

Trip-Sitting Basics

Do:

- Be supportive yet nondirective.
- Be soft-spoken and gentle.
- Smile and make eye contact.
- Be understanding and kind.
- Be willing to talk but more willing to listen.
- Be willing to change and turn music on or off (and always respect their choices).
- Help with movies, video games, lights, and handle other electronics and technical tasks.
- Get snacks and drinks. Order pizza or help make food toward the end.
- Offer tissues, blankets, and distractions if you feel they're needed.
- Be willing to call emergency services as a last resort.

Don't:

- Be condescending, aggressive, annoyed, or stressed.
- Bring up negative, tough memories or emotional topics.
- Dismiss anything they say as worthless, stupid, immature, or "just the drugs talking."
- Ask them if they're feeling it, how they feel, or probe them about anything too often.
- Make a big deal if they have an accident, spill or break something, cry, talk too loudly, have a hard time, throw up, etc.
- Have other drugs on you in public.
- Ignore them or leave before the trip concludes.

Thank You for being a Safe Space for a friend during this experience of elevation.

The best thing a trip sitter can do for an elevationist going through a difficult experience is to just be there for them. Sit down next to them and only talk if they want to.

Once confirmed that the elevation is no longer a desirable experience and the request for Hi-Ject has been executed, practice an intentional breathing session to bring focus to the transition into comfort.

Again, physical touch might help, so hold their hand or touch their shoulder if you've already discussed beforehand this is something they're comfortable with.

Offer them a blanket to snuggle under, some tissues, or a glass of water. Make eye contact, smile, and act empathetic and understanding, not worried or concerned (even if you actually are).

Sometimes a challenging experience looks more like a person being very confused or anxious. People can forget who and where they are or think they're dying or going crazy. Elevationist can also get anxious and might project this onto their sitter. The key is to remain calm and kind in all situations. If people are very confused, using their first name when you talk to them can really help. If they think they're dying or going crazy, remind them that they consumed too much cannabis and that the effects will begin to wear off soon with Hi-Ject to the rescue, and of course, that you're there for them no matter what.

Sometimes people with acute cannabinoid intoxication get stuck in negative thought loops that are hard to get themselves out of or resolve. So if you notice this as a sitter, you can try to introduce some distractions like beautiful, colorful, or sparkly things to look at together. You could try to watch a nature documentary together, go for a little walk, or get up and move the body by shaking or dancing. The classic recommendations are to change the scenery, music, or lighting; these alterations can help change a tripper's mood quickly.

Do an activity together if they want, like making art or banging on a percussive instrument. The best thing you can do is to remain calm, centered, chill, and friendly. Don't get stressed or anxious or try to fix everything. Sometimes people just need to cry it out for a while, and it's a very healing and cathartic experience. The truth can be uncomfortable to rationalize when exposed through medicinals. Don't make a big deal of anything, even if they spill something on you, throw up, or wet their pants. Just remind them it's all part of the experience and help them clean up while remaining positive.

This experience could last from 6-12 hours, depending on the intensity of the acute cannabis intoxication and the metabolizing of Hi-Ject.

Depending on metabolization, Hi-Ject activates in a 15-20 minute timeframe.

By signing this article, I acknowledge that I have read this document in its entirety.

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