

10 Ways to Avoid Having a Bad Psychedelic Trip

Some of the suggestions below you have probably heard before, but they bear repeating. After all, a single hole in a balloon allows ALL the air to leak out. Other suggestions may be new to you—but are worth knowing to ensure a good journey. Whether you are tripping on mushrooms, LSD, Ayahuasca, MDMA, or DMT, these ten suggestions apply to all of these substances.

1. **Avoid impure substances:** Most bad trips are due to taking too much of a drug OR taking a substance that is mixed with harmful chemicals. Ensure that the drugs you take have either come from a trusted source, have been tested for purity, or you know someone who has had a good trip that used the same batch.
2. **Have a good mental set:** Don't take any psychedelics when upset or in a bad mental frame of mind. It's okay to be a bit anxious. After all, it's a powerful experience. However, it's not a good idea to take a psychedelic to escape from your feelings or a difficult situation.
3. **Create a good setting:** The environment in which you ingest a substance can make all the difference. Find a place that is not too hot or cold, too loud or too busy, and preferably is with folks who you trust and support what you're doing.
4. **Have someone you trust be with you in case they're needed:** It's always a good idea to have one person you know you can talk to if you're going through a difficult experience. Preferably, that person is not someone who is also taking psychedelics. If necessary, your trusted friend can be someone you can talk to on the phone.
5. **Don't even think of driving or engaging in dangerous physical activities:** On various psychedelics, you can have illusory ideas about what you can and can't do. You may think you're okay to drive or ride a bike, but you can be mistaken. It's better to be overly safe than sorry.
6. **Have an intention of what you hope to get out of your journey:** Having an intention for your journey helps to guide your experience. Any intention is better than none at all.
7. **Have a plan for how to handle challenging emotions that may come up:** Simple exercises like taking 10 deep breaths, listening to music you enjoy, dancing, or taking a warm or cold shower can quickly help you out of a difficult emotional experience.
8. **Drink moderate amounts of water and don't overheat:** Besides impure medicine, the biggest threat to journeyers is not drinking water and overheating due to long hours of dancing. Make sure you stay hydrated and don't overexert yourself.
9. **Be conservative about how much you take—you can always take more but you can't take less:** If you've ever taken too much of anything, you know it sucks. Start slow and take more of your substance 90 minutes into a trip if you feel—at *that* time—you can benefit from more.
10. **Relax, surrender, and trust the plan you put into place:** If you've done the suggestions above, you'll do fine. Trust that everything is in place for a fine journey, then relax and enjoy the ride.