Transformational Dreamwork – Worksheet

Title the Dream: __________________________ Name: __________________________ Date: __________________________

**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:** describe any emotionally important situations in your life at the time whether it seems to relate or not.

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**Part #1 - WHAT Life Situation is the Dream Dealing With**

**Step #3 – Dream to Life Associations:** does the dream metaphorically picture a waking life situation?

- **Feelings** – what are you feeling in the dream? Is there a waking situation where you felt much the same?

- **Metaphors:** underline phrases or action themes that might also describe a waking situation/behavior/feeling

- **Associations:** Define the function of key elements – or - personality characteristic of known characters

- **Memories:** if the dream contains a person or setting from your past, recall one specific past event that it brings to mind and relate it to your present situation.

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**Try Rewriting the Dream Story** by substituting some of the above associations for the original words, things or characters in the narrative – re-read and relate the new story to your waking life.

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Part #2 - Exploring Underlying Emotions

Step #4 – Give the Dream a Voice  (role-play or “6 Magic Questions”): Re-enter the dream at an emotionally charged point and visualize the scene, noticing the characters and things around you. Try this with one or more of them.

4a - Pick a Dream Image X: that curiously draws your attention (even if not a dominant one):

4b – Give it a Voice (role-play): ‘Become’ X and imagine how X (in its dream) role would finish these statements:

1) I am…and I feel… (describe what you are and how you feel in that role).
   Note: if you picked a known person, as that person describe your personality; how you are like or unlike the dreamer.

2) My purpose or function (as X) 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), the worst thing that can happen, is…

6) What I desire most (as X) is…

7) Dialog (option) as X what would you tell the dreamer?

Relate to YOUR waking life: now switch perspectives and read each statement as if it is YOU saying it about something in YOUR life. Note any that sound like a situation or feeling in your life. In particular do the I like/dislike or I fear/desire statements sound like 2 sides of a conflict in your life. Describe the situation:

Step #5 – Exploring the Emotion in Color (use with the Color Questionnaire on the last page)

5a - What color was the dream image you worked on? Note any other colors in the dream that particularly stood out?

5b - Pick the closest color(s) in Questionnaire, read each statement for that color. Note any that sound like a recent feeling or situation of yours. Note: if the image or scene contains a pair of colors, explore the possibility that the 2 statements for those color might represent 2 conflicting emotions re. a situation you are in.

5c - Describe a waking situation that the statement recalls, your feelings at the time, and how it relates to the dream.

Step #6 – Situation Summary: from steps 3, 4 &5, summarize the situation the dream appears to be dealing (particularly any emotional conflicts). If it helps, add the more significant associations above into the dream story and re-read it.
Part #3 - HOW is the Dream Attempting Resolution?

Step #7 – Explore How the Dream is Attempting to Resolve Your Situation

Based on what dream appears to be dealing with, are any of the following resolution patterns present in the dream?

7a – Did the dream Introduce an Alternative Approach or Viewpoint?
   o Guidance - a guiding figure or event (advice, action, discovery, new decision, written or verbal message)? Define the new direction or insight provided and how it changed your behavior or thinking in the dream.

   o Surprise - did something unexpected surprise you (unexpected twist/action/anomaly; discovery/insight; person or thing acting opposite to their nature)? How did it differ from expectation or provide a different point of view?

   o Known Person – sometimes a dream will introduce a person you know to illustrate a different way of handling the situation – ask how would they manage your waking life situation differently than you have?

   o Decision - Did your dream-self (or something representing you) make a new decision, accept the guidance or reverse its prior viewpoint or action. Describe the new decision or viewpoint.

7b– Reinforcement? Did the dream seem to reinforce the action of the dream-self by ending positively or negatively? What specifically happened to bring that about and how does it relate to your waking life actions or views.

Compare to Life – Can you see any analogies between the insight above and your waking situation and how the implied change in viewpoint, attitude or direction might be helpful?

