# Dream to Freedom™ - Worksheet

Name _____     Date: _____

Contact Information: _____

Title of the Dream: _____

## Part #1  Dream Exploration and Issue Identification

**Step #1** - Dream Summary:  _____
_____
_____
_____
_____
_____
_____
_____

**Step #2** – Waking Life Situation/Issues: _____
_____
_____

**Step #3** – Choose "Important" Dream Element/Image  _____

**Step #4** – Image Activation Dreamwork (6 Question Role-Play script) –"Become" the dream element and
answer (first person, present tense) these 6 questions as you imagine that dream element would:

*1)* I am a X (name and describe): _____
_____

*2)* My purpose or function is: _____
_____

*3)* What I like about being X: _____
_____

*4)*  What I dislike about being X: _____
_____

*5)*  What I fear most is: _____
_____

*6)*  What I desire most is: _____
_____

**Step #5** – Note any statement above that sounds like it also describes a feeling or situation in your waking
life. Rephrase those statements in terms of that situation:
_____
_____
_____
_____
_____
_____
_____

**Step #6** – Which statement relates to the most stressful waking life situation? Describe the situation:
_____
_____
_____

# Part #2  Energy Psychology Application and Stress Reduction

**Step #7** – Describe a <u>Specific</u> Incident when you felt this way: _____
_____
_____

**Step #8** – Initial SUDS (subjective units of distress) Rating 0-10, 10 being the most stressful: _____
**Step #9** - Set-up Phrase(s):
  "Even though I (feelings based on step #7) _____
  _____

  "I know that I can/I choose to (consider positive statements from dreamwork eg., step 4, #3 or #6)
  _____
  _____

  Reminder Phrase (abbreviated version):  _____

**Step # 10** - Round 1:  a) Rub chest "sore spots" w/Setup Phrase 3 times;  b) Tapping/Bridging/Tapping
  Sequence w/Reminder Phrase;  c) SUDS Rating _____

**Step # 11** - Subsequent Rounds:  until stress level goes down to or near 0*
  Note: Add "still" to the set-up, and "remaining" to reminder phrase:  a) Rub chest "sore spots" with
    revised set-up three times.  b) Tapping Sequence w/Reminder Phrase, bridging (9 gamut), tapping
  c) Re-rate SUDS Level by round (till near/at 0): _____

**Step # 12 Optional** - if Other Aspects arise, note them for additional work:
_____
_____
_____
_____
_____

If other aspects arise during the procedure, do additional rounds on them using the procedure above.

**Discussion Notes:** _____
_____
_____
_____
_____

# Part #3  Using the Dream for Closure

**Step #13** – Review how the dream ends.  If Positively what events occurred to bring it about?  If Negative
or Unresolved, then spontaneously imagine a new ending that makes it work out for everyone.
_____
_____
_____

**Step #14** – How might that new ending be a metaphor (analogy) for a solution to the waking life problem:
_____
_____

**Step #15** – Is it a healthy, practical solution?  If so what specific steps can you take to bring it about?
_____
_____

**Step #16** – "Token" Reminder Image (if any): _____