Erowid Wisdom Cycle Survey #1
April 15, 2013

Purpose
This survey is part of a project to gather wisdom and life lessons related to the use of psychedelics, empathogens, and cannabis. In part, we are exploring how age relates to people’s willingness to openly discuss their experiences and the impact of those experiences on their lives.

Privacy
For 17 years, Erowid has protected the privacy of those who share their knowledge about psychoactive drugs. We will do everything we can to protect the privacy and anonymity of those who participate in this and future surveys.

Definition
For this survey, assume the phrase “psychedelic/empathogen” includes LSD, psilocybin, mescaline, DMT, mushrooms, peyote, ayahuasca, ketamine, Salvia divinorum, MDMA, MDA, 2C-B and other 2C-analogs, and cannabis.

1) How well do you read / understand English?
   - Poorly
   - Moderately Well
   - Very Well

2) How old are you?
   - 11–16
   - 17–20
   - 21–25
   - 26–30
   - 31–35
   - 36–40
   - 41–45
   - 46–50
   - 51–55
   - 56–60
   - 61–65
   - 66–70
   - 71–75
   - 76–80
   - 81–85
   - 86–90
   - 91–95
   - 96+

3) Have you ever used a psychedelic or empathogenic drug such as LSD, psilocybin, mescaline, ketamine, DMT, mushrooms, peyote, ayahuasca, salvia divinorum, MDMA, or MDA (including cannabis)?
   - Yes
   - No
   - Not Sure
   - Prefer Not to Answer

4) How open are you with people you know about having tried psychedelic/empathogenic drugs?
   - Very Secretive
   - Secretive w/ Most People
   - Secretive w/ Some People
   - Open w/ Most People
   - Open w/ Some People
   - Very Open

5) How comfortable are you answering questions about past experiences you may have had with psychedelic/empathogenic drugs, on an anonymous survey like this one?
   - Very Uncomfortable
   - Neither
   - Very Comfortable

6) How comfortable would you be answering questions about past psychedelic/empathogenic drugs if your answers were not anonymous? (for future surveys)
   - Very Uncomfortable
   - Neither
   - Very Comfortable

If you’ve had never tried a psychedelic or empathogen, stop here.
Background Information

7) Do you feel that you derived lasting benefit from your use of any psychedelic/empathogen?

☐ No Benefit ☐ Not Sure ☐ Probably Benefit ☐ Some Benefit ☐ Strong Benefit

8) Do you feel that you experienced any lasting harm from your use of psychedelics/empathogens?

☐ No Harm ☐ Not Sure ☐ Probably Harm ☐ Some Harm ☐ Strong Harm

9) Have your experiences with psychedelics/empathogens yielded life lessons or wisdom (knowledge about things to do or avoid) that you think could be useful to others or that you would like to share?

☐ No Lessons ☐ Not Sure ☐ Personal Lessons Only ☐ Lessons Probably Worth Sharing ☐ Lessons Definitely Worth Sharing

10) How many times have you taken the following:

<table>
<thead>
<tr>
<th></th>
<th>1-2</th>
<th>3–5</th>
<th>6-9</th>
<th>10–19</th>
<th>20–29</th>
<th>30+</th>
</tr>
</thead>
<tbody>
<tr>
<td>LSD</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Psilocybin Mushrooms (or extract)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Synthetic Psilocybin</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Peyote / Cactus (or extract)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Synthetic Mescaline</td>
<td>☐</td>
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<tr>
<td>DMT or 5-MeO-DMT</td>
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<td>☐</td>
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<tr>
<td>Ayahuasca</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Ibogaine</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Other psychedelic</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>MDMA (Ecstasy), MDA, or MDE</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>2C-B, or other 2C- “Shulgin” analogs</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>MDPV</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Other Empathogen (MBDB, Methylone, etc)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Ketamine</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Salvia divinorum</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>Cannabis</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>☐</td>
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</tbody>
</table>
11) Gender identification? □ Male □ Female □ Transgender □ Other


