

Setting Intentions

Client Handout | *Before Ketamine*

Name:

Date: / /

The WHY of intention setting

- A way to empower you and your experience; individualize the treatment
- Important that you really connect with the intention; own it; write it down
- An anchor for you in the moment and as you reflect afterward
- The intention often crosses over to an intention in life
- An anchor for the meaning making process as ketamine unlocks you “inner healer”

Formula for intention setting

First choose one of the following verbs:

- Help me with
- Teach me about
- Show me

Combine it with:

- A difficult emotion (fear, anger, guilt, sadness, shame, joy) OR
- An essential quality (peace, love, compassion, connection – essential human qualities the we might have become disconnected from, through challenging life experiences)

Examples

- Show me – my fear
- Teach me – about love
- Help me – experience joy

Your intention for the session
