

# Dreamwork Worksheet

Title the Dream: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Part #1 – Understanding the Dream

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

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**Step #2 – Life:** record any emotionally important situations in your life at the time \_\_\_\_\_

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**Step #3 – Compare Dream to Life Context** looking for analogies:

**Note:** for **Individual work** try a) through c) below; for **Group Work** also try the Ullman ‘if it were my dream’ approach.

**a) Metaphor** – underline activities or phrases in the dream narrative that also describe a way you have felt lately or situation in your life and describe the situation: \_\_\_\_\_

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**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 situations do those feelings bring to mind?

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**Step #4 – Let the Dream Speak (6 ‘magic’ questions)** – exploring emotions that created the dream imagery:

**a)** Pick a Dream Image – X – that draws your attention (even if not a dominant one): \_\_\_\_\_

**b)** Let the Dream Image Speak – imagine how X would finish these statements from the perspective of its role in the dream:

1) *I am X ...* (describe yourself and how you feel in that role; if a known person describe key personality characteristics)...

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2) *My purpose as X is to...*

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3) *What I like about being X is* \_\_\_\_\_

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4) *What I dislike about being X is* \_\_\_\_\_

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5) *What I fear most as X is* \_\_\_\_\_

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6) *What I desire most as X is* \_\_\_\_\_

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**Step #5 – Relate to YOUR Life:** read each statement as if it is YOU saying it about something in YOUR life. Note any statement that sounds like a way you have felt recently or a situation in your own waking life? Describe the situation:

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

- 1) What color was the dream image you worked on? If none then select a color, or color pair in the dream 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 new information? If you selected color pair, do the two sets of statements relate to conflicting feelings surrounding your situation? \_\_\_\_\_  
\_\_\_\_\_

**Part #2 – Working with the Inner Wisdom**

**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 (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 (action or situation opposite to expectations; unexpected twist or change; a new viewpoint revealed; novelty; unusual blend of images)? How did the unexpected event oppose your views or beliefs. How would your acceptance of the unexpected event relate to a change in your viewpoint?

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\_\_\_\_\_

**c) Guidance** - did you experience a message (written or verbal words) or guidance (advice or guiding action) in the dream? What difference did it make in your thinking or direction in the dream. How would it relate to guidance in your waking life?

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\_\_\_\_\_

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 all involved:

\_\_\_\_\_  
\_\_\_\_\_

**Step #9 – Defining the Guidance:** Review what the dream has revealed in steps #7 and #8. Can you see an analogy to your waking life actions, attitudes or beliefs? Does the surprise, guidance or new ending show how a change in view, attitude or direction might be helpful. Write down a solution to your waking life situation that the dream might be suggesting!

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\_\_\_\_\_  
\_\_\_\_\_

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

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**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?

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