

# How I found my psychedelic sweet spot

Using Stats & Graphs in R

Ahnjili

Before

Baseline mood & attention

Drug

Dose

Environment

During

Enjoy!

After

Mood & Attention:

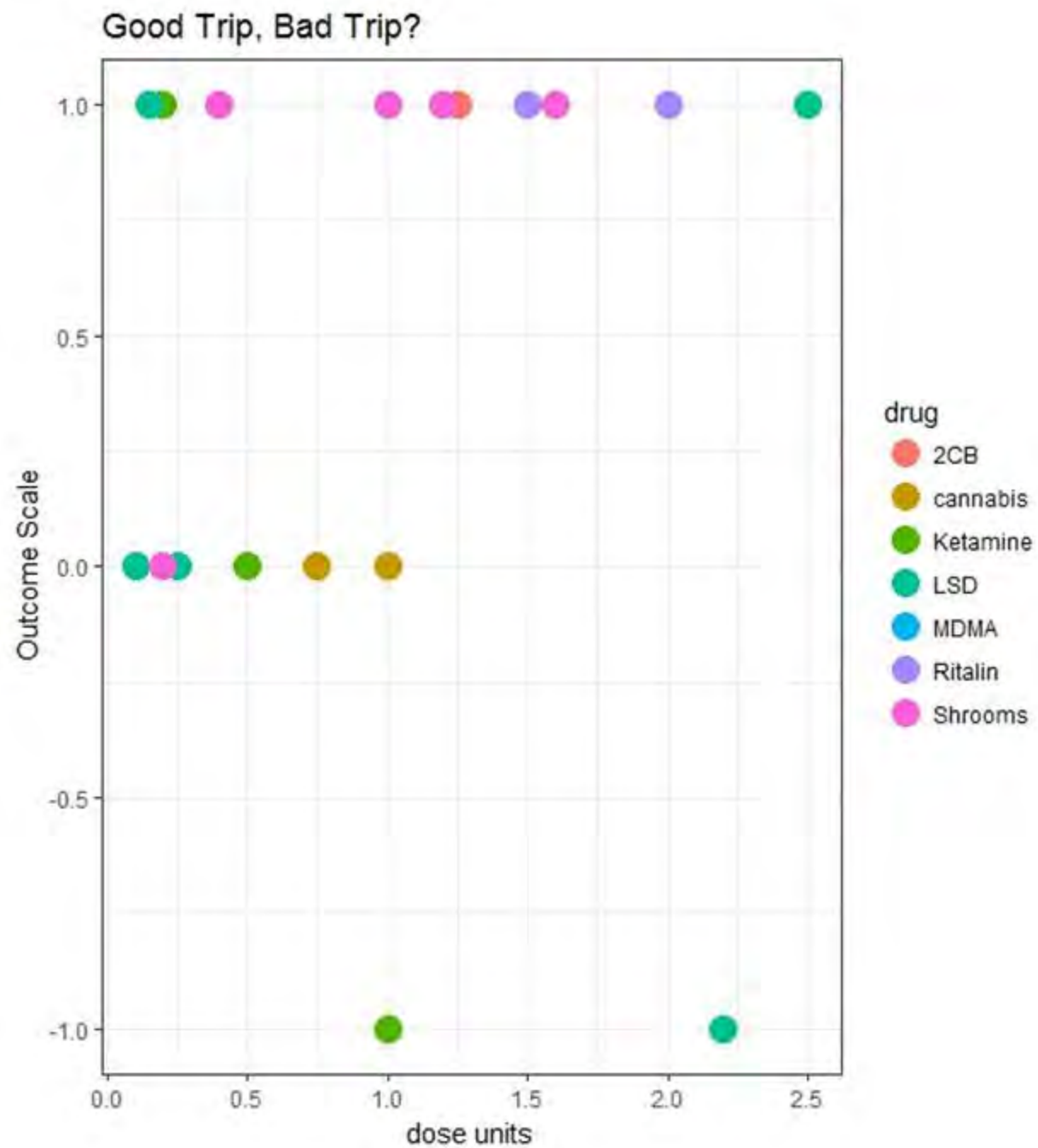
1 hour after

1 day after

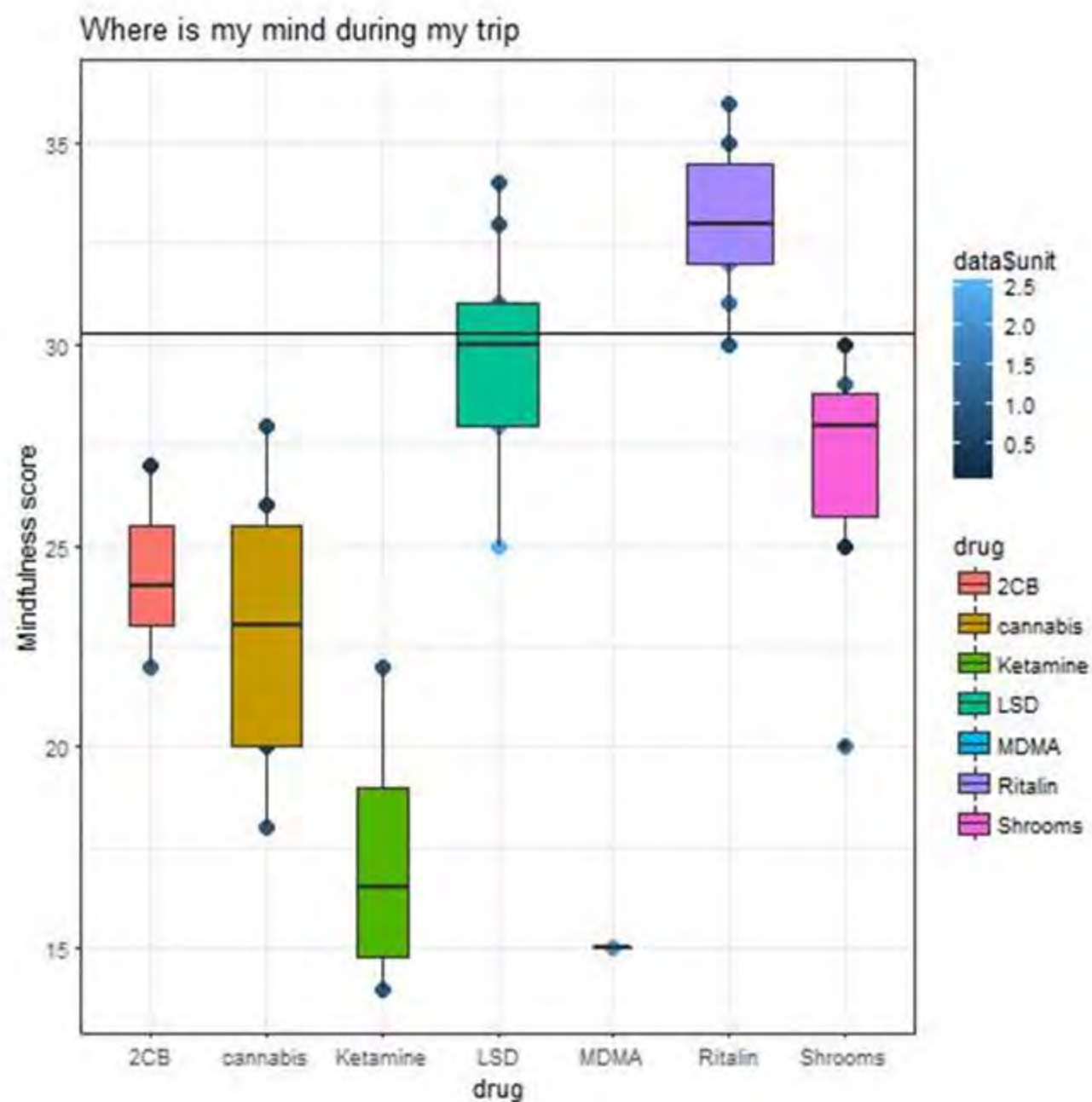
1 week after

Add data in excel!

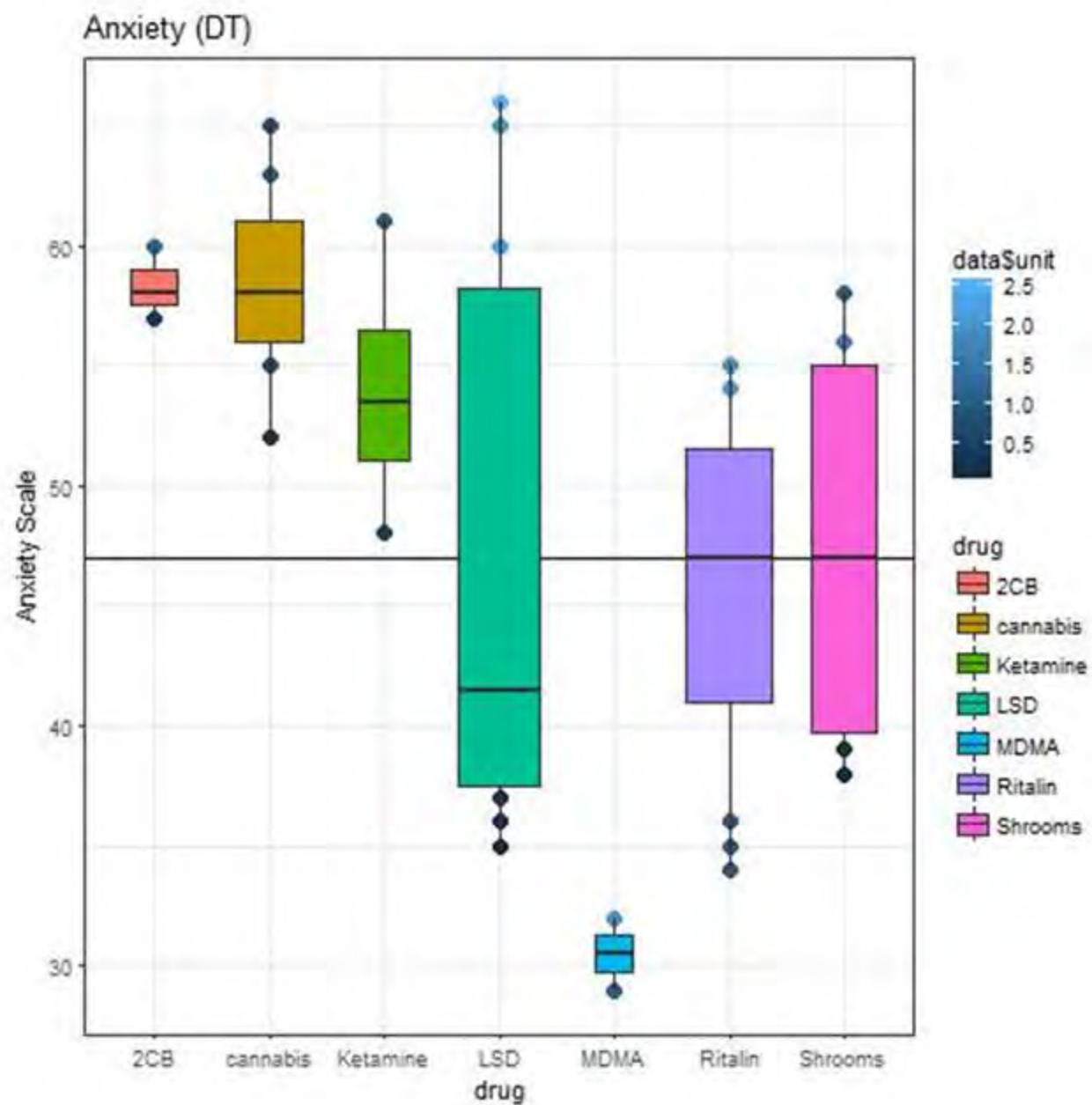
How did I do it?



