Mindbloom

Mindbloom Psychedelic Intensity (MPI) Scale

Please answer the following questions about your session.

Question	0 point	1 points	2 points
Visual: What did you see with your eyes closed?	Nothing at all	Vague visuals: I saw shapes or patterns	Clear visuals or visions: I saw vivid images or colorful scenes
Auditory: How did the music sound?	No different than usual	Enhanced: I was more aware of and/or appreciative of the sounds and melodies	Altered: Unlike anything I'm able to experience without the medicine
Physical: How did your body feel?	No different than usual	I felt a change in gravity— my body felt heavier or lighter than normal	It felt like my body was floating, rotating, or flying, or I felt outside my body
Emotional: What were your emotions like?	No different than usual	Enhanced: I felt more aware of my emotions	Strong: I accessed new emotional content and/or felt more deeply connected with my emotions
Cognitive: What were your thoughts like?	No different than usual	Creative: I had new or interesting thoughts	Insightful: I had meaningful insights or epiphanies

Total Score: _____ / 10

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