

Dream Record

Date: / /

Location:

Circumstances before sleeping (*e.g. light/heavy dinner, night out with friends, slept alone / with partner, level of fatigue & stress, any significant event before sleeping such as an emotional conversation, an unexpected meeting etc*):

Dream narrative:

Emotions and general mood of dream (e.g. anxiety, joy, sadness, nostalgia etc):

Main dream characters, symbols, places and actions:

Mood upon awakening:

Associations: What do I connect to the places, the persons (characters), objects, feelings etc in this dream? Do they remind me of anyone or anything I experienced in waking life?

Any possible waking stimulus for this dream: (e.g. a recent event, an encounter with someone, a conversation I had in the last couple of weeks or so, a memory, a hope etc)

OWN COMMENTS (any conclusions I may come to upon examining the dream for myself, e.g. it is asking a question about something important in my life currently)

PART 2

MY COMMENTS FOLLOWING DREAM GROUP'S DISCUSSION OF DREAM:

DREAM ART:

E.g. any sketches or drawings of dream images, scenes, collage, photographs I associate with the dream, objects I associate with the dream, abstract art, mandala drawings etc.

THE MISSION: *Is this dream suggesting a way forward for me? Do I want to make any commitment based on what I feel is the dream's message? Would it help to make certain changes in my waking life?*