My Trip:  
Outcome



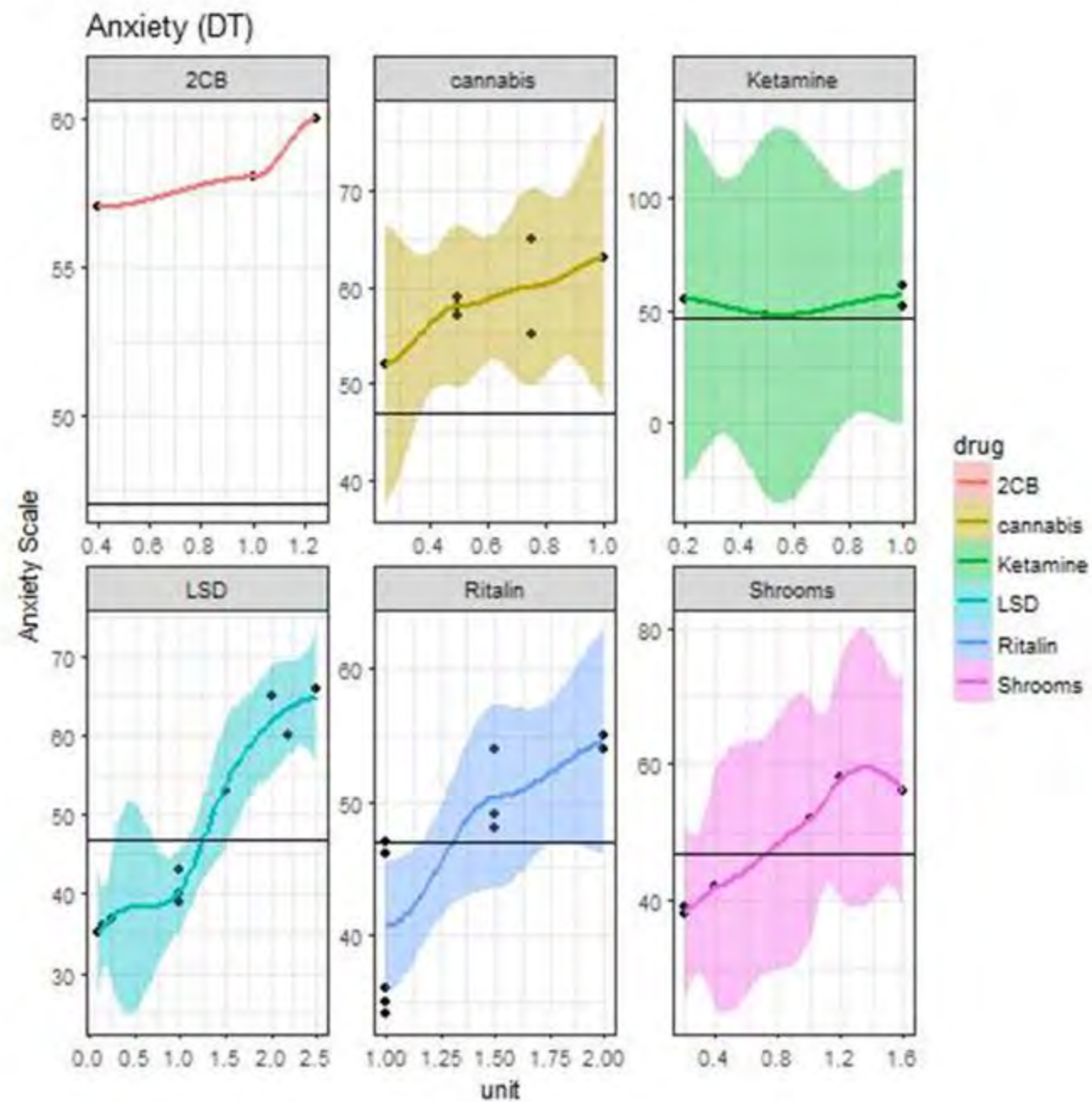
My Trip:  
Mindfulness



My Trip:

