

Nuance Microdosing Journey: A 6-Week Support Framework

This guide is designed to help you begin your personal journey with intention, awareness, and support. Microdosing isn't a one-size-fits-all experience—your insights, emotions, and goals are uniquely yours. This journey invites reflection, experimentation, and self-discovery.

Week 0: Preparation & Intention Setting

- **Reflect:** Why are you drawn to microdosing? What are you hoping to shift, explore, or support in your life?
 - **Track Your Baseline:** Note your current mental/emotional state, sleep, energy, focus, and mood.
 - **Read the Nuance Microdosing Guide PDF** and familiarize yourself with common protocols (e.g., Fadiman, Stamets).
 - **Decide Your Protocol:** Choose your schedule and stick with it for consistency. Common options:
 - Fadiman: 1 day on, 2 days off
 - Stamets Stack: 4 days on, 3 days off
 - Every other day
 - **Create a Ritual:** Choose a consistent time, place, or practice to take your microdose with intention.
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Weeks 1–4: Discovery & Observation

- **Microdose as Scheduled** using your chosen protocol.
- **Keep a Journal:** Note your dose, timing, any intentions you've set, and any effects—emotional, physical, or cognitive—that you observe.

- **Journal Daily (or every dose day):**
 - What's your mood like?
 - Any changes in thought patterns, focus, energy, or emotions?
 - How did you sleep?
 - **Track Dosage & Adjust if Needed:** Start low (often around 50–100mg of psilocybin) and adjust gradually if needed. The goal is to find your personal “sweet spot”—a sub-perceptual dose that subtly enhances your day without becoming distracting or overwhelming. Microdosing is meant to accent life, not interrupt it.
 - **Join the Nuance Network Zoom meeting** (last Friday of the month) for community support and shared insights.
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Week 5: Reflection & Integration

- **Pause for 1 Week** to give your body and mind space to recalibrate.
 - **Look Back at Your Journal:** What patterns emerged? What surprised you? What felt supportive?
 - **Reflect:** How have your initial goals evolved? Are you feeling more clear, creative, grounded, or connected?
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Week 6: Reassess & Decide Next Steps

- **Ask Yourself:**
 - Do I want to continue microdosing?
 - Should I take a longer break to integrate?
 - Do I need support with deeper emotions or experiences that surfaced?
 - Do I need a bigger/smaller dose for effects more suited for my day?

- **Consider Scheduling a Session with an Integration Coach** (ask us for referrals).
 - **Celebrate Your Progress.** Whether your changes feel subtle or significant, this is your work—and it matters. Meaningful transformation takes time, and our culture’s push for instant results often overlooks the beauty of gradual growth. Be patient with yourself. Take deep breaths, and trust the process as it unfolds.
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✨ **Final Notes**

- Every journey is different. There's no right pace, dose, or outcome.
- Listen to your body. Respect your nervous system. Go slow.
- Stay in touch—we're here to support your journey with harm reduction, community, and care.