

FREE DOWNLOAD

INTEGRATION WORKBOOK

From Breakthrough to Baseline: A Guided Integration Practice



the
doserie



INTEGRATION IS THE KEY

Psychedelics can catalyze neuroplasticity and emotional access. But the public story often collapses the whole process into a pill narrative: take X, feel better.

A more accurate model is:

- Psychedelics don't "fix" you.
- They expose what's underneath your suffering.
- They amplify what's already in you (beliefs, grief, love, fear, unmet needs).
- They create a window where new learning is possible.

Integration is what turns that window into a new baseline.

Mainstream culture often talks about psychedelics like a cure: take this and you'll feel better. That framing is misleading. Psychedelics are not a symptom-suppressor. They are an experience that turns your attention inward. They can reveal the architecture of your mind: the patterns you run, the stories you've lived inside, the emotions you've postponed, the parts of you you've exiled.

In a therapeutic context, the medicine isn't the whole intervention. It's the catalyst inside a larger process: preparation, a guided journey, and integration. The substance may open the door. Integration is the key that helps you walk through it.

Used responsibly in a structured setting, psychedelics can support healing, but they are not a stand-alone fix and they're not right for everyone. They don't do the work for you. They show you what the work is.

If you've had a powerful session and you're thinking, 'Why do I feel raw, confused, or like I can't explain what happened,' that's not failure. That's the moment integration matters.

DOMAINES & CONTINUUMS

Most people talk about psychedelics like the substance is the treatment. In reality, the substance is one part of a larger process. The journey can open the door. Integration is the key. Integration is where insight becomes stable change, across your nervous system, your relationships, your choices, and your daily life. It is not just psychological processing. It is whole-life alignment.

In our work, integration touches six domains of your life:

- Mind: meaning-making, pattern recognition
- Body: regulation, somatic release, sleep, safety cues
- Spirit: values, purpose, grief, awe, existential repair
- Nature: time outside, rhythms, grounding, simplicity
- Tribe: repair, boundaries, community, belonging
- Life: habits, work, environment, the choices that prove change

Each of these continuums pairs well with one or more of the domains. Same activity could fall in one or more of the continuums. For example, a walking meditation in nature might be thought of as Contemplative, Active, and occurring in the Internal-External continuum.

The 6 continuums

- conscious vs unconscious
- internal vs external
- creative vs receptive
- passive vs active
- comfort-zone stretching vs gentle self-care
- contemplative vs expressive

INTEGRATION IS A BALANCED MENU, NOT ONE PERFECT PRACTICE.

INTEGRATION COMPASS

A whole-life map for what to integrate.

Integration is not “what you learned.” It’s how you reorganize your life around what you learned. Choose one small action or practice in each domain over the next 7 days.

MIND	What story am I telling?	
BODY	What helps me feel safe enough to change?	
SPIRIT	What matters to me? What values do I have?	
NATURE	Where do I feel connected and regulated?	
PEOPLE	What truth needs to be spoken with care?	
LIFE	What changes when I get back to real life?	

Quick check-in, Rate each domain on a scale of 1–10:

Mind ___ Body ___ Spirit ___ Nature ___ People ___ Life ___

The lowest score is your priority domain this week.

10-MINUTE GUIDED INTEGRATION PRACTICE

Use within 24-72 hours after a journey, or anytime a major insight hits.

WEEK OF: _____

Bring your awareness to your breath. Inhale through your nose and into your belly, expanding into your chest for a count of 4. Hold for a count of 4. Now release, starting with your chest and then your belly, for a count of 6. You'll repeat this two more times.

Bring your awareness to the top of your head. Relax all the little muscles around your scalp, the sides of your head, the back of your head. Move your attention to your to down your head, neck, shoulders, chest abdomen, hips, legs, feet. relaxing them as you go.

Distill the truth

Bring one moment or insight into view. Then ask:

1. "What did I see that I can't unsee?"
2. "What emotion is underneath the story?"
3. "What honest need does this point to?"

Let one clear sentence rise.

Contain and regulate

imagine the insight settling through you like sediment falling in water.

Say: "I can hold this without rushing.

Choose one step

Ask: "What is the smallest change that proves I respect what I learned?"

Pick one: a boundary, a habit, a conversation, a repair, or a decision you've been postponing.

Close

Write down your task and any insights you gained

CONTINUUM PRACTICE PICKER

Choose a balanced menu instead of one perfect practice.

WHICH CONTINUUM DO YOU NEED MORE OF THIS WEEK:

- Conscious (journaling, reflection) or Unconscious (dreams, rest, play)
- Internal (solo processing) or External (talk it out, community)
- Creative (art, music, writing) or Receptive (stillness, listening)
- Passive (massage, bath, downshift) or Active (walk, yoga, strength)
- Stretch (hard truth, brave action) or Gentle care (soothing, safety)
- Contemplative (meditation, prayer) or Expressive (voice, movement)

CHOOSE THREE PRACTICES FOR THE NEXT 7 DAYS:

- _____ 1 Gentle Practice
- _____ 1 Practice that pushes you
- _____ 1 Practice with people or nature

MINI INTEGRATION PLAN

The truth:

My priority domain:

My toughest practice for the next 7 days:

Commitment to yourself this week:

*Free 30-minute
Integration
Consult*

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