

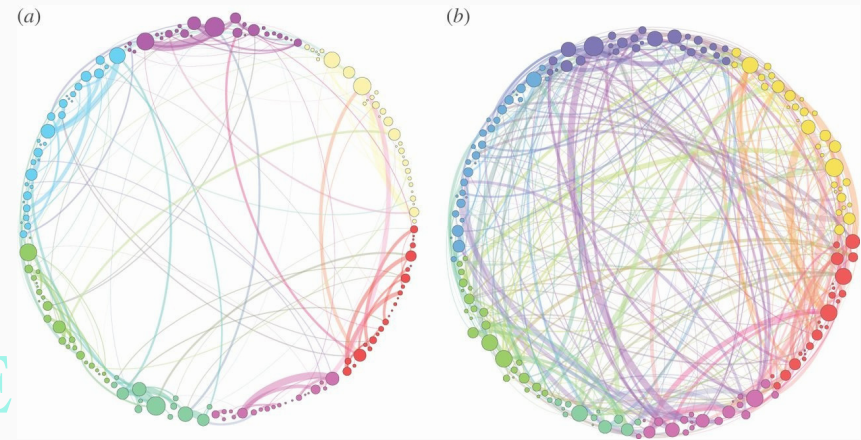


HOW MICRODOSING HELPED MY PRODUCTIVITY, MOOD & SOCIAL ANXIETY

A 12 -MONTH EXPLORATION

INTRODUCTION: WHY MICRODOSING

WHY MICRODOSING: IS IT POSSIBLE TO TAKE REGULAR MICRODOSES TO MAINTAIN BENEFITS OF MODERATE DOSES? AND IF SO, WHICH DOSE?



After 8 months of rapid-fire exploration of various psychedelic substances taken at moderate, "therapeutic" doses, I wanted to explore the possibility of keeping the benefits over the long-term and minimize disruption in my weekly routine.

Benefits include: Mood elevation, social confidence, connectedness, and productivity on high-importance, low-urgency tasks.



PRIMER: SELF-TRACKING METHOD

1. MEASURE DOSE
2. EMAIL TO SELF
3. QUANTIFY

To track subjective effects of psilocybin microdoses, I controlled the dose and quality of mushroom using a kitchen scale, emailed time-stamped notes to myself throughout the day, and retroactively quantified several factors. The 3 most important:

- (a) social anxiety
- (b) mood
- (c) productivity

Date	Dose	Mood (1-5)	Anxiety (1-5)	Productivity (1-5)	Subjective
11/9/2016	0.22	1	5	1	went shopping
11/10/2016	0.226	1	4	2	got angry at
11/11/2016		2	4	1	woke up late
11/12/2016	0.38	4	2	3	Went to IKEA
11/13/2016	0.32	1	5	1	cried twice
11/14/2016	0.15	1	3	1	as mentioned Shiva: She What are m Everything Christensen Puma: Don't
11/15/2016	0.2	3	3	3	No more no Emailed No Meditated in Had a state Tried the de Told Jennife Had first int
11/16/2016	0	1	3	1	Lost track of
11/17/2016	0.22				0.16 then 0
11/18/2016	0.24	1	4	3	Felt the ap
11/19/2016	0.23	1	5	2	It was rainin I had more



Miniscule doses: brighter days

Dose: 0.15-0.2g

Time: 6 months, 4-6 days/ week

Rating Averages (Lowest: 1, Highest: 5)

Mood: 3 .25

Anxiety: 2.13

Productivity: 2 .75

Caveat: Possible placebo, not double- blind, no baseline stats, subjective ratings



*Small doses in chaotic environment:
high productivity, low mood,
high anxiety*

Dose: 0.2-0.3g

3 months, 3-5 days/ week

Rating Averages (Lowest: 1, Highest: 5)

Mood: 2 .86

Anxiety: 3.43

Productivity: 4 .71 (8 -10 sales --> 14 -16 sales)

Caveat: Not double- blinded, possible selection bias, possible extraneous environmental influence