13) Were you raised in the same country? □ Yes □ No

14) What State do you live in? ____________________________

15) What is the highest level of education you have completed?
□ Some High School □ High School / GED □ Some College □ 2-Yr College Degree
□ 4-Yr College Degree □ Some Graduate / Prof. □ Masters or Prof. Degree □ Doctoral Degree

16) What is your religious affiliation/inclination?
□ Buddhist □ Christian □ Muslim □ Jewish
□ Hindu □ Indigenous / Tribal □ Other Major Religion □ Other Mystical / Spiritual
□ Atheist □ Agnostic □ Other Non-Spiritual / Non-Religious
□ No Particular Inclination □ Don’t Know / Not Sure □ Other ____________________________

17) Age when you first tried cannabis or hashish?
□ ________________ □ Never tried □ Don’t Know / Remember

18) Age of first use of psychedelic/empathogen?
□ ________________ □ Never tried □ Don’t Know / Remember

19) Do you have children? □ Yes □ No

20) Ever married/partnered? □ Yes □ No

21) If yes, how many years in partnership/marriage? ____________________________

22) Currently in a marriage/partnership? □ Yes □ No

23) How do you assess your health at this moment?
□ Very Bad □ Bad □ Moderate □ Good □ Very Good

24) How would you assess your health over your entire adult lifetime?
□ Very Bad □ Bad □ Moderate □ Good □ Very Good
Life Benefits and Harms

25) Do you believe that psychedelics/empathogens can play a beneficial role in one’s life?

<table>
<thead>
<tr>
<th>Definitely Not</th>
<th>Probably Not</th>
<th>Don’t Know</th>
<th>Probably</th>
<th>Definitely Yes</th>
</tr>
</thead>
</table>

26) How do you feel your use of psychedelics/empathogens has impacted the following areas of your life:

<table>
<thead>
<tr>
<th>Area</th>
<th>Strong Negative</th>
<th>Some Negative</th>
<th>No Clear Impact</th>
<th>Some Positive</th>
<th>Strong Positive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness and Well-Being</td>
<td></td>
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<tr>
<td>Positive Outlook, Optimism About the Future</td>
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<tr>
<td>Expanded Consciousness</td>
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<tr>
<td>Spirituality, Religious Understanding</td>
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<tr>
<td>Metaphysical / Philosophical Insight</td>
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<tr>
<td>Understanding of the Physical Body</td>
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<tr>
<td>Sexuality</td>
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<tr>
<td>Relationships</td>
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<tr>
<td>Parenting</td>
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<td>Professional Work</td>
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<tr>
<td>Sense of Growth</td>
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<tr>
<td>Physical Health, Healing</td>
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<tr>
<td>Experience of Aging, Adapting to Aging</td>
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<tr>
<td>Death and Dying</td>
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<tr>
<td>Wisdom and Insight</td>
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<tr>
<td>Recreation or Sense of Fun</td>
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<tr>
<td>Creativity, Artistic Ability</td>
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<tr>
<td>Opening the Heart, Empathy</td>
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<tr>
<td>A Greater Understanding of Reality and the Universe</td>
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</tbody>
</table>

27) Have you ever had a psychedelic/empathogenic experience which was:

<table>
<thead>
<tr>
<th>Experience</th>
<th>Definitely Not</th>
<th>Not Really</th>
<th>Don’t Know</th>
<th>Yes, Sort of</th>
<th>Definitely Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Profound and Personally Meaningful</td>
<td></td>
<td></td>
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<tr>
<td>Psychologically or Emotionally Challenging</td>
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<tr>
<td>Physically Harmful</td>
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<tr>
<td>Psychologically Traumatic, Scarring</td>
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<tr>
<td>Mystical / Spiritual</td>
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<tr>
<td>Physically Healing</td>
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<tr>
<td>Psychologically Healing</td>
<td></td>
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</tbody>
</table>
28) Have any of your difficult experiences also proven beneficial? (Skip if no difficult experiences)

- [ ] Definitely Not
- [ ] Not Really
- [ ] Don't Know
- [ ] Yes, Sort of
- [ ] Definitely Yes

29) If so, how?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

30) Legal troubles: Have you ever had legal problems related to your use of psychedelics/empathogens?