Anxiety

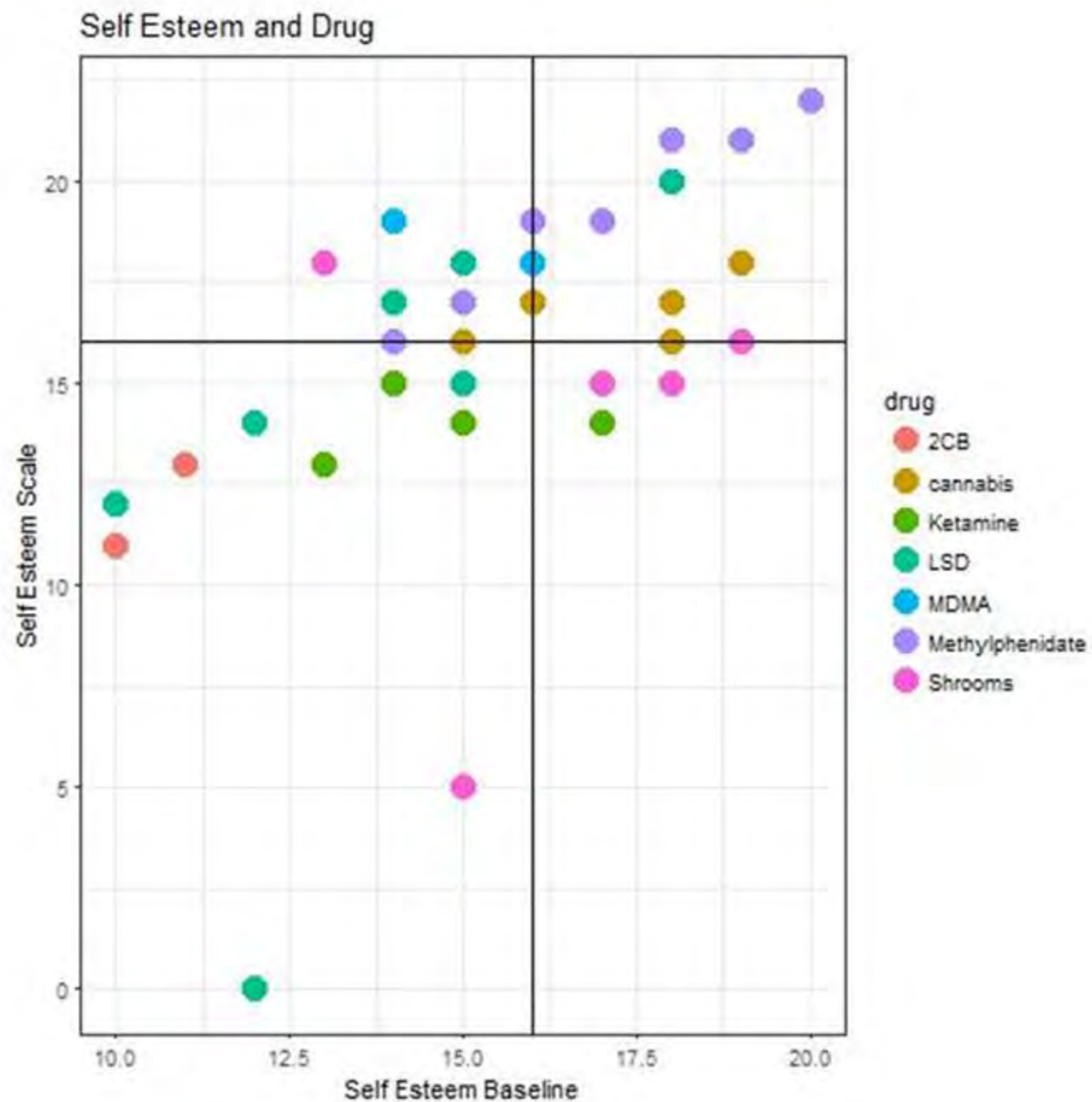




My Trip:

Anxiety &  
Dose

SET:  
Self Esteem



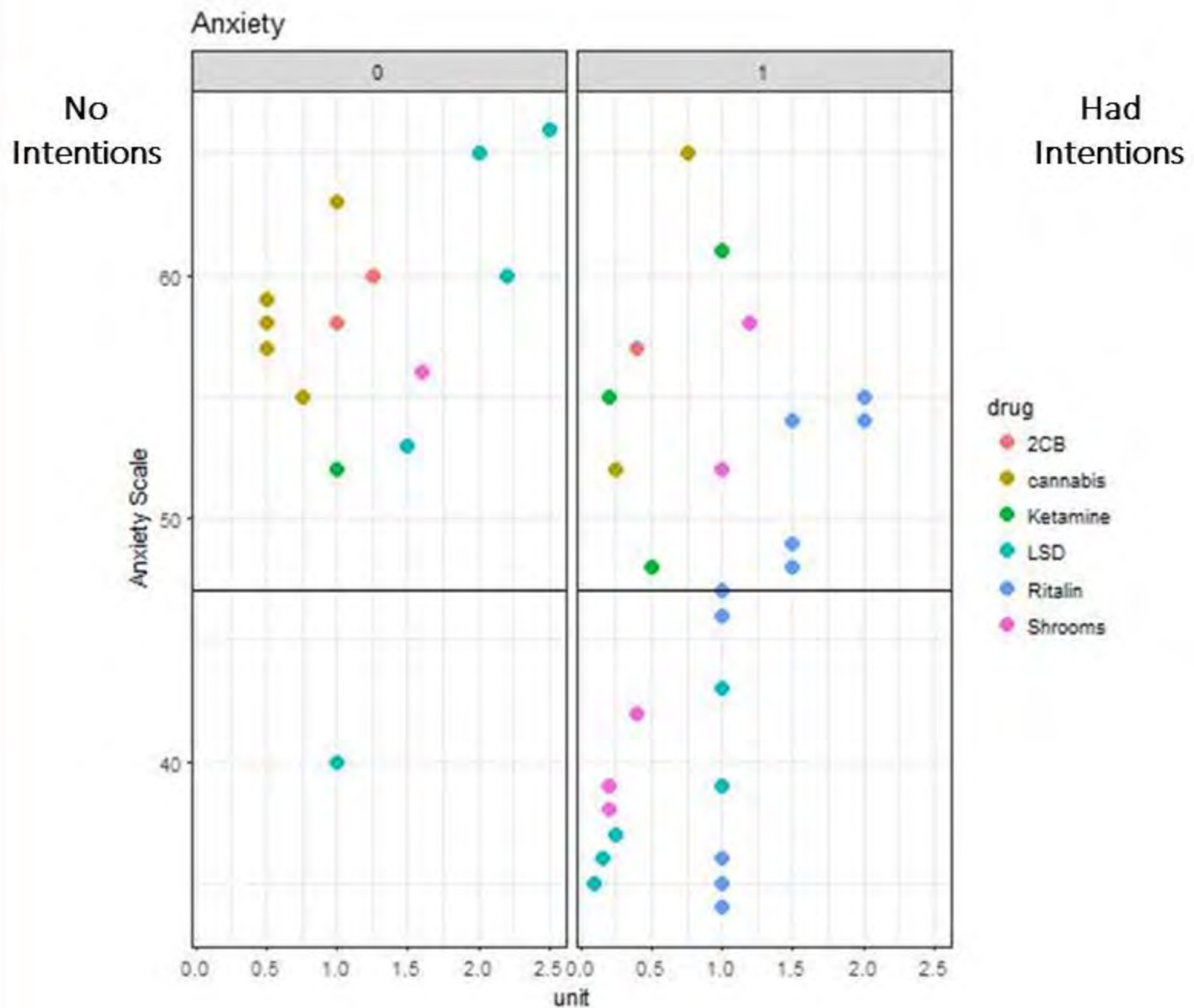
# My Current Research

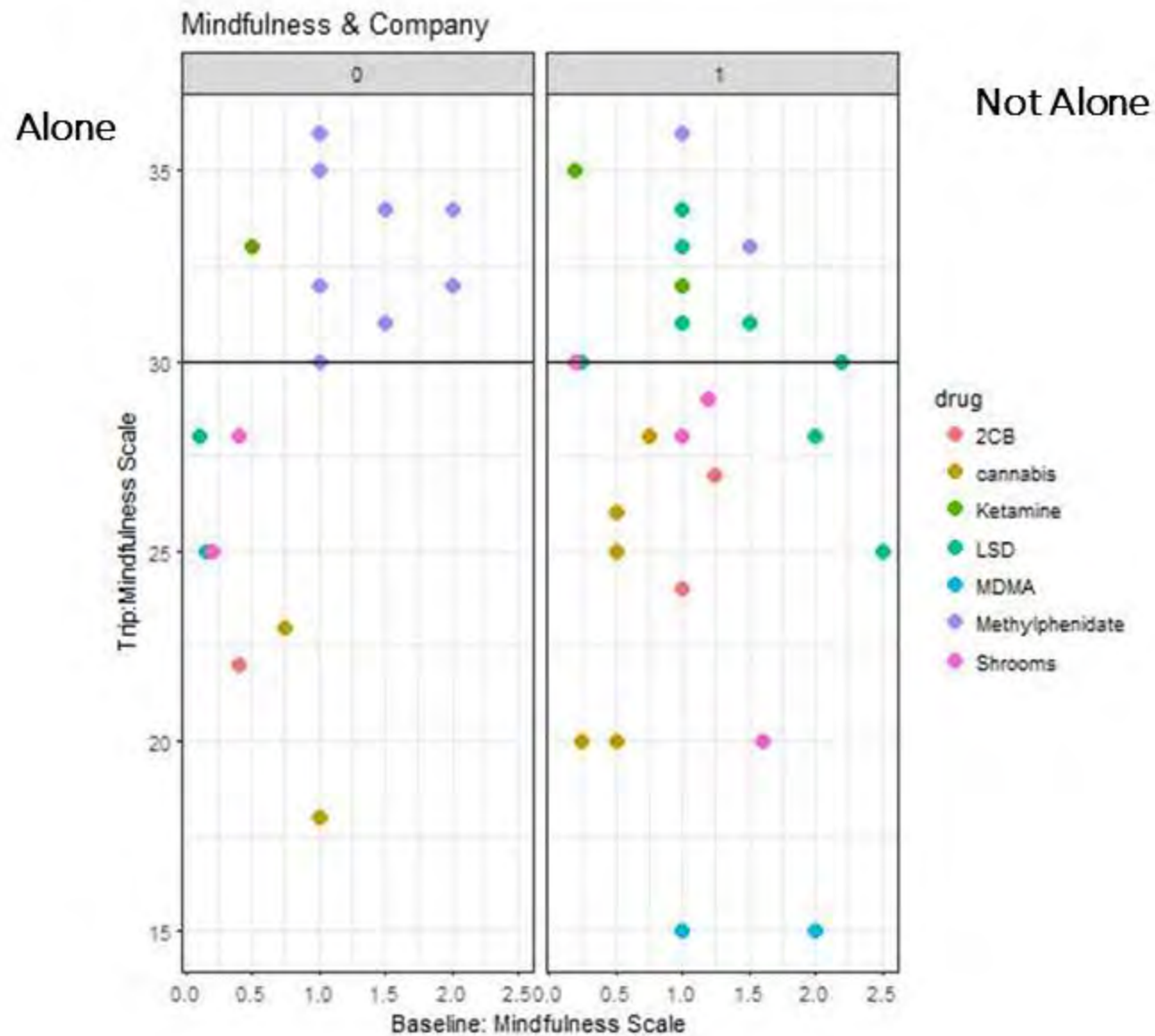




SET:

# Anxiety & Intent





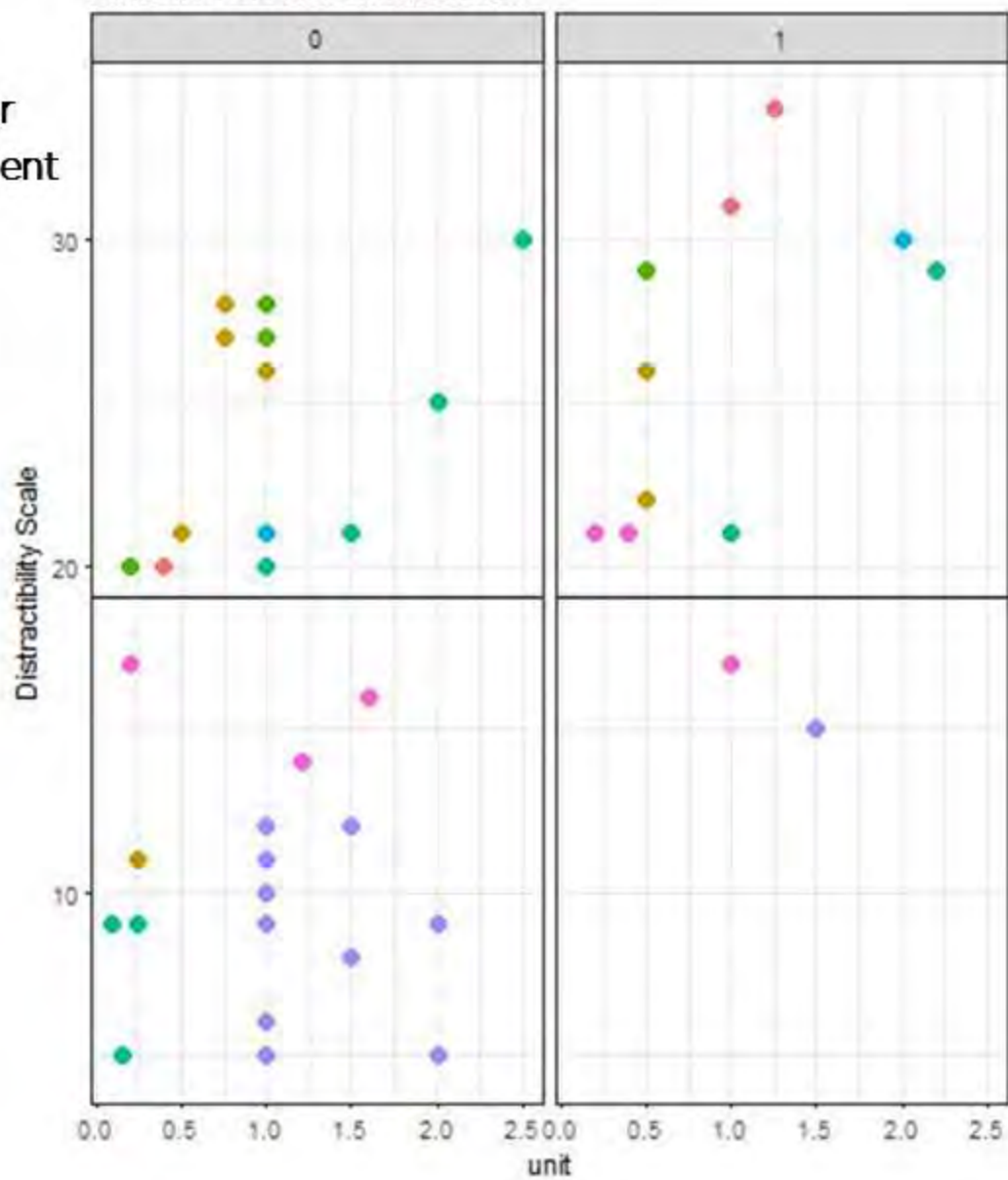
SETTING:

Mindfulness  
& Company

Attention & New Environment

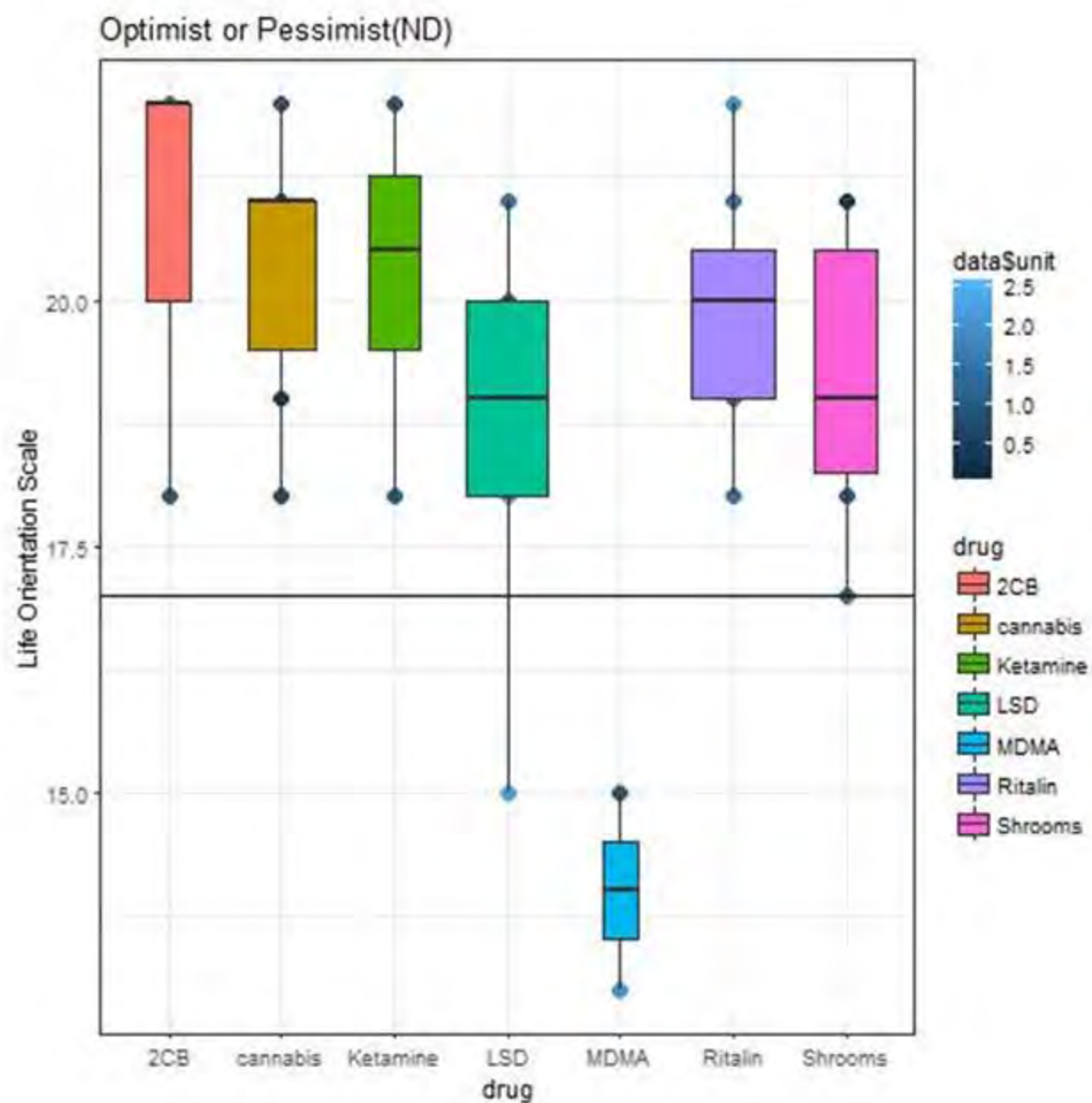
Familiar Environment

New Environment



# SETTING:

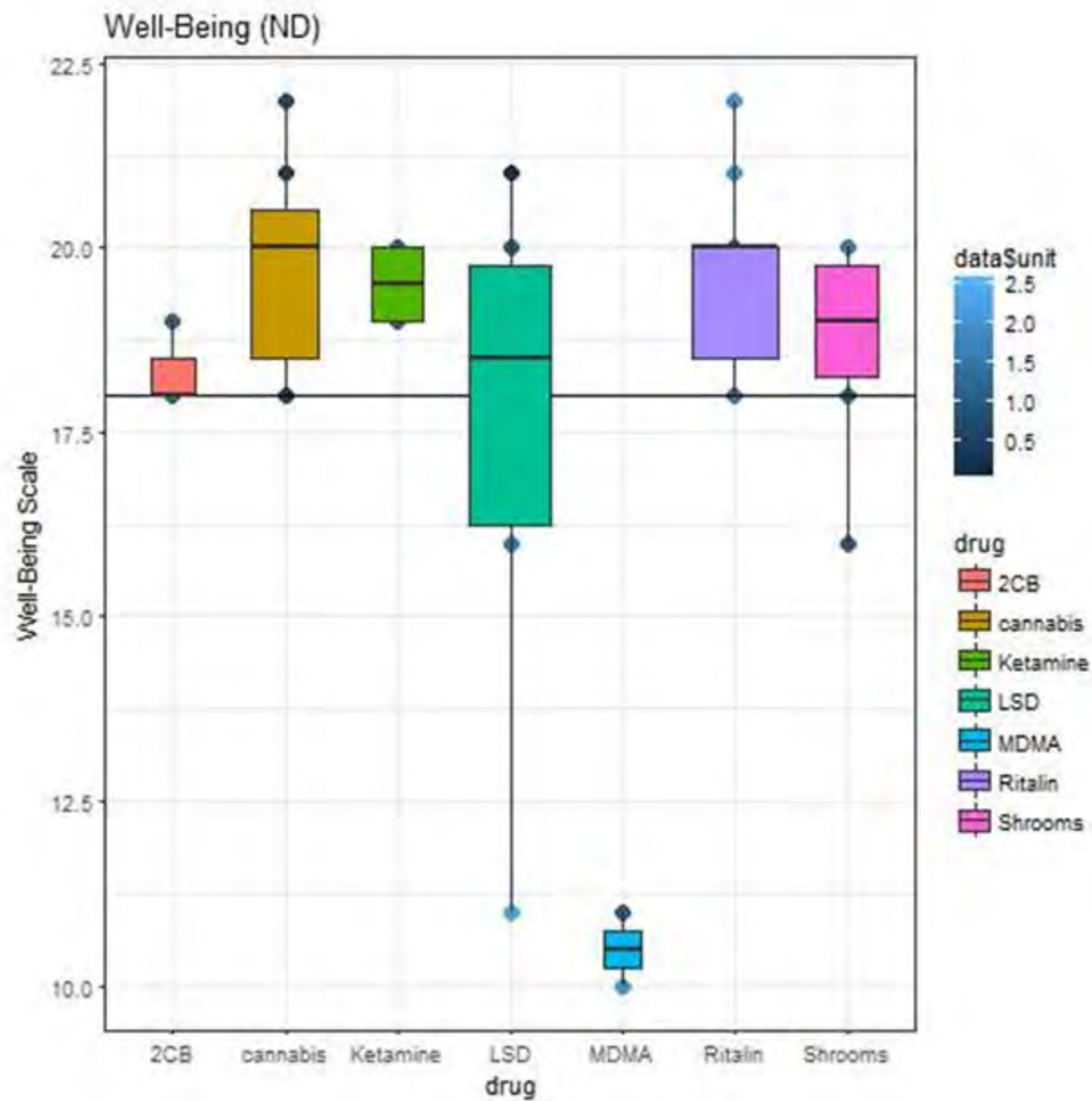
## Attention & New Environment



RESETTING:

Life  
Orientation





Resetting:  
Well-Being

### SET:

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

### SETTING:

Important:  
Both Physical & Social Environment

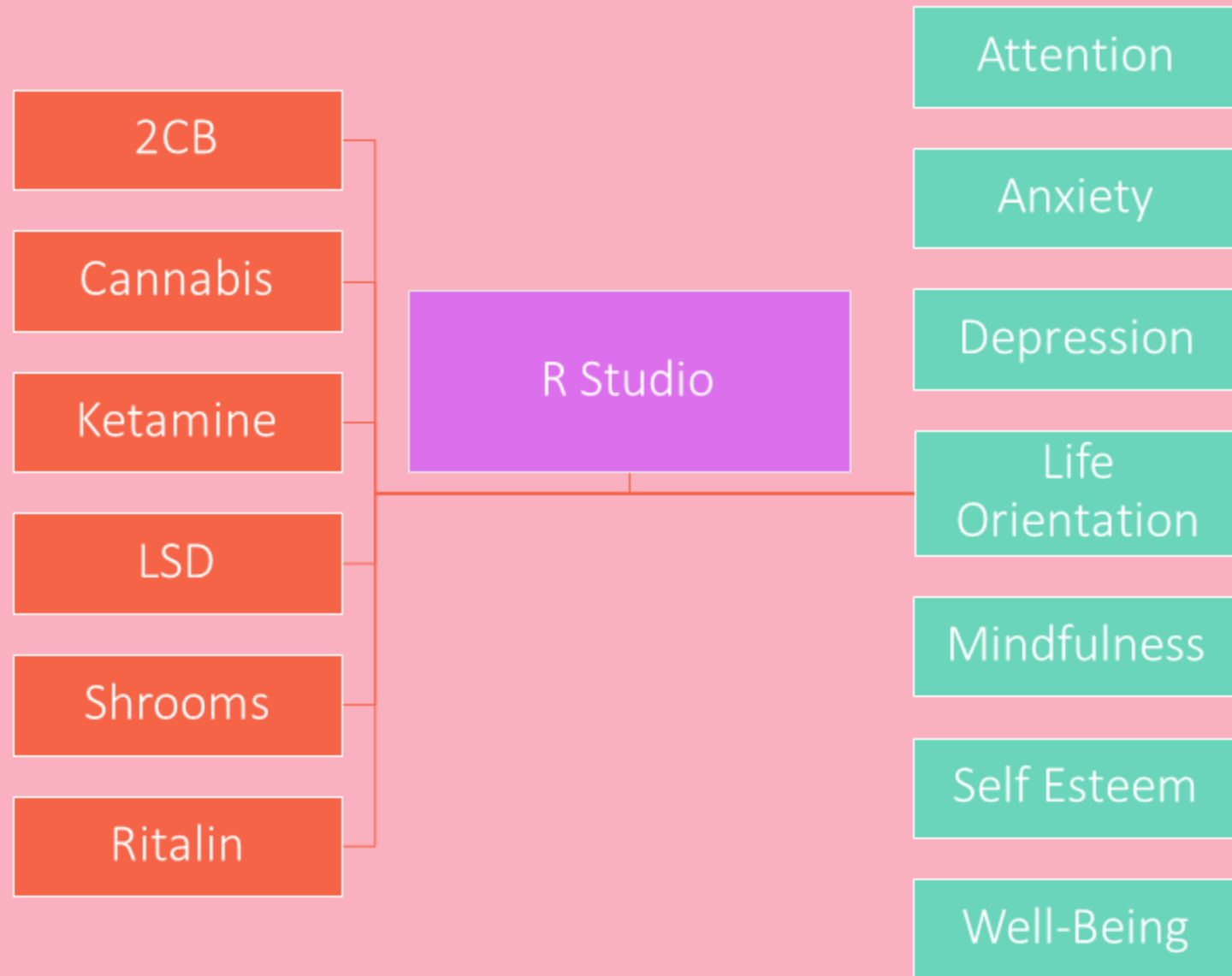
### RESETTING:

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

What have I learned?



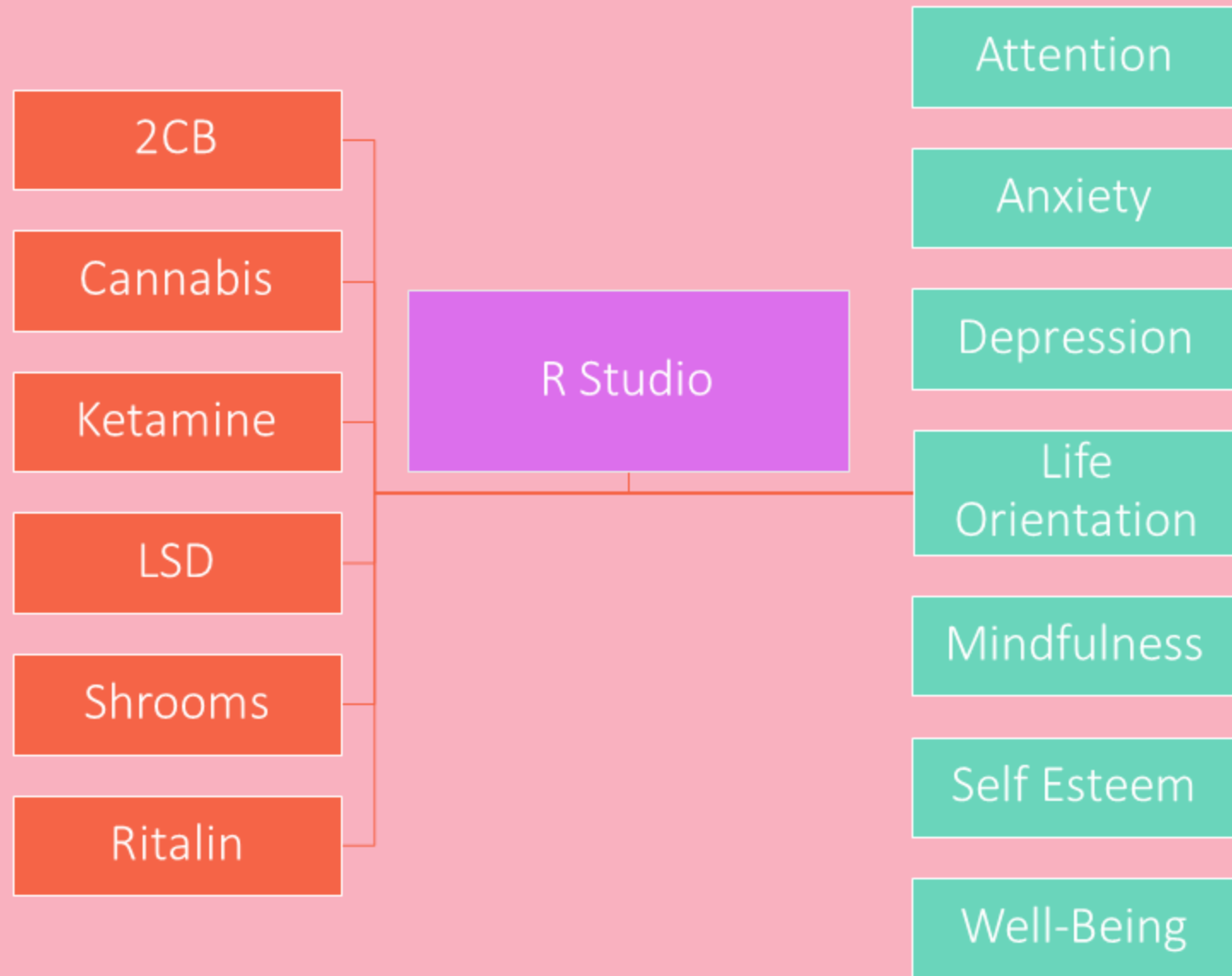
# My Personal Research



Want to try it out yourself?

Shoot me an email:  
[ahnjili@gmail.com](mailto: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?



## Love for Data!

Data: The engine that drives curiosity and research



## 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

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Enjoy!

After

Mood & Attention:

1 hour after

1 day after

1 week after

Add data in excel!

How did I do it?