MICRODOSE EXPLORATION: PART THREE OF FOUR

*Small doses in stable environment:
moderate productivity, low mood,
high anxiety*

Dose: 0.2-0.3g

2.5 months, 3-5 days/ week

Rating Averages (Lowest: 1, Highest: 5)

Mood: 2.31

Anxiety: 3.17

Productivity: 2.61

***Caveat: Not double- blinded, extraneous environmental influence,
possible selection bias***



Self-actualization doses: the perfect trifecta...almost

Dose: 0.5g
14 days @ 0.5g daily
Rating Averages
(Lowest: 1, Highest: 5)
Mood: 4.50
Anxiety: 1.41
Productivity: 4.07

"Amazing effects. Immediately had smooth conversation with [difficult coworker]."

"Had inspiration today, started [side project] and published it".

"Feeling really confident. Can do anything and everything I've always wanted."

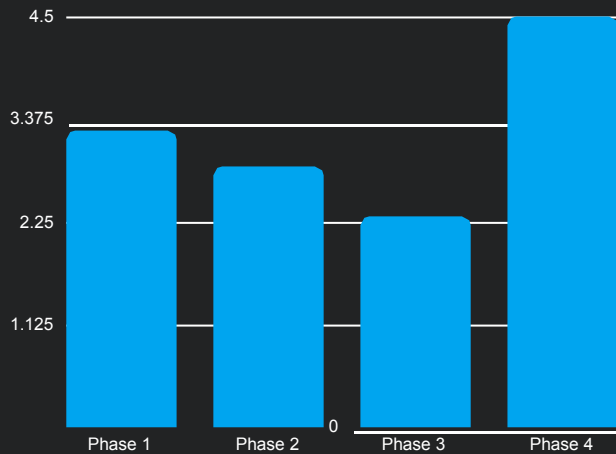
Caveat: Not double-blinded, low productivity on some routine tasks