- [ ] Definitely Not
- [ ] Not Really
- [ ] Don't Know
- [ ] Yes, Sort of
- [ ] Definitely Yes

31) Have you ever had professional problems or career setbacks directly attributable to your use of psychedelics/empathogens?

- [ ] Definitely Not
- [ ] Not Really
- [ ] Don't Know
- [ ] Yes, Sort of
- [ ] Definitely Yes

32) How important do you consider the following factors to improving beneficial long-term outcomes from strong psychedelics/empathogenic experiences?

<table>
<thead>
<tr>
<th>Factor</th>
<th>Very Unimportant</th>
<th>Somewhat Unimportant</th>
<th>Don't Know</th>
<th>Somewhat Important</th>
<th>Very Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set: mindset, emotional situation, intention</td>
<td></td>
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<td></td>
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<tr>
<td>Setting: physical and social context, environment</td>
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<tr>
<td>Dose: appropriately selected dosage</td>
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<tr>
<td>Presence of a guide or experienced sitter</td>
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<tr>
<td>Learning about the substance beforehand</td>
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<tr>
<td>Integration period immediately after the experience</td>
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<td></td>
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</tr>
<tr>
<td>Pre-experience screening to make sure the individual is right for the drug</td>
<td></td>
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</tr>
</tbody>
</table>

33) What other factors would you consider important?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

34) Have you served as a guide or sober sitter for a psychedelic / empathogen session?

- [ ] Never
- [ ] Not Really
- [ ] Once
- [ ] A Few Times
- [ ] Many Times
35) Check the 5 topics that strike you as most important / interesting to explore in relation to life wisdom or lessons learned from psychedelic / empathogenic experiences.

- User’s background
- User’s usage patterns & usage history
- Methods of post-session integration
- Harm reduction steps
- Selecting the right guide
- Aging
- Death and Dying
- Philosophy, metaphysics, spirituality
- Effects of Diet
- Effects of Dosage
- Issues regarding specific psychoactives
- Preparation/screening
- Physical and psychological health
- Spectrum of experience and inner material
- Indications and Contraindications
- Interactions with Medications
- The possibilities and spectrum of benefits
- Healing
- Relationships, family, love, empathy, biophilia
- Integration of music and other factors
- Integration with spiritual or psychological practices
- Impact of the drug war upon psychoactive experience

Other (specify) ________________________________________________________________

______________________________________________________________

36) What are the top questions you’d like to see answered either by those over 50 or those under 50 about their use of psychedelics / empathogens? __________________________________________

______________________________________________________________

______________________________________________________________

Privacy Follow-up

1) This is an anonymous survey. Were you comfortable answering questions about your past use of psychedelics/empathogens truthfully?

- Very Uncomfortable
- Neither
- Very Comfortable

2) How concerned are you that your answers to these questions about past use of psychoactives could have a negative impact on your life or the life of your family, if privacy protections failed?

- Very Uncomfortable
- Neither
- Very Comfortable

3) Would you be interested in answering carefully selected, pre-vetted questions about psychedelics/empathogens on video with a trusted interviewer?

- Not Interested
- Possibly Interested
- Don’t Know
- Somewhat Interested
- Very Interested
Interested in participating in future surveys about these topics?

☐ 1. For privacy, separate this page from the rest of the survey and return to Erowid.
   or

☐ 2. Leave it attached if you’d like your answers connected to your contact information.

Contact Information

Name ________________________________________________

Email ______________________________________________

Phone _____________________________________________

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wisdom@erowid.org