

Dream to Freedom™ Worksheet

Robert & Lynne Hoss *Dream to Freedom*, EP Press 2013 www.dreamscience.org

Dream Title: _____ Date: _____

Part #1 Dream Exploration for Problem Identification

Step 1 - Record the Dream (re-enter & re-tell the most emotionally charged dream segment in the first person as if you are re-experiencing it):

Step #2 – Waking Life Situation: describe any emotionally important or impacting situations (positive or negative) in your life around the time of the dream.

Step #3 – Dream to Waking Life Analogies: note any analogous themes (actions or feelings) or metaphors in the dream narrative (phrasing that may also apply to your life) and describe any present or past waking life situations or feelings that they bring to mind.

Step 4 – Explore Underlying Emotions - Give the Dream a Voice (role-play)

- a) **Explore a Dream Image:** Re-enter the dream and choose something (X) in the dream that draws your attention (it can be helpful to try more than one)
- b) **Role-Play:** Bring the image 'X' to your mind's eye, move into it and imagine "becoming" it. Then answer these questions in the first person, present tense, as you imagine 'X' would answer them.
- 1) What are you - describe yourself as 'X' and how you feel in that role. (Note: if X is a known person describe their personality, then how they are the same as you and how they differ)? *I am*
 - 2) As X what is your purpose or function? *My purpose is to.....*
 - 3) What do you like most about being X? *What I like is*
 - 4) What do you dislike about being X? *What I dislike is.....*
 - 5) What do you fear most, what is the worst thing that can happen to you? *What I fear most is.....*
 - 6) What do you desire the most? *What I desire most is*
 - 7) (Optional) Now look at the dreamer. *What would you tell the dreamer.....*
- c) **Waking Life Reflection:** review each statement but now as if it is YOU saying it about a way YOU have felt lately or a situation in YOUR life. If a connection is made put a check by it and describe the situation.
- d) **Which Statement(s) recalls the most Emotionally Charged situation?**

Step 5 – Exploring the Emotional Content in Color (Optional): use with the color questionnaire. Note that the statements on the questionnaire are common subliminal color to emotional associations from waking state color psychology literature and research – they are NOT the meaning of color and should not be used that way. Use it only as a questionnaire to trigger the dreamer's own personal waking life associations with those statements.

- a) **Color:** What color(s) was the image you chose and/or what other color(s) stood out in the dream?
- b) **Associations:** Pick the closest color(s) in the Color Questionnaire and read each statement for that color. Which statement(s) most reminds you of a recent feeling or situation? Describe the situation. Note: when there is a color pair, consider whether the 2 color statements relate to 2 conflicting emotions.

Step 6 – Most Emotionally Charged Situation: From steps 4 and 5 above which statement recalls the most emotionally charged situation? Describe that situation.

Part #2 Applying EFT

Step 7 – Picture a Specific Incident

- a) Recall One Specific Incident when you felt this way and Picture the Scene
- b) Rate the Stress you feel as you picture the scene, from 0-10; (10 being the most stressful) _____

Step 8 – Affirmation Phrases

- a) Setup Phrase: (note: try using the negative feeling and positive desire statements from Step 4)
“Even though I (negative feeling) ... I know that I can/I choose to (positive intention)...”
- b) Reminder Phrase (the short negative feeling statement) for tapping rounds: *“Feel ...(negative feeling)... ”*

Step 9 – Initial Tapping Sequence (figure 1) - while visualizing the scene do the following:

- a) Setup Sequence: Tap the Karate Chop point (KC) while saying your Setup Phrase:
“Even though I (negative feeling) ... I know that I can/I choose to (positive intention)...”
- b) Tapping Sequence:
 - 1) Tapping Round 1: Sequentially Tap (10 times or more) on points #1 - #8 while saying the Reminder Phrase;
 - 2) Bridging Sequence (Optional):
 - Tap on the Gamut Point - back of either hand ½” below knuckles between base of ring finger and little finger; say your Reminder Phrase: *“Feel (negative feeling)... ”*
 - Hemispheric Stimulation – while keeping the emotional scene in mind:
 - close your eyes; open your eyes;
 - shift your eyes **down lower left**; shift your eyes **down lower right**;
 - roll your eyes in a circle **clockwise**; roll your eyes in a circle **counterclockwise**;
 - hum a tune for about two seconds (for example “happy birthday to you”);
 - count from 1 to 5;
 - hum the tune again
 - 3) Tapping Round 2: do another Tapping round on points #1 - #8 while saying the short Reminder Phrase:
“Feel (negative feeling) ...”
 - 4) Stress Rating: picture the scene again and how you now feel about it; **give it a stress rating:** _____

Step 10 - Subsequent Tapping Sequences: repeat Step 9b but since the feeling may still be there revise the reminder phrase by adding “still” to it: *“STILL feel”* Continue the rounds till stress level goes down to or near 0.

