

Psychedelic Preparedness Survey

Adapted by Nick Doolittle from original research by McAlpine, Blackburne, and Kamboj¹

The Psychedelic Preparedness Survey is a peer-reviewed, empirically validated tool to help those considering psychedelic treatment. A handful of studies have found a strong association between positive scores on the survey and favorable treatment outcomes. The version below is slightly adapted, with a handful of questions removed (and added).

Fill out honestly, and don't worry about your final score. The point of the survey is to identify points of discussion and support in the preparation sessions. The entire survey is 23 questions and should take about 5 minutes to fill out.

¹ [McAlpine, R. G., Blackburne, G., & Kamboj, S. K. \(2024\). Development and psychometric validation of a novel scale for measuring 'psychedelic preparedness'. *Scientific Reports*, 14\(1\), 1-15.](#)

Your name _____

- | | |
|--|--------------|
| 1. I have prepared some strategies in case things start to get difficult during the psychedelic experience | True / False |
| 2. I have made a plan for what I will do in the hours and days after the psychedelic experience | True / False |
| 3. My family and/or friends are prepared and well-informed about the changes that could occur in me | True / False |
| 4. I feel the substance will be safe to take | True / False |
| 5. I feel a trusting, positive connection with the people who are going to be around me during the experience | True / False |
| 6. I will engage with specific preparation practices before the psychedelic experience (e.g., meditation, yoga, breathwork, journaling, diet, exercise). | True / False |
| 7. I understand the difference between intention and expectation, particularly in regards to psychedelic experiences | True / False |
| 8. I have carefully contemplated my reasons for taking a psychedelic substance | True / False |
| 9. I have a clear intention for the psychedelic experience | True / False |
| 10. I trust my own mind and body to safely process the experience | True / False |
| 11. I am prepared for the physical effects of the psychedelic | True / False |
| 12. I feel psychologically prepared for the psychedelic experience | True / False |
| 13. I feel ready to surrender to whatever the psychedelic experience will be, including potentially uncomfortable or difficult aspects | True / False |
| 14. I am aware that the psychedelic experience might change me in some way | True / False |
| 15. I know that my experience will be somewhat unpredictable | True / False |

- | | |
|---|--------------|
| 16. I understand that events from my past might surface into the psychedelic experience | True / False |
| 17. I understand that the experience might evoke a range of intense emotions, from bliss to horror | True / False |
| 18. I have done some of my own research into the effects of the psychedelic substance (e.g. reading articles/books, watching videos, listening to podcasts) | True / False |
| 19. I understand what it means to observe my thoughts without identifying with them | True / False |
| 20. I consider myself to be open-minded, and aspire to not cling to any perspective too tightly | True / False |
| 21. I believe there is much I have yet to learn about consciousness, and who I am on a fundamental level | True / False |
| 22. When I seriously contemplate a psychedelic journey, there are no parts of me that get panicked or anxious | True / False |
| 23. I have researched contraindications, to make sure I am not on any medication that might conflict with psilocybin in some way | True / False |