Step #8 – Finish the Dream (Active Imagination): If it ended negatively or inconclusively, try this: Close your eyes and place yourself at the end of the dream; review your feelings; spontaneously (don’t think just let the images flow) finish the dream with a new imagined ending that works out positively for you (and others in the dream).

Compare to Life - Can you see an analogy to a solution in your waking life situation, conflict, attitudes or beliefs?

Step #9 Action: Resolution and Next Steps

   a) Define a Solution: Review the waking life analogies in steps #7 and/or #8. Define a specific solution to your waking life situation that the insight from the dream or dreamwork above might be suggesting.

   b) Check it Out: is this a healthy, appropriate and practical solution or does it leave you stuck again?

   c) Next Steps: If it ‘checks out’ positively then what specific next step(s) can you take to bring it about?

   d) Reminder Image: pick an image from the resolved ending as a reminder of your solution?
Step #5 Color Questionnaire

If a color stands out in the dream, try this tabular listing of emotional associations as a questionnaire. Read each statement for that color and note any you strongly "connect" with, that sound like they describe a feeling or situation in your life – then explore that situation as it relates to the dream. Do NOT use this as a symbol dictionary; the statements are not the “meaning” of color but are only intended to trigger your own dream-to-life emotional associations. They are a listing of common emotional themes found to be associated with the human unconscion response to color, by systems (limbic and autonomic nervous system) which appear to retain those color-to-emotional associations in both the waking and dream state. They were derived from color psychology research and literature, and the Max Luscher color testing tool; augmented in parts by Jungian archetypal theory.