List ratings here after each tapping sequence: _____

Step 11 (Optional) if Stress Increases because another Memory Arises: using a new setup and/or simply a new reminder phrase to picture the new memory, repeat Steps 8 and 9 until that stress reduces to near 0

- a) New Memory:
- b) Stress Rating when you picture the scene:
- b) New Affirmation Phrase:
- c) New Short Reminder Phrase:
- d) Stress Ratings (after each sequence): _____

Part #3 Dream Guidance and Closure

Step 12 – Dream Guidance

- a) **Review:** re-enter the dream and briefly review it till the end. How did it end?
- b) **Explore:** can you observe any of the following resolution activities in the dream?
- Guidance – guiding figure or event (advice, action, discovery, written or verbal message)? How did it changed your behavior or thinking in the dream.
 - Surprise - unexpected twist, action, anomaly, discovery, insight or person or thing acting opposite to their nature? How did it differ from expectation or provide a different point of view?
 - Known Person – how would they manage your waking life situation differently than you have?
 - Decision - Did your dream-self (or something representing you) make a new decision, accept the guidance or reverse the prior viewpoint or action. Describe the new decision or viewpoint.
 - Reinforcement? Did the dream reinforce a solution or your actions, by ending positively or negatively? What specifically happened to bring that about and how might that relate to waking life?
- c) **Life Analogy:** How might any of the above actions relate as an analogy to your waking life situation, in terms of guidance, a new perspective, or possible helpful resolution to your life situation?

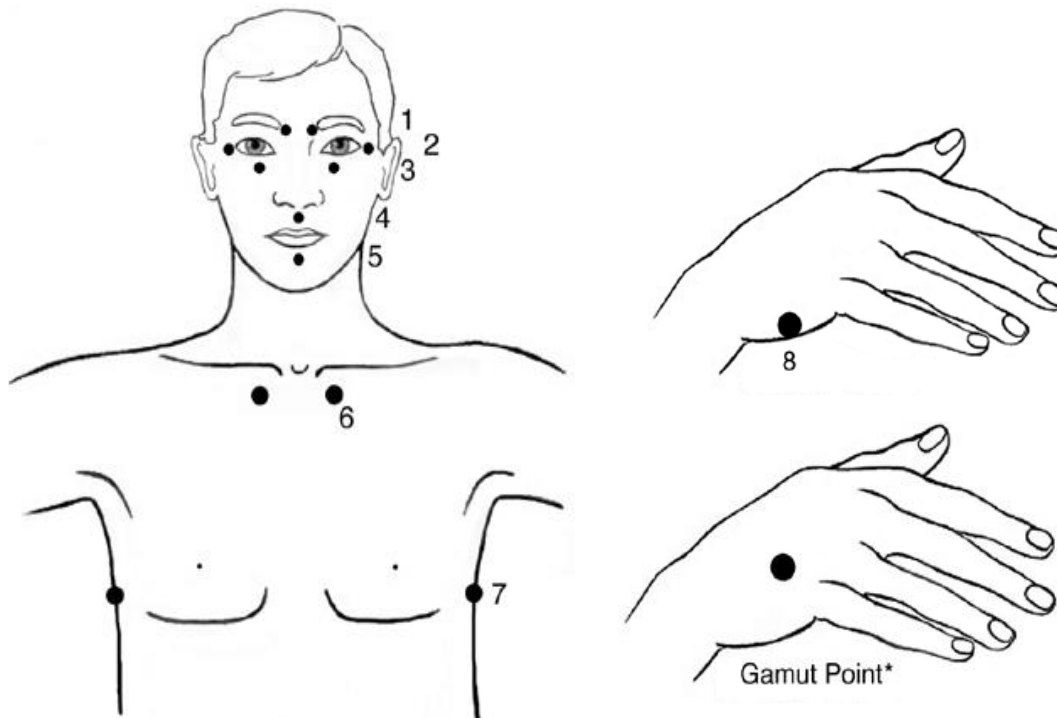
Step 13 –Finishing the Dream (optional): If the analogies are unclear or the dream ended negatively or inconclusively, try this: Close your eyes and place yourself at the end of the dream; review your feelings; then spontaneously without thinking about it (first image/story that comes to mind) finish the dream with a new imagined ending that works out positively for you (and the others in the dream).

