

WHOLE EARTH -GIFTS

Gradual Tapering Planner

A supportive planning tool for intentional, comfortable reduction.

This planner is designed to support individuals who wish to reduce or stop kratom use gradually and thoughtfully. It emphasizes comfort, awareness, and balance. This document is provided for educational purposes only and does not provide medical advice.

How to Use This Planner

Gradual tapering is often more comfortable than abrupt stopping, particularly after regular or long-term use. This planner helps you map out a reduction approach that feels manageable and aligned with your personal goals.

There is no required pace for tapering. Some individuals reduce slowly over weeks, while others prefer a shorter timeframe. You may adjust your plan at any time based on comfort and personal experience.

Starting Point

Current average serving size: _____

Current frequency of use (per day or week): _____

Primary reason for tapering (optional)

- Reduce tolerance
 Lifestyle balance
 Preparing for a break
 Discontinuing use
 Other: _____

Taper Planning

Planned reduction approach

(for example, smaller servings, increased spacing, or fewer days)

Planned reduction step (optional): _____

Planned length of time at this level: _____

Taper Progress Tracking

Week / Date Range: _____

Target serving size or frequency: _____

Actual serving size or frequency (if different): _____

Comfort & Awareness

How did this reduction feel physically?

Comfortable Mildly uncomfortable Uncomfortable

Notes (optional) _____

How did this reduction feel emotionally or mentally?

Stable Slightly challenging Difficult

Notes (optional) _____

Adjustments & Flexibility

If discomfort increases, consider slowing the taper, maintaining the current level longer, or focusing on supportive wellness practices before making further changes.

Planned adjustment (if any): _____

Supportive Practices During Tapering

Hydration Sleep Nutrition Movement Stress management Social support
 Other: _____

Reflection & Insights

What has helped support balance during this taper?

Is there anything you would adjust moving forward?

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Responsible Use Reminder

Gradual tapering is not a race. Comfort, awareness, and flexibility are more important than speed. Small, steady changes often support the most sustainable outcomes.

This planner is provided for educational and self-reflection purposes only and does not constitute medical advice. If you experience significant discomfort, distress, or difficulty reducing use, consult a qualified healthcare professional.