| RED | 1) I feel intense, vital or animated. 2) I feel transformed. 3) I feel assertive, forceful. 4) I feel creative. 5) I want to live life to its fullest. 6) I want to win, succeed, achieve. 7) I am feeling sexy or am having sexual urges. 8) I have a driving desire. 9) I feel anxious. 10) I need something to make me feel alive again. 11) I need to be more assertive and forceful. 12) I need to get out and enjoy myself. Note: if red appears as an inflammation it could relate to a physical condition, illness or injury |
| ORANGE | 1) I want to expand my interests and develop new activities. 2) I want a wider sphere of influence. 3) I feel friendly and welcoming. 4) I want more contact with others. 5) I feel enthusiastic, outgoing and adventurous. 6) I am driven by desires and hopes toward the new, undiscovered and satisfying. 7) I feel driven but need to overcome my doubts or fear of failure. 8) I must avoid spreading myself too thin. |
| YELLOW | 1) I feel a sense of joy and optimism. 2) I feel alert. 3) I am seeking a solution that will open up new and better possibilities and allow my hopes to be fulfilled. 4) I feel the new direction I am taking will bring happiness in my future. 5) I am hopeful. 6) I need to find a way out of this circumstance or relationship. 7) I need a change. 8) I am trying to compensate for a situation I am in. 9) I am acting compulsively. |
| GREEN | 1) I feel a creative energy. 2) I feel a healing energy. 3) I feel more safe or secure. 4) I need to increase my sense of security. 5) I need healing or better health. 6) I feel like withdrawing into my own center. 7) I need to establish myself, my self-esteem, my independence. 8) I want recognition. 9) I need to increase the certainty of my own value and status, through acknowledgment by others of my achievements or possessions. 10) Hard work and drive will gain me recognition and self-esteem. 11) My opinion must prevail. 12) I must hold on to this view in order to maintain my self-esteem. 13) I want what I am due. 14) I must maintain control. 15) Things must not change. |
| BLUE | 1) I feel tranquil, peaceful and content. 2) I feel a sense of harmony. 3) I feel a meditative awareness or unity. 4) I feel a sense of belonging. 5) I need rest, peace or a chance to recuperate. 6) I need a relationship free from contention in which I can trust and be trusted. 7) I need a peaceful state of harmony offering contentment and a sense of belonging. |
| VIOLET | 1) I like to win others over with my charm. 2) I feel an identification, perhaps a “mystic” union with someone. 3) I have a deep intuitive understanding of the situation. 4) I feel a sense of intimacy. 5) The feeling is erotic. 6) I seek a magical state where wishes are fulfilled. 7) I yearn for a “magical” relationship of romance and tenderness. 8) I seek to identify with something or someone. 9) I need intimacy. 10) I often engage in fantasy perhaps because I feel a bit insecure about the situation. |
| BROWN | 1) I seek a secure state where I can be physically comfortable and relax or recover. 2) I am uneasy and insecure in the existing situation. 3) I need a more affectionate environment. 4) I need a situation imposing less stress or physical strain. 5) I want to satisfy the physical senses (food, luxury, or sex). 6) If it is a Natural or Wood Brown try: a) I am concerned about matters of family, home, or my “roots”. b) I am concerned with a son or daughter. c) I am searching for my true self or natural state of being. Note: if it is a Dirty Brown: it can at times reflect a physical problem or illness. |
| GRAY (Free of Color) | 1) I want to shield myself from those feelings. 2) I feel emotionally distant, only an observer. 3) It is as if I am standing aside, watching myself mechanically go through the motions. 4) I want to remain uncommitted, non-involved, shielded or separated from the situation. 5) I do not wish to make a decision that will require my emotional involvement. 6) I have put up with too much and wish to avoid any further emotional stimulation. 7) I am trying to escape an anxious situation. 8) I am compensating for something. |
| BLACK (Negation of Color) | 1) I am anxious and don’t know why. 2) I am fearful of or intimidated by the situation. 3) I have been dealt an unacceptable blow. 4) Nothing is as it should be. 5) I refuse to allow it/them to influence my point of view. 6) I can’t accept the situation and don’t wish to be convinced otherwise. 7) I feel the need for extreme action. 8) I am in revolt perhaps to compensate for my situation. Jungian (archetypal patterns): Black and Darkness often represents the unconscious realm. Moving into darkness can be suppression or moving into the unconscious, but also a turning within, or a “death of the ego” (first stage of transcendence). Beautiful Shiny Black might be a peaceful view of the unconscious from which a new self emerges. |
| WHITE | 1) This is a new experience. 2) I’m becoming aware of new feelings. 3) I’m experiencing a new beginning, a reawakening a transformation. 4) I have a new outlook, a new awareness. 5) I feel pure and innocent. 6) I feel open and accepting. 7) I feel unprepared. 8) I feel alone, isolated. 9) I feels cold or sterile. Note: White grouping or mixing (pastels) with a color can sometimes be a transformation of the emotions represented by the color, adding a calming, a newness, an enlightenment, emergence or re-emergence of that emotion. |
| PINK | 1) I feel romantic or loving toward someone or something; 2) I am feeling very sensitive about something; 3) I feel nurturing and/or gentle and soothing; 4) I am feeling compassionate; 5) I am avoiding aggression or want to calm my aggressive feelings; 6) I need romance; 7) I need nurturing; 8) I need something to calm me down; 9) dealing with this feeling of assertiveness is new to me; 10) the assertive energy I feel is new to me. |
| COLOR GROUPS (Jung Archetypal patterns) | RED/YEL/BLU/GRN – a grouping of the 4 “primaries” may represent completion or a balancing of something within the personality. A missing color in the group may be associated with an emotional element missing from the dreamer’s life that is needed for closure. If one of the 4 is creating a problem in the dream, explore it as a problematic emotion in life. BLACK & WHITE (Patterns) - may represent the forces of unification, an integration of conscious (light or white) and unconscious (dark or black) from which a greater self emerges; a unity of opposites; an internal change taking place. GOLD & SILVER - Masculine (Gold) & feminine (Silver) qualities arising from the unconscious as elemental forces influencing your situation or in need of integration to balance the ego personality. As a pair represents integration. |