type:*

Physical Integration Worksheet

1. Self-Assessment

- Explain my appearance:
 - *Current Appearance:*
- Explain my desired appearance:
 - *Desired Appearance:*

2. Improvement Plan

- What are some things I can do to improve my appearance?
 - *Improvement Steps:*

3. Action Plan

- Create a tangible action plan for self-improvement previous to psychedelic therapy:
 - *Pre-Therapy Action Plan:*

4. Post-Therapy Insights

- Label additional insights post-therapy:
 - *Post-Therapy Insights:*

5. Reflection

- Reflect on the entire integration process and summarize it:
 - *Integration Summary:*

Psychological Integration Worksheet

1. Transition and Spirituality

- What do you think happens when you transition?
 - *Thoughts on Transition:*
- What is your relationship to spirit?
 - *Relationship to Spirit:*
- What is your relationship with God or a higher power?
 - *Relationship with God/Higher Power:*

2. Self-Identity and Goals

- What do you want to be in life?
 - *Aspirations:*
- Who are you now?
 - *Current Identity:*
- What kind of people do you want to be around?
 - *Desired Companions:*
- What type of work do you want to do?
 - *Preferred Work:*

3. Action Plan

- Create a tangible action plan for self-improvement previous to psychedelic therapy:
 - *Pre-Therapy Action Plan:*

4. Post-Therapy Insights

- Label additional insights post-therapy:
 - *Post-Therapy Insights:*

5. Reflection

- Reflect on the entire integration process and summarize it:
 - *Integration Summary:*

Emotional Integration Worksheet

1. Emotional Reflection

- Name some close loved ones who have recently transitioned and write down how you feel:
 - *Loved Ones:*
 - *Feelings:*

2. Unprocessed Events

- What are some events that you haven't processed emotionally? How do you feel about them now?
 - *Unprocessed Events:*
 - *Current Feelings:*

3. Emotional Inventory

- Take some time to write down the emotions you feel and what event does this emotion come from:
 - *Emotion:*
 - *Origin Event:*

4. Regrets and Forgiveness

- List some regrets you have:
 - *Regrets:*
- List some people that have done wrong by you, and you wish to forgive:
 - *People to Forgive:*
- List some things you are grateful for:
 - *Gratitudes:*

5. Action Plan

- Create a tangible action plan for self-improvement previous to psychedelic therapy:
 - *Pre-Therapy Action Plan:*

6. Post-Therapy Insights

- Label additional insights post-therapy:
 - *Post-Therapy Insights:*

7. Reflection

- Reflect on the entire integration process and summarize it:
 - *Integration Summary:*

