



1) Record Your Dream

WRITE DOWN THE DETAILS OF YOUR DREAM EXPERIENCE. RECORD ONLY WHAT YOU SAW AND HEARD, TAKING NOTE OF YOUR PERSPECTIVE IN THE DREAM AND THE MOST POTENT DREAM OBJECTS AND/OR BEINGS PRESENT

2) Reflect on the Dream

REVIEW EACH MOMENT IN THE DREAM RECORDED ON THE LEFT AND REFLECT ON HOW YOU FELT IN THAT MOMENT OF THE DREAM. INCLUDE ANY THOUGHTS YOU WERE HAVING IN ASSOCIATION WITH THAT FEELING. TAKE YOUR TIME AND BREATHE INTO THE FELT EXPERIENCE



Review the Moments Recorded Above. What was the most deeply felt feeling in the dream? You can choose more than one. How does that feeling relate to your life currently?



DESCRIBE THE LAST TIME YOU FELT THIS FEELING, TAKING NOTE OF HOW DIFFICULT IT IