



Personal Integration Journal

Finding My Footing in a Changed World

A private, guided space for reflection following a hypothetical or confirmed public announcement concerning non-human intelligence (NHI).

Name (optional): _____

Date started: _____

Psychological Alliance for Transparency and Humanity

Be skeptical... but have a plan.

Before I Begin

I can take this at my own pace. I do not have to accept a claim before evidence is available, nor must I settle all its implications at once.

What do I know from credible, verifiable sources? What remains uncertain?

What do I need most today: information, connection, rest, perspective, or something else?

1 | My First Reactions

My feelings may change from hour to hour. None of them needs to be judged.

The first words that come to mind are...

In my body, I notice...

What feels most unsettling? What feels most hopeful?

2 | What Has Changed - and What Has Not

An announcement can challenge a worldview without erasing everyday sources of meaning.

Which assumptions about reality might I need to reconsider?

What remains true about my daily life, values, relationships, and responsibilities?

3 | My Personal Questions About NHI

Questions are welcome. I can separate scientific questions from philosophical, spiritual, and personal ones.

What evidence supports the announcement? Who can independently verify it?

What might NHI mean for human origins, consciousness, and our place in the universe?

What do I wonder about intentions, communication, safety, and peaceful coexistence?

How might this intersect with my spiritual, religious, or secular worldview?

What additional questions are uniquely mine?

4 | My Questions, Sorted

Not every question is answerable now. I can identify what is knowable, uncertain, and perhaps unknowable.

Questions I can research using reliable sources:

Questions that may require time, dialogue, or new evidence:

Questions I can live with without immediate answers:

5 | My Personalized Grounding Plan

If I feel disconnected from familiar reality, I can orient myself to the present moment. I can choose the practices that actually help me.

Three signs that tell me I am becoming overwhelmed:

Sensory grounding I prefer (e.g., five things I see; feet on floor; cool water):

Breathing or movement that feels comfortable and steadying:

People, places, routines, or objects that help me feel connected:

6 | My Grounding Card

I can copy this page, keep it nearby, or share it with a trusted person.

When I feel unsteady, my first small step will be:

A sentence I want to hear: “Right now, I am...”

A trusted person I can contact and how to reach them:

One news or social-media boundary that protects my wellbeing:

7 | My Relationships and Community

I can remain connected even when others disagree about what the announcement means.

Who can listen without pressuring me toward a conclusion?

How do I want to discuss this with family, children, friends, or colleagues?

What boundaries would help me stay compassionate and grounded?

8 | My Values and Next Steps

I do not need a complete new worldview to take one constructive step.

The values I want to carry into any possible new understanding of reality are:

One ordinary activity I will continue because it nourishes my life:

One constructive action I may take this week:

What would tell me I need additional support?

9 | Wisdom and Spiritual Traditions

What spiritual or wisdom tradition can provide support for me during this time?

A tradition, philosophy, or source of wisdom I can turn toward is...

A teaching, practice, prayer, or principle that steadies me is...

How I might draw on this wisdom while respecting my own uncertainty...

10 | People and Figures Who Inspire Me

What figures, living, deceased, or fictional might inspire me during this time?

People or characters whose courage, compassion, curiosity, or integrity I admire...

What qualities in them I hope to bring into my own response...

One way I can practice those qualities in the days ahead...

11 | Art as a Source of Strength

What music, literature, or arts can give me strength in this moment?

Songs, books, poems, films, visual art, or performances that nourish me...

What they remind me about resilience, beauty, belonging, or hope...

My personal comfort playlist, reading list, or creative ritual...

What This New World Means to Me

A dedication page. I may write to myself, my loved ones, humanity, future generations, or simply to the unknown.

I dedicate this new chapter of understanding to...

What I hope we preserve, what I hope we learn, and what I hope we become:

What Being Human Means to Me

Whatever may exist beyond humanity, I can reflect on the qualities of being human that matter to me. This final page belongs entirely to my voice.

To me, being human means...

The one truth about my humanity I want to carry forward is...