

*Dreamwork Worksheet

Title the Dream: _____ Name: _____ Date: _____

Part 1 - What is it in my life that my dream is dealing with?

Step #1 - Record the Dream Segment in the 1st person present tense as if you are re-experiencing it:

Step #2 - Life: record any emotional situations in your life at the time

Step #3 - Compare Dream to Life Context: a) Metaphor - underline any phrases in the dream narrative that also describe a way you have felt lately or a situation in your waking life

b) What are you doing/trying to do in the dream? How is this similar to something you are doing/trying to do in waking life?

c) What are you feeling in the dream and why? What waking life situation do those feelings bring to mind?

Step #4 - Exploring Emotions represented by the Dream Imagery (let the dream speak):

a) Pick a Dream Image -X- that “draws” Your interest

b) Let the Dream Image Speak - imagine how that thing (X) in the dream would finish these statements:

1) I am X... (name and describe what you are; if X is a known person describe their key personality characteristics)....

2) My purpose is to...

3) What I like about being X is

4) What I dislike about being X is

5) What I Fear most as X is

6) What I desire most as X is

Step #5 - Reflect on Waking Life: Do any of the statements above sound like a way you have felt recently or a situation in your own waking life? Describe the situation:

Step #6 - Exploring Color (the emotional coloring of the dream imagery)

1. What color was the dream image you worked on above? If none then select another dream color or color pair, you feel most drawn to:
2. Pick the closest color(s) on the table and read each statement. Note those you “connect” with, that remind you of a recent feeling or situation:

3. Describe the waking life situation that the color statement reminds you of, and your feelings at the time:
4. Does the color work add a new perspective? If you selected a color pair, do the two sets of statements relate to conflicting feelings surrounding your situation?

Part #2 - How can I use the dream to help change my life?

Step #7 - Dream Guidance (dream actions that guide, provide alternative views, or 'compensate' for misconceptions):

- a. Positive Ending - did the dream end positively or with a potentially positive direction to it? If so what happened (a decision you made, surprising activity or event, something you discovered or were shown) that brought about that positive ending?
- b. Surprise - did something surprise you in the dream (unexpected event or twist; something/someone acting or appearing in a manner opposite to what you would expect; an unusual mixture of imagery)? Describe what you would consider as expected or normal - then describe how the dream 'twist' or portrayal was different, perhaps revealing a change in viewpoint or belief:
- c. Guidance - did you experience a message (written or verbal words) or guidance (advice or guiding action) in the dream? If so, describe the event and what difference it made, if any, in your thinking or direction in the dream.

If you answered, any of these then go to step #9. If none of these were apparent in the dream then try step #8.

Step #8-Finishing the Dream: If the dream was inconclusive or did not end positively, then try creating a completion metaphor. Close your eyes and place yourself at the end of the dream, then spontaneously without thinking about it (first image/story that comes to mind) imagine a new ending that makes the dream work out positively for everyone involved:

Step #9 - Defining the Guidance: Note what you have written in step #7 or #8. Can you see an analogy between what the dream reveals and your waking life views, attitudes, or beliefs and how a change in view, attitude, or direction might be helpful? What solution to your waking life situation do you think the dream (or new dream ending) might be suggestive of?

Step #10 - Check it Out: Is this a healthy, appropriate and practical solution or does it leave you stuck again?

Step #11 - Next Steps: If it 'checks out' positively then what specific next step(s) can you take to bring it about?

Step #12 - 'Token' Reminder Image: select an image to use in the future to remind you of the new solution.