How I found my psychedelic sweet spot

Using Stats & Graphs in R

Ahnjili
My Current Research

- LSD
- Ritalin
- Mindfulness

R Studio

Cognitive Flexibility
My Personal Research

- 2CB
- Cannabis
- Ketamine
- LSD
- Shrooms
- Ritalin

R Studio

- Attention
- Anxiety
- Depression
- Life Orientation
- Mindfulness
- Self Esteem
- Well-Being
Why?

Love for Data!
Data: The engine that drives curiosity and research

Causal Analytics:
Identify the strength of each factor!

Forecast Analytics:
Predictive & Preventive
FACTORS

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
How did I do it?

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!
My Trip:
Outcome
My Trip:

Mindfulness
My Trip: Anxiety
My Trip: Anxiety & Dose
SET:
Self Esteem
SET:

Anxiety & Intent

Graph showing anxiety levels with and without intentions.
SETTING:

Mindfulness & Company
SETTING:
Attention & New Environment
RESETTING: Life Orientation
Resetting: Well-Being
What have I learned?

**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
Want to try it out yourself?

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