

Experience:550mg-Bugs All Around Me.

Experience reports - DPH

- **Date:** Mid August 2017
- **Gender:** Male
- **Weight:** 147 lbs / 67 kg

Report

I left my boxing lesson at Night to go home and midway home I thought to myself that I'll probably be bored and I should experiment with Benadryl. I have done it in the past at 400mg and that was a very interesting trip so I decided to add an extra 150mg. I head to my local RiteAid and buy the Benadryl. I am not sure if the lady knew what I was up to but she just went on with her business. I get home and dose myself a few hours later.

T+0:00 I dose myself with 550mg of Diphenhydramine and resume talking to a friend on Discord.

T+0:30 I do not really feel anything major at this time but I am starting to feel a bit weird. It's like my hand feel very light weight and they shortened in length. I remember feeling this on my first trip at 400mg so I know I was coming up.

T+1:00 Hallucinations are starting to form at this point. The corners of my room became darker and some objects would become larger if I stare at them for some time.

T+1:20 The Hallucinations have kicked up a notch and the Drifting is more profound now. I also start to see inanimate objects become autonomous. I have a marble spider hanging off my ceiling and it would start to move like it was alive.

T+2:00 Shadow people are becoming more apparent, tall ones, they're about 8 feet tall. They do not look hostile, they seem to not be aware that I exist.

T+2:20 At this point, I am hearing my mother and her friend chatting loudly downstairs when my Mom is sleeping and it's about 1 - 2 AM. It sounds so real though, I even heard one of them coming upstairs. I also start to see tiny spiders on my arm if I stare at it.

T+2:45 I stare at my right forearm and I start to see my fist to look like a toy that's disconnected from my wrist. Then I saw a large red bug crawl on me, looked like a mix of a Cockroach and Ladybug. I start to see papers on the floor move on their own and slightly hover in the air whilst vibrating intensely.

T+3:00 I start to see spiders on my curtains, small ones the same color as my curtains. After a while, they start to crawl and some launch onto me. The spiders only occur when the room is dark. When I look at myself in the mirror, I start to see thorns growing out of me and my eyes start bleeding. I look completely deformed in the mirror. Music sounds amazing, it just has this extra emotion to it and it sounds faster due to the drowsiness.

T+3:45 A clusterfuck of spiders on my curtains now. One giant one the size of my palm and hundreds of small ones. Crawling over my curtains and some launching at me. They go away as I turn my mini lamp on.

T+4:00 I saw a ghostly figure of a Firefighter with a blocky right arm walk through my door and towards me. Disappearing once it got to close. I also see hands behind me in my peripheral. A toy dinosaur my brother starts to move its head and tail. It looks so real.

T+4:30 I am overwhelmed and I decide to go to sleep and the restless leg syndrome is the worst. I also seem to have a very weird internal hallucination. It's like I'm in a park and I can fly. However, the people around me seem very real and I have full on conversations with them and I open my eyes and realize I hallucinated an entire park filled with families. I thought I was actually there.

T+5:00 Saw an old female at my door, she had a smile on her face, a lovely one and started to change the position of the light switch all over the wall. I also notice my door opening on its own and would close once I blink. Meanwhile it is open, I would see a shadow person with glowing eyes that aren't so bright. Moving around the hallway.

I do not remember the rest but the hallucinations seemed so real, I eventually fell asleep and woke up feeling like shit.

Submitted by Crypsis

Effects analysis

■ External hallucinations

- Object alteration - "The corners of my room became darker and some objects would become larger."
- Object activation - "I have a marble spider hanging off my ceiling and it would start to move like it was alive."
- Shadow people - "Shadow people are becoming more apparent, tall ones."
- Drifting - "The Hallucinations have kicked up a notch and the Drifting is more profound now."
- Physical disconnection - "I stare at my right forearm and I start to see my fist to look like a toy that's disconnected from my wrist."
- Auditory hallucinations - "At this point, I am hearing my mother and her friend chatting loudly downstairs even though my Mom is actually asleep"
- Auditory enhancement - "Music sounds amazing, it just has this extra emotion to it and it sounds faster."
- Restless leg syndrome - "I decide to go to sleep and the restless leg syndrome is the worst."
- Internal hallucinations - "It's like I'm in a park and I can fly. However, the people around me seem very real and I have full on conversations with them and I open my eyes and realize I hallucinated an entire park filled with families."
- Physical fatigue - "I eventually fell asleep and woke up feeling like shit."

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■ **The road will be mastered by the walking one.**

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