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- **Creativity**
  - Improved Mood
  - Improved Focus
- **Meta-Creative Processes**
  - Perspective Shifting
  - Openness
- **Emotional Intelligence**
  - Mindful Presence
  - Engagement
- **Improved Outlook**
  - Spirituality
  - Appreciation
- **Self-Care**
  - Self-Care
  - Introspection
  - Improved Meditation
- **Social Facilitation**
  - Confidence
  - Wakefulness
  - Connection
  - Improved Communication Skills
- **Cognitive Enhancement**
  - Clarity of Thought
  - Memory
- **Reduced Anxiety**
  - Reduced Social Anxiety
- **Physiological Enhancement**
  - Sleep
- **Other Perceived Benefits**
  - Novelty
  - Reduced Stress
- **Reduced Symptoms (Other)**
  - Novelty
  - Reduced Stress
  - Trauma
  - Sensitivity
- **Reduced Aches**
  - Lack of Side-Effects
  - Reduced Headaches
  - Dose Control
  - Misc
- **Sensory Enhancement**
  - Improved Senses
  - None
- **Misc**
  - None
### Microdosing Challenges

**Categories:** 11  
**Concepts:** 23  
**Codes:** 44

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<th>Illegality</th>
<th>Impaired Mood</th>
<th>Impaired Focus</th>
<th>Self-Interference</th>
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<th>Social Interference</th>
<th>Cognitive Interference</th>
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### Perceived Challenges

- **Illegality**: Negative Emotionality, Irritability
- **Mood**: Poor Focus, Dissociation
- **Focus**: Restlessness, Reduced Communication Skills
- **Self**: Self-Sabotage, Inadequate Energy
- **Energy**: Excess Energy, Fatigue
- **Social**: Social Difficulty, Anxiety
- **Interference**: Confusion, Racing Thoughts
- **Cognitive**: Memory, Existential Anxiety
- **Increased Anxiety**: GI Issues
- **Physiological Interference**: Social Anxiety
- **Unknown Risk-Effect Profile**: Decreased Appetite
- **Other Perceived Challenges**: Tolerance
- **Increased Symptoms (Other)**: Misc

### Other Perceived Challenges

**Financial Cost**: Depression, Stigma

**Substance Availability**: Emotional Depth, Emotional Instability

**Stigma**: Mania, Impaired Outlook

**Emotional Difficulty**: Ruminating, Fatigue

**Dose Accuracy**: Emotional Difficulty, Rumination

**Substance Reliability**: Emotional Difficulty, Emotional Depth

**Increased Aches**: Preparation, Lack of Positive-Effects

**Visual Effects**: Body Discomfort, Headache

**Psychological Events**: Sensory Disruption, Negative Drug Interactions

**Misc**: Adverse Effects

**None**: None, Fear

**Negative Drug Interactions**: Headache, Visual Effects

**Increased Aches**: Preparation, Lack of Positive-Effects

**Psychological Events**: Sensory Disruption, Negative Drug Interactions

**Misc**: Adverse Effects

**None**: None, Fear