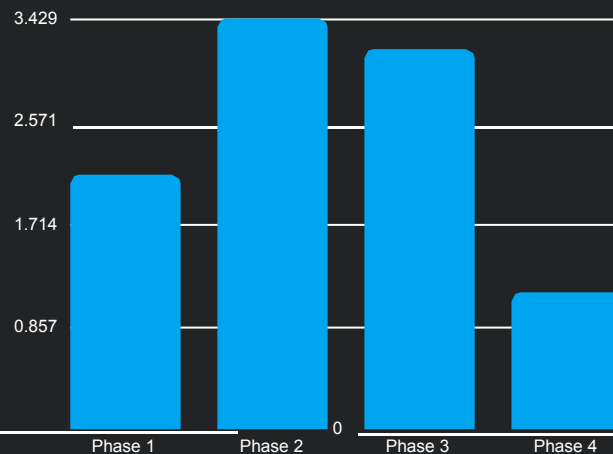
REFLECTIONS AND REMARKS

PRELIMINARY FINDINGS

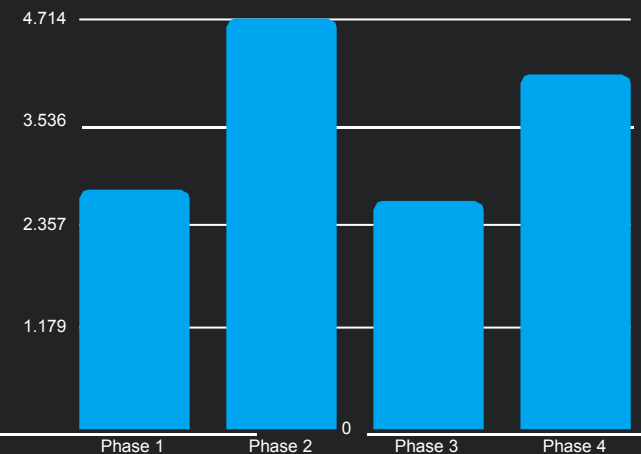
MOOD



ANXIETY



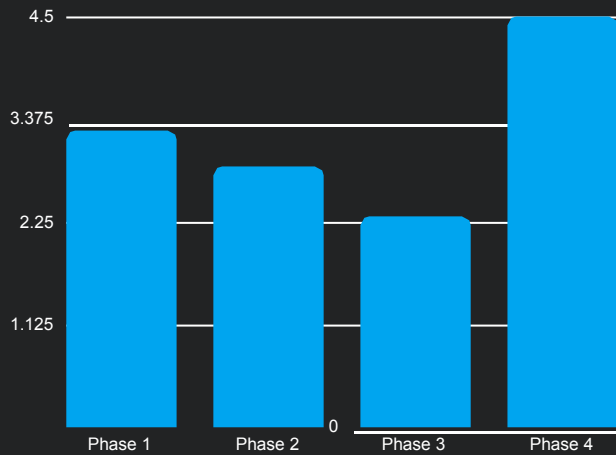
PRODUCTIVITY



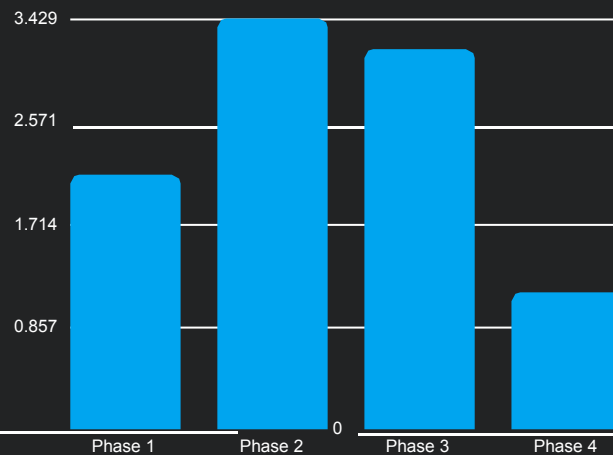
REFLECTIONS AND REMARKS

PRELIMINARY FINDINGS

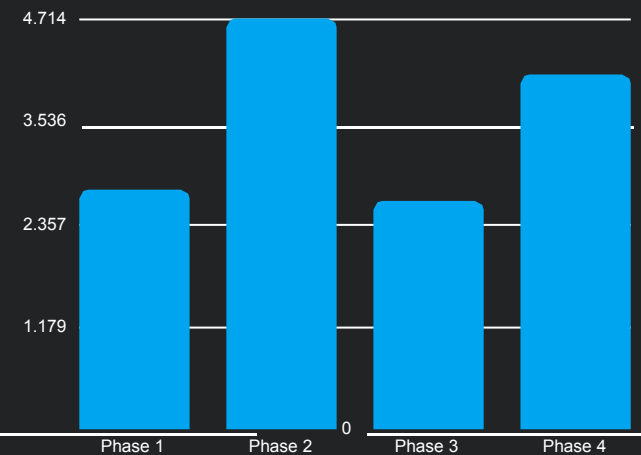
MOOD



ANXIETY



PRODUCTIVITY



LESSONS LEARNED & HYPOTHESES

Positive vs. negative effects may be dose-dependent.

Productivity is task-dependent.

Anxiety and mood may not be environment-dependent as expected.

Emotional awareness may increase with dose, then transform into increased positive emotions.



WHAT'S NEXT

EEG and fMRI monitoring of emotional states

Emotional Awareness vs. Objective Experience

Achieving non-drug induced states of peak performance through mindfulness techniques, meditation, emotional awareness exercises





LET'S KEEP IN TOUCH

Follow me at <http://Medium.com/@Janet> for more experiments

Further Reading & Resources

Abstracts: <http://rsif.royalsocietypublishing.org/content/11/101/20140873>

Book: Psychedelic Explorer' s Guide by James Fadiman, Ph. D

Podcasts: Tim Ferriss, Michael Ellsberg, Dave Asprey

Reference Directories: erowid.com, shroomery.org

Case Study: "Hustle LSD 30 -day experiment"

Research