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

Step 14 Closure

- a) **Define a Solution:** Review the waking life analogies in Steps 12 and 13. Define a specific solution to your waking life situation that the insight from the 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?

“Tapping” Points Recommended for the DTF Protocol



1. **EB or eyebrow point:** at the start of the eyebrow where it joins the bridge of the nose (UB2)
 2. **SE or side of eye:** on the outside edge of the eye socket (GB1)
 3. **UE or under eye:** on the bony ridge of the eye socket under the pupil of the eye (ST2)
 4. **UN or under nose:** under the center of the nose, 1/3 distance between the nose and the upper lip (GV26)
 5. **Chin:** between the lower lip and the chin, in the center (CV24)
 6. **CB or collarbone points:** located in a small depression under each collarbone on either side of the U-shaped groove at the top of the sternum (KD27)
 7. **UA or underarm:** about four inches below the base of each armpit and about halfway between the front and back; for women, this is where a bra strap crosses, for men even with the nipple (SP21)
 8. **KC or Karate Chop point** fleshy outer portion of the hand, upper middle about where the crease is (SI3)
- ***Gamut Point (for optional bridging procedure):** back of either hand a half inch toward the wrist from the point between the knuckles and the base of the ring finger and little finger (TH3)

Color Questionnaire

These are NOT the “meaning” of color, they are a listing of common subliminal human emotional responses to color, found in waking studies (brain and autonomic nervous system responses). These associations are observed to be retained in the dream state. Use with step 5 of the worksheet. To explore a dream color **ask which statement for that color triggers your own emotional associations with a situation in your life**. Source: Color Psychology research and literature; the Max Luscher color testing tool; augmented in parts with Jungian theory.

R E D	1) I feel intense, stimulated, motivated. 2) I feel assertive, forceful. 3) I want to live life to its fullest. 4) I want to win, succeed, achieve. 5) I feel sexy, a sexual attraction or urges. 6) I have a driving desire. 7) I need something to make me feel alive again. 8) I am feeling anxious; 9) I am reluctant for fear I may fail; 10) I sense danger; 11) I'm feel intense anger. 12) I need to be more assertive and forceful. 13) I need to get out and enjoy myself. Note: If it appears as blood or inflammation - it could metaphorically or literally picture sickness or injury.
O R N	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.
Y E L	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) My actions may be compensating for something. 9) I may be acting compulsively.
G R E E N	1) I feel a happy creative energy. 2) I feel more safe or secure. 3) I feel I can proceed and succeed. 4) I feel a healing energy. 5) I need to establish myself, my self-esteem, my independence. 6) I want recognition. 7) I need to increase the certainty of my own value through acknowledgment by others of my achievements or possessions. 8) Hard work and drive will gain me recognition and self-esteem. 9) My opinion must prevail. 10) I must hold on to this view in order to maintain my self-esteem. 11) I want what I am due. 12) I must maintain control. 13) Things must not change. 14) I feel like withdrawing into my own center. 15) I am seeking a way to increase my sense of security. 16) I am seeking healing or better health.
B L U E	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 to feel I belong. 6) I need rest, peace or a chance to recuperate. 7) I need a relationship free from contention in which I can trust and be trusted. 8) I need a peaceful state of harmony offering contentment and a sense of belonging.
V I O	1) I like to win others over with my charm. 2) I feel an identification, an almost "mystic" union with someone or something. 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 engage in fantasy at times when I am feeling insecure.
B R O W N	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 physical strain. 5) I want to satisfy the physical senses (food, luxury, sex). 6) Natural or wood brown (Jung): 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 Dirty Brown or greenish/gray brown it might be picturing a physical problem or illness.
G R A Y	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 want 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.
B L A C K	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, perhaps in revolt against or to compensate for the situation. Jung archetypal: Black/Darkness often represents the unconscious realm. Moving into darkness = giving in or going within (initial phase of transformation); or perhaps suppression? Beautiful Shiny Black may be a positive view of the unconscious from which a new self emerges.
W H I T E	1) This is a new experience. 2) I'm becoming aware of new feelings. 3) I'm experiencing a new beginning, 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) It feels cold or sterile. Note: White mixed with a color (pastel); adds a sense of calming, or newness/new emergence or unfamiliarity with or re-emergence of the emotion that the color is associated with. White w/red (pink) for example might transform passion into romance or pacify the "red" emotions into nurturing and the discouraging of aggression.