

How I found my psychedelic sweet spot

Using Stats & Graphs in R

Ahnjili

Before

During

After

Baseline mood & attention

Drug

Dose

Environment

Enjoy!

Mood & Attention:

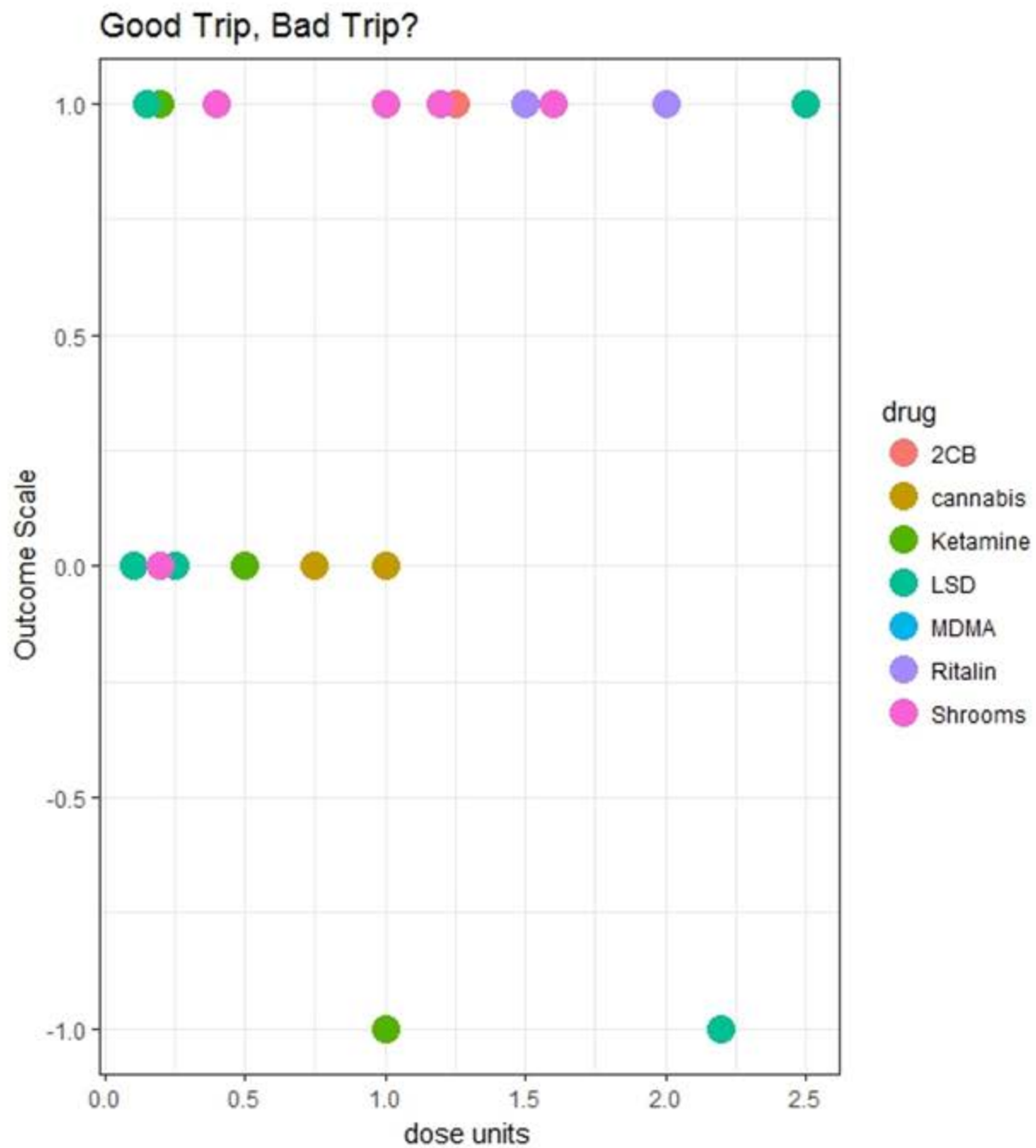
1 hour after

1 day after

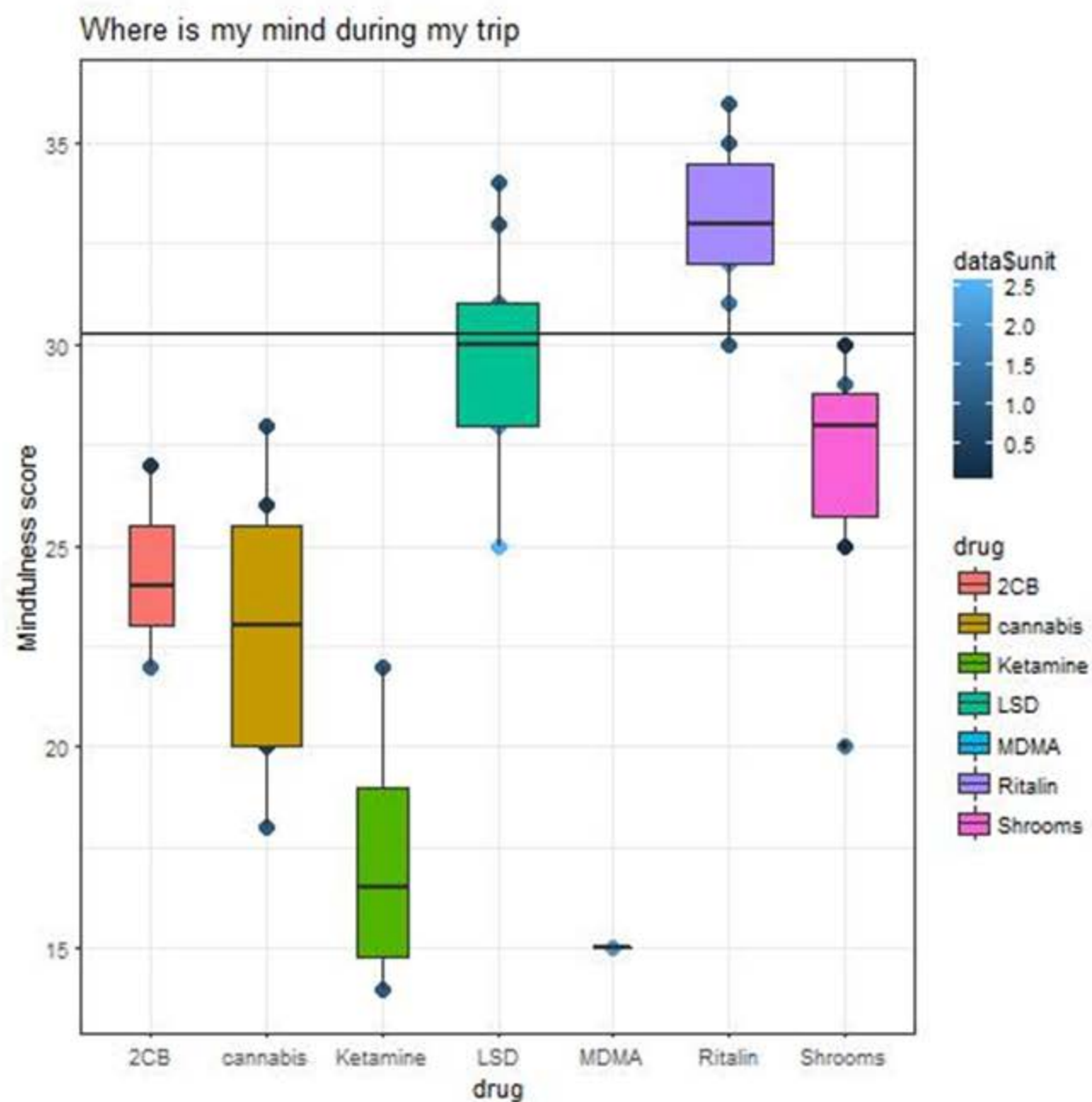
1 week after

Add data in excel!

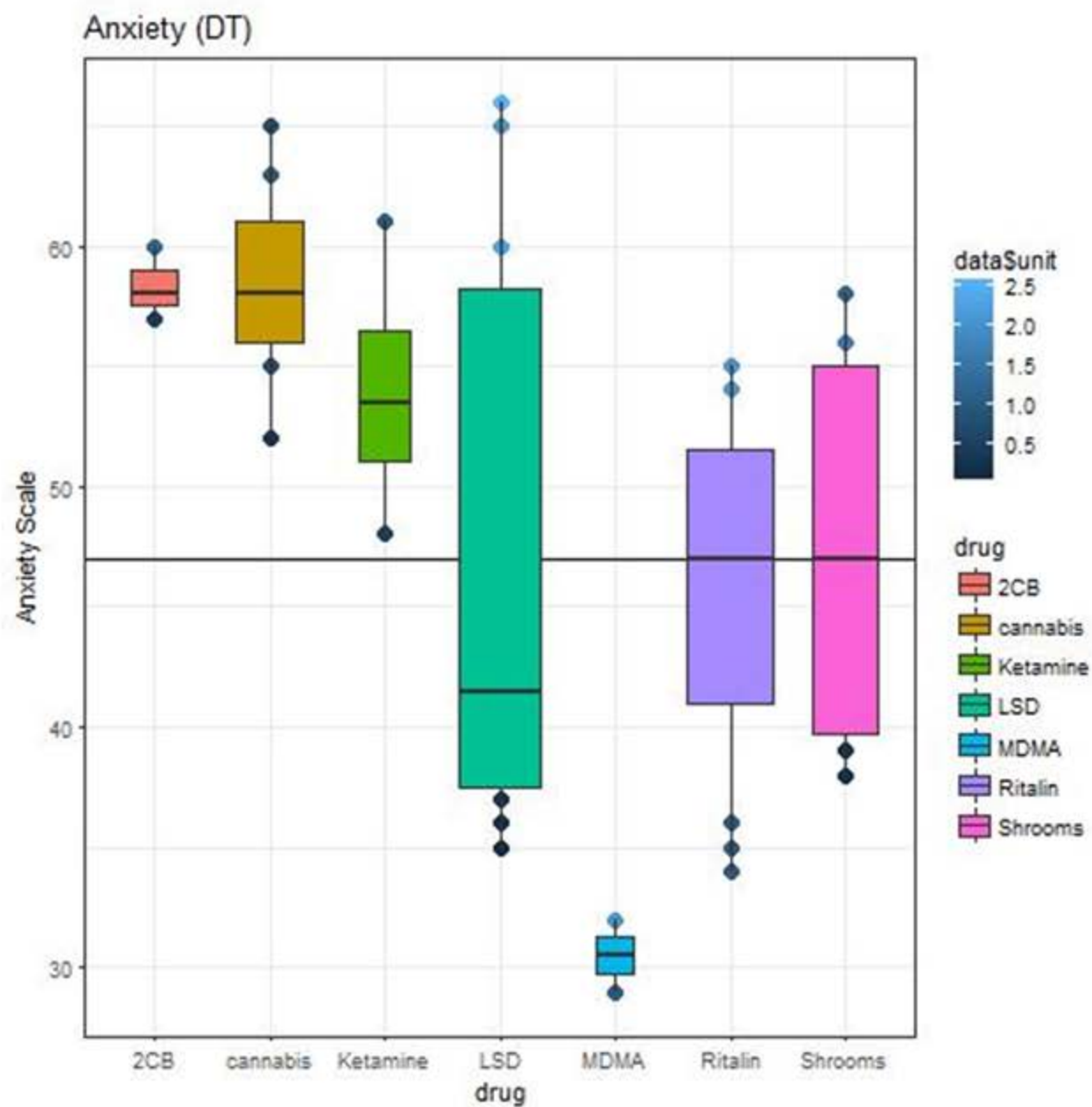
How did I do it?



