

## ~ Taking Stock ~

Things to consider when you are thinking of  
ketamine-assisted therapy

### ^ Support

What support systems currently exist in your life?

Who are your allies?

What supports do you have in place for the hours, days, weeks, and months following your journey?

### ^ Gratitude

Where is there currently gratitude in your life?

Where is there room for more?

Where is there room for awareness/acceptance/forgiveness in your life?

### ^ Trauma

Do you carry anything that you identify as traumatic? From the past? In the present?

### ^ Stuck energy

Do you feel that you have energetic blocks?

Are there places where you would like to feel more easeful flow?

How often do you cry?

## ^ Patterns

Where do you find yourself using the same behaviors or making the same choices over and over?

Do you feel a sense of agency in your life?

## ^ Embodiment practices (movement, meditation, breathwork, etc.)

Do you have embodiment practices that you incorporate into your daily/weekly/monthly life?

What "turns your light on" ?

## ^ Coping strategies

How do you cope with stress?

What coping strategies do you currently use, that you feel serve you well?

Do you have any coping strategies that you feel no longer serve you?

Any that you would like to change?