My Trip:
Outcome

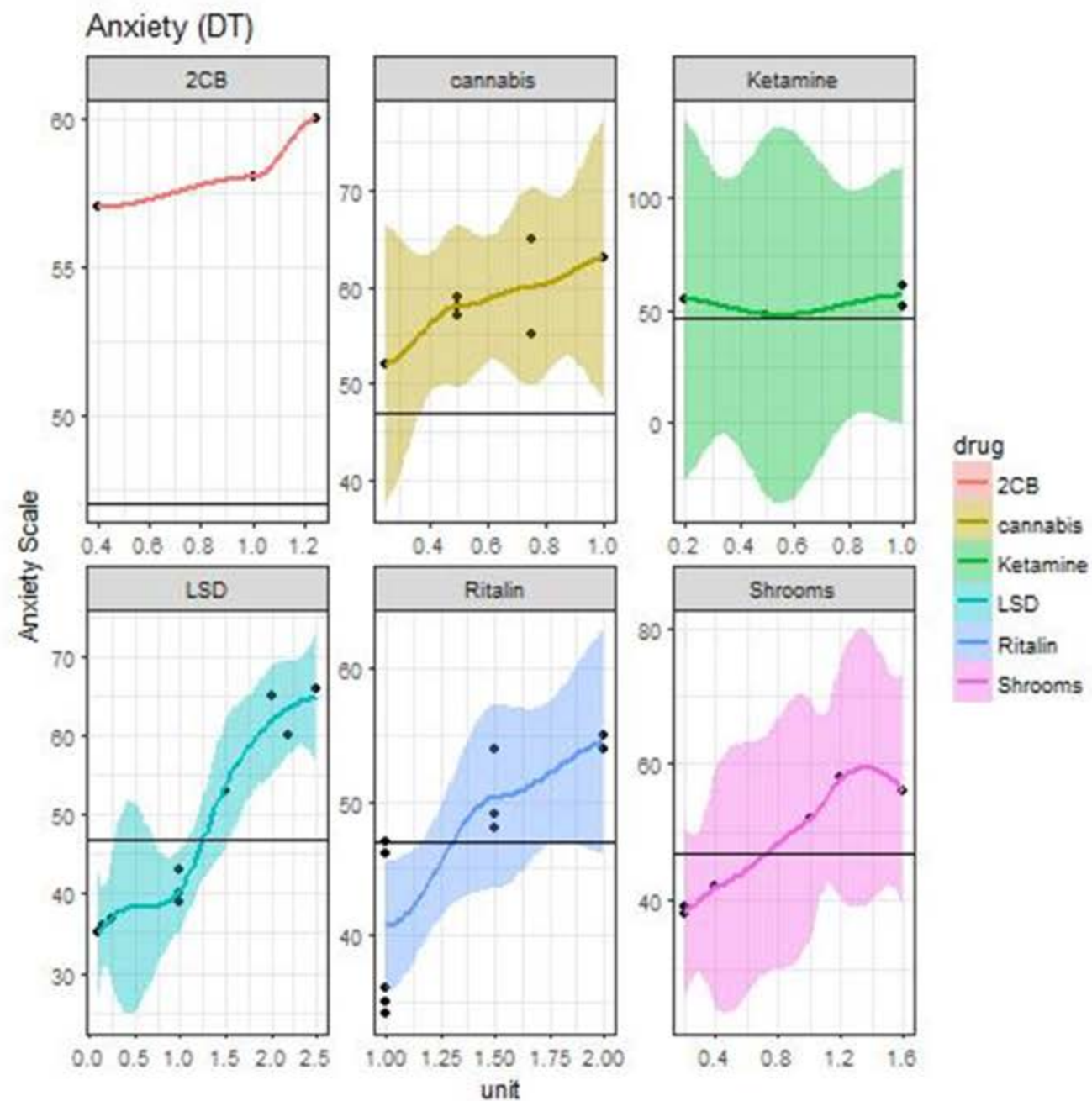


My Trip:
Mindfulness



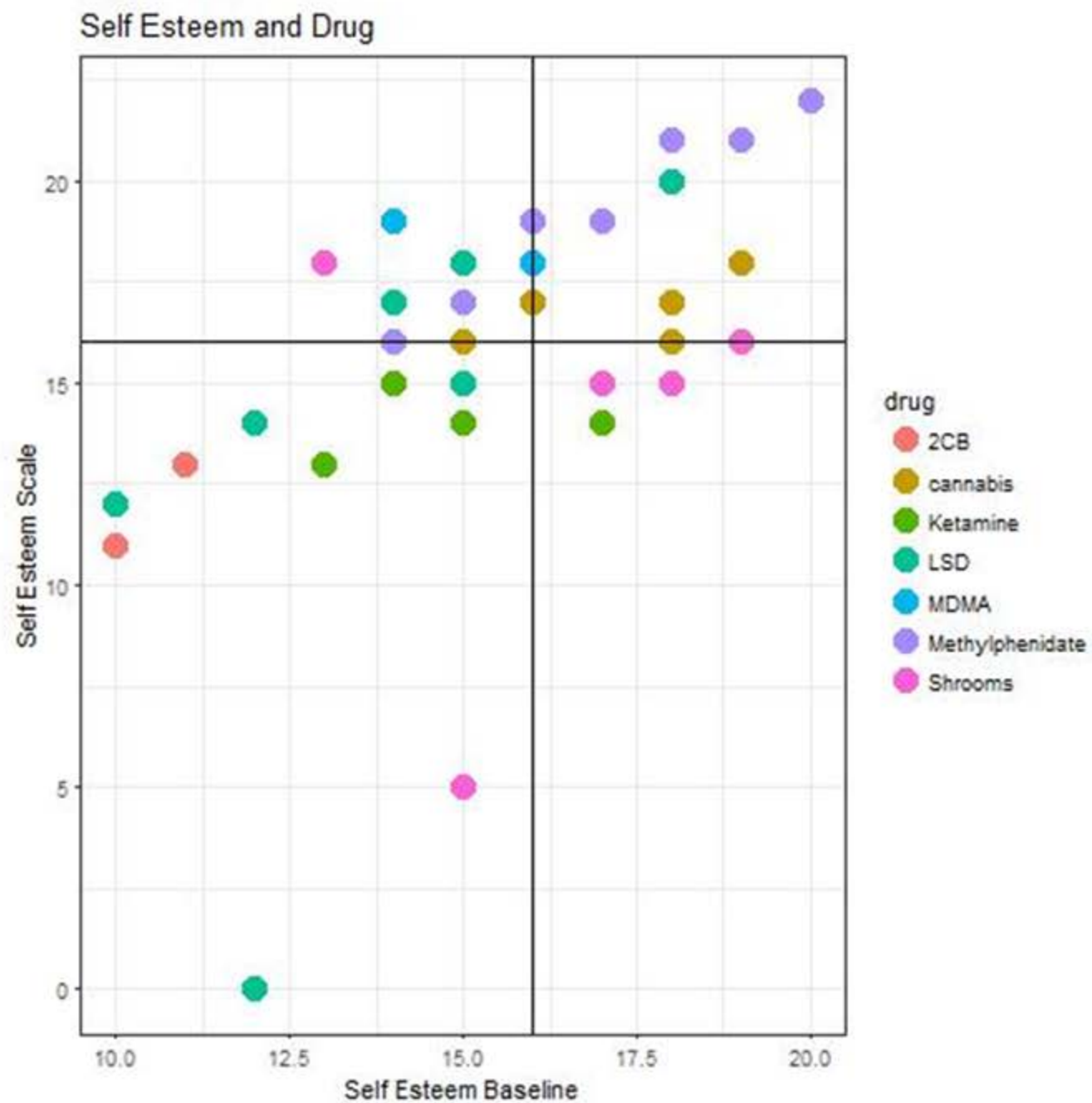
My Trip:

Anxiety



My Trip: Anxiety & Dose

SET:
Self Esteem

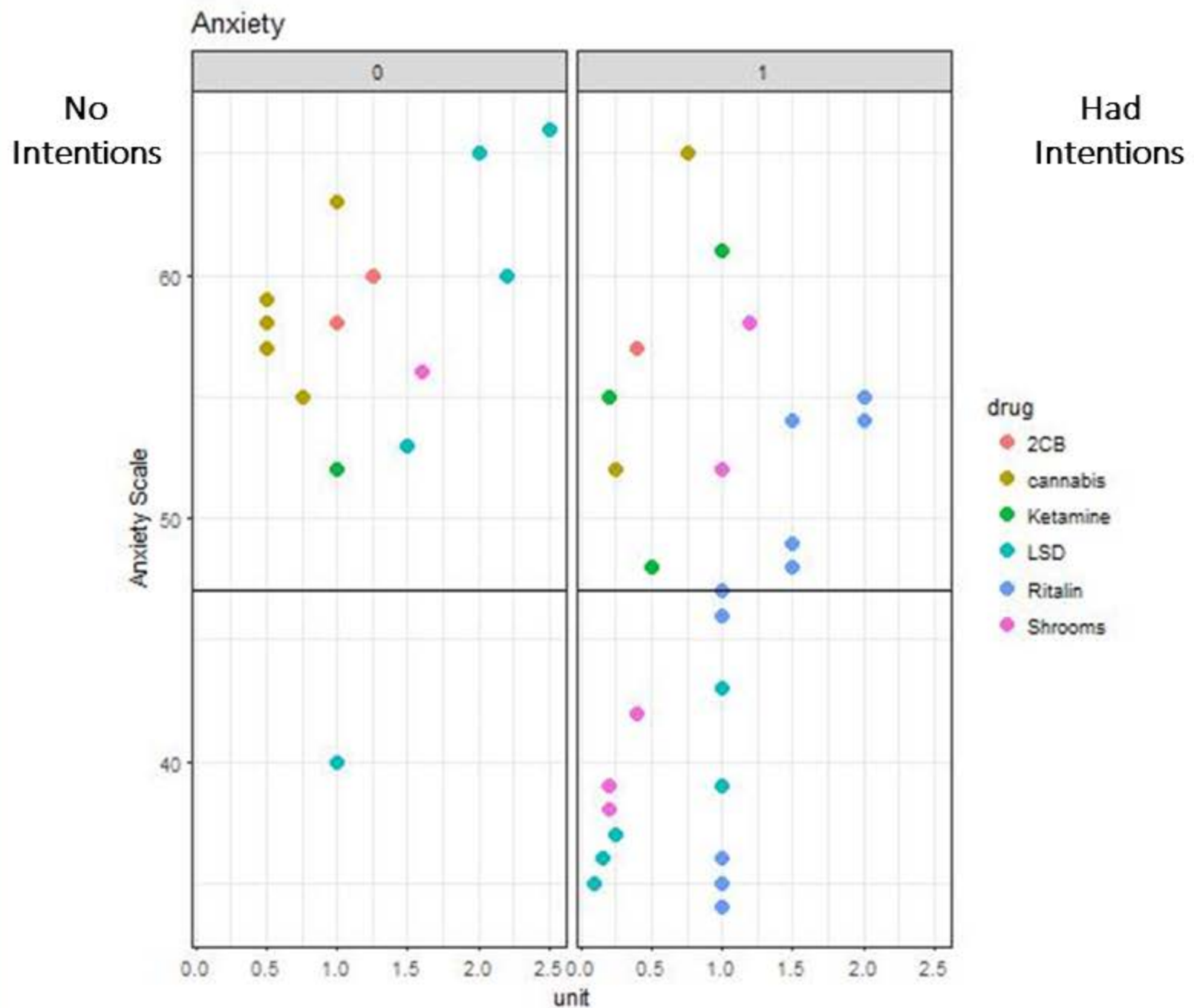


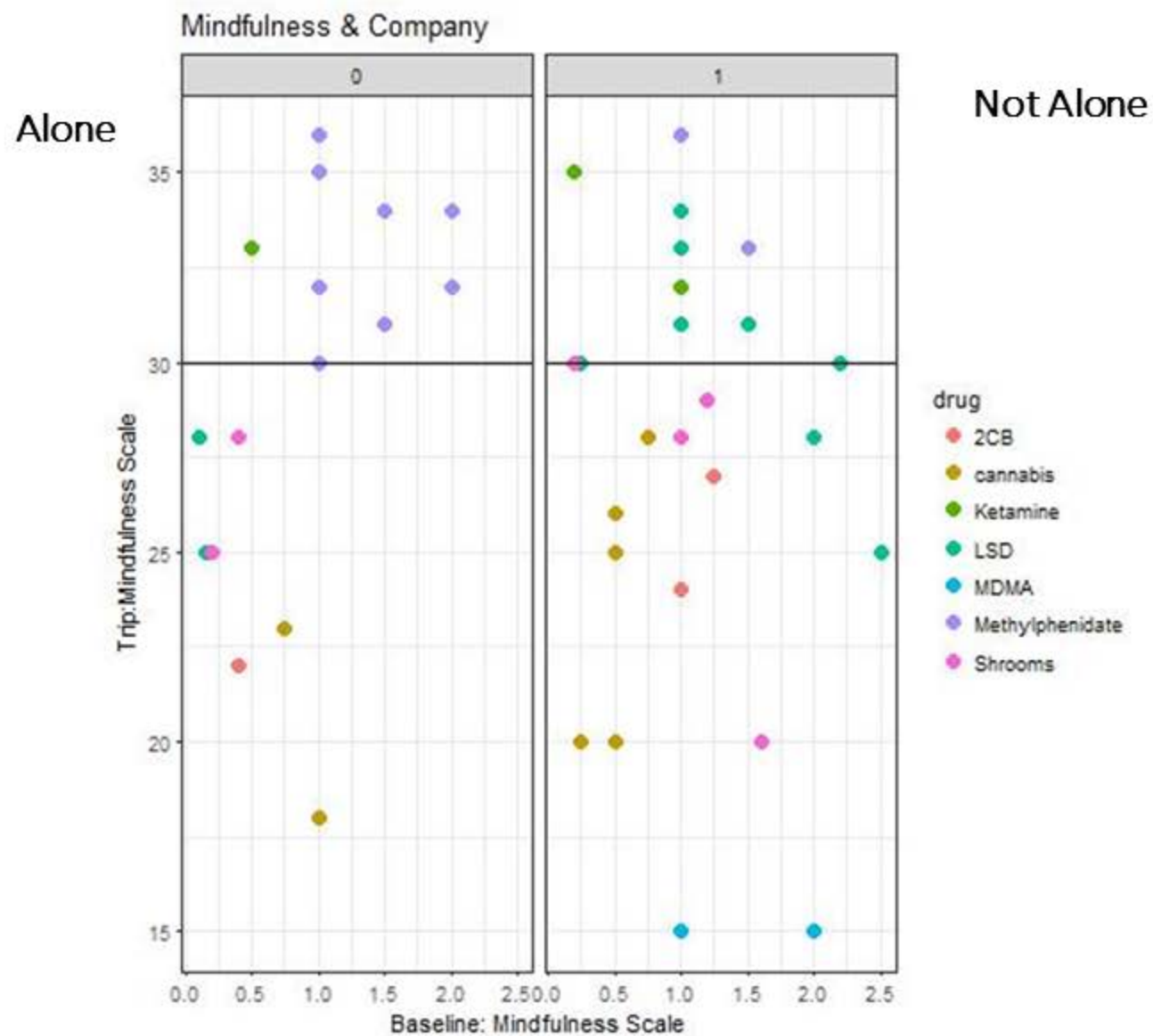
My Current Research



SET:

Anxiety & Intent





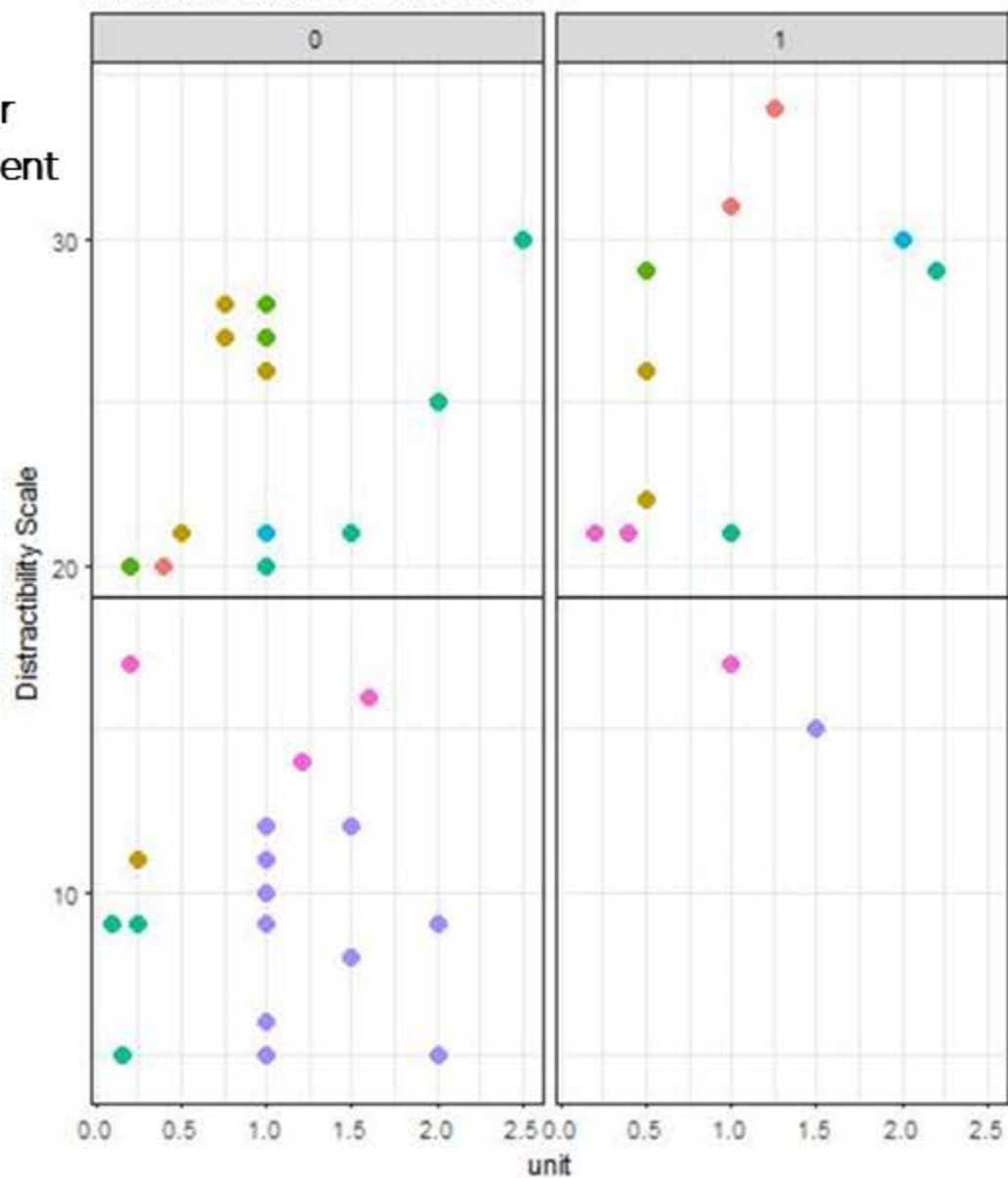
SETTING:

Mindfulness
& Company

Attention & New Environment

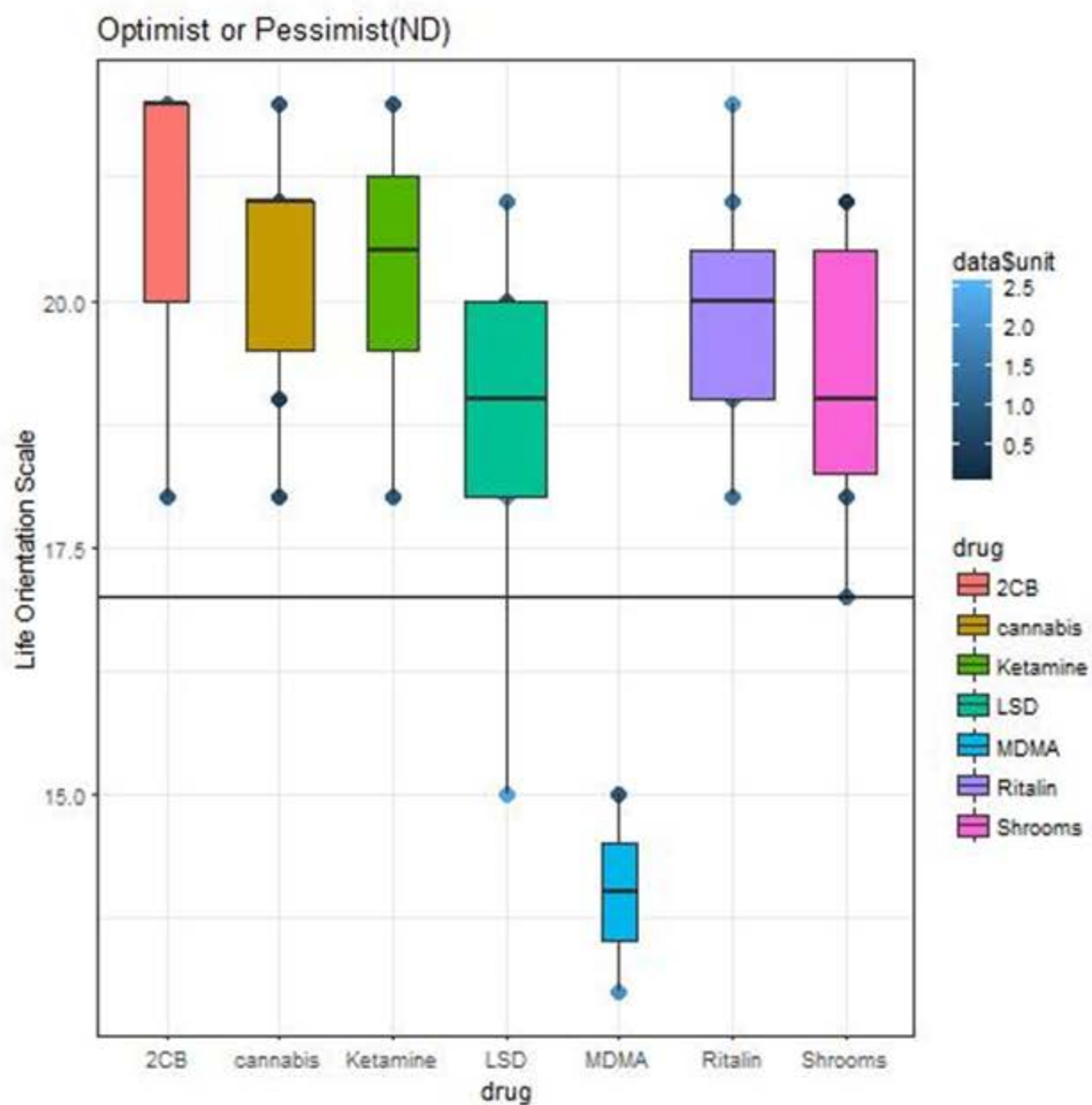
Familiar Environment

New Environment



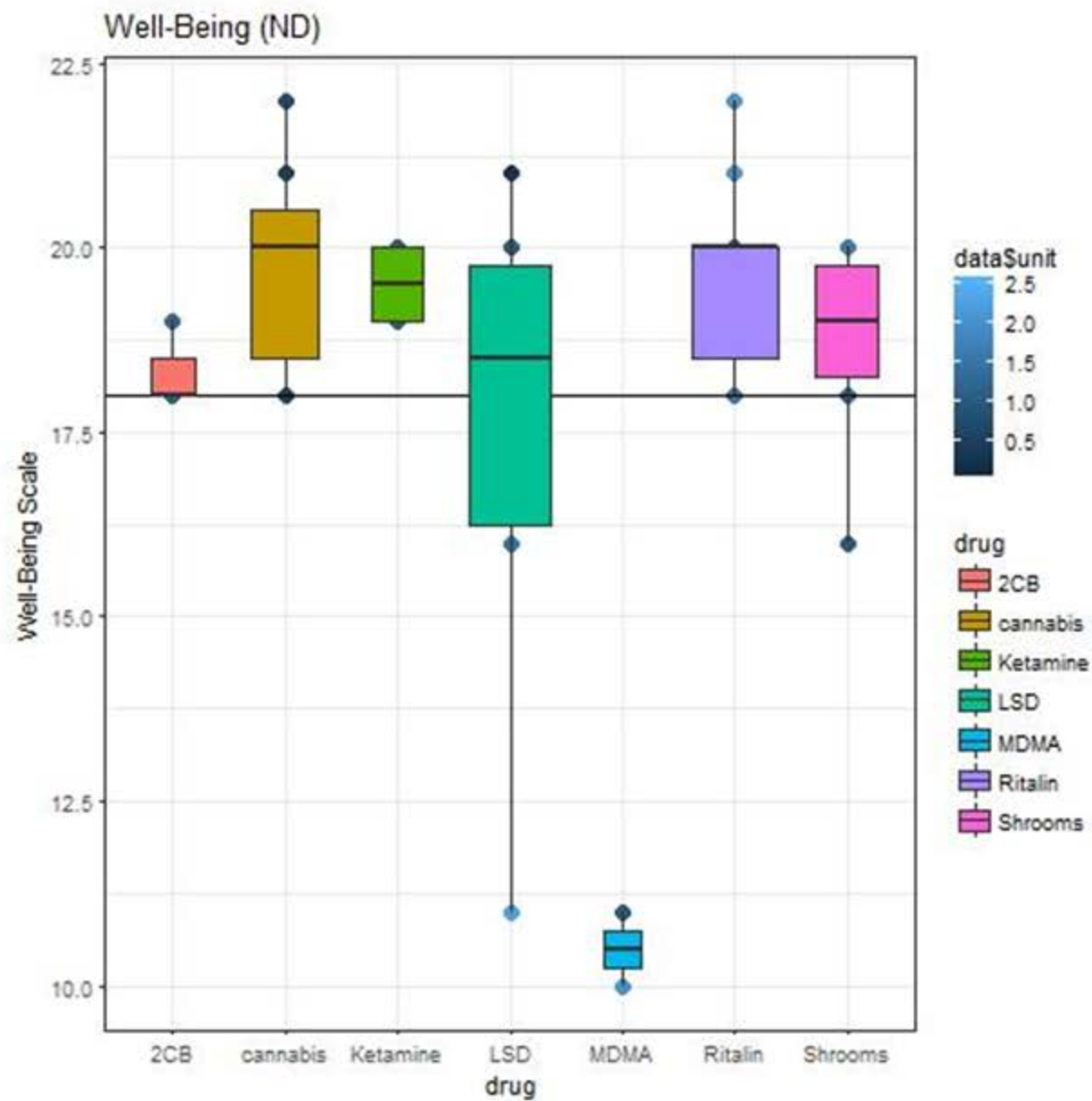
SETTING:

Attention &
New
Environment



RESETTING:

Life
Orientation



Resetting:
Well-Being

SET:

- Important: Self Esteem & Intentions
- Not so important: Responsibilities

SETTING:

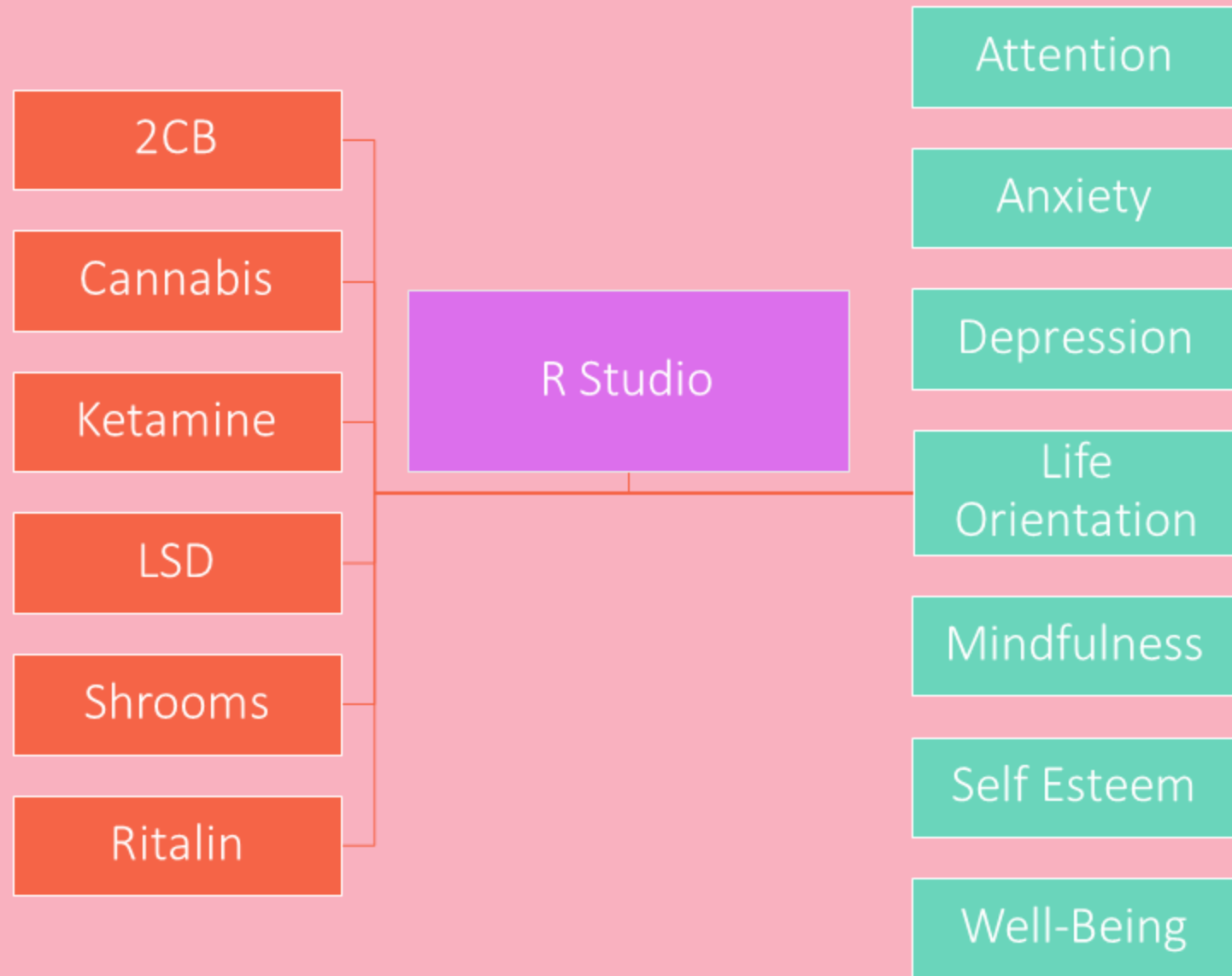
Important:
Both Physical & Social Environment

RESETTING:

- Elevated mood and positivity the following day
- Less mental energy

What have I learned?

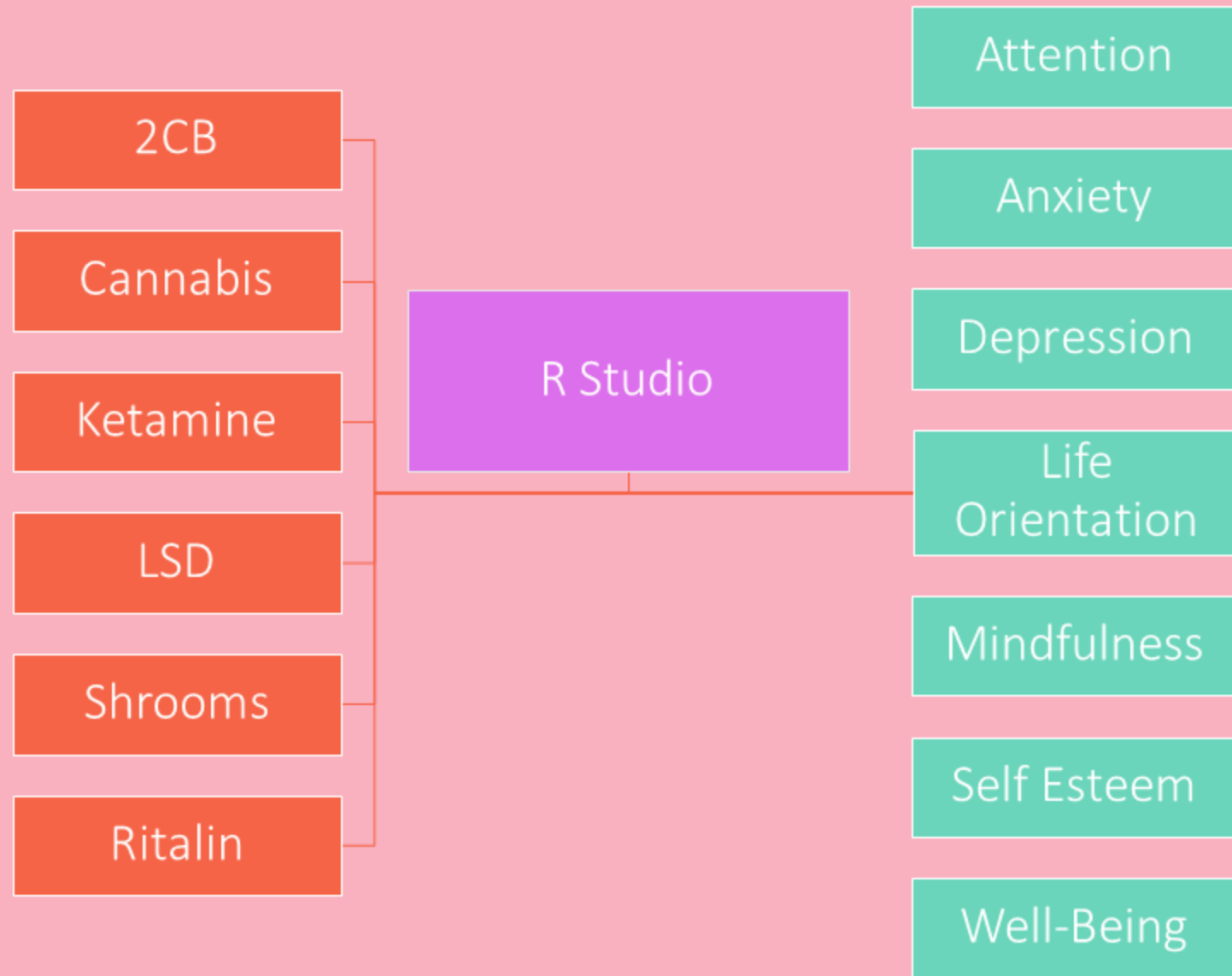
My Personal Research



Want to try it out yourself?

Shoot me an email:
ahnjili@gmail.com

My Personal Research

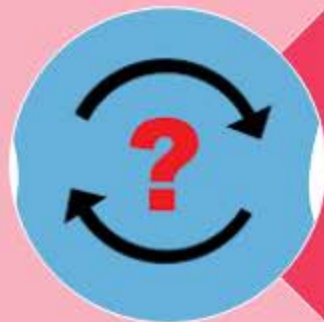


Why?



Love for Data!

Data: The engine that drives curiosity and research



Causal Analytics:

Identify the strength of each factor!



Forecast Analytics:

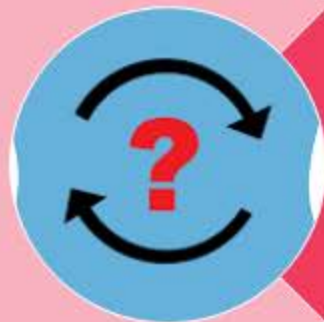
Predictive & Preventive

Why?



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Causal Analytics:

Identify the strength of each factor!



Forecast Analytics:

Predictive & Preventive

SET:

- Mindfulness
- Mood
- Intentions

SETTING:

- Physical Environment:
- Social Environment

FACTORS

SET:

- Thoughts
- Mood
- Expectations
- Stress

SETTING:

- Physical Environment
- Social Environment

RESETTING:

- Thoughts
- Mood
- Cognition
- Energy levels

FACTORS

Before

Baseline mood & attention

Drug

Dose

Environment

During

Enjoy!

After

Mood & Attention:

1 hour after

1 day after

1 week after

Add data in excel!

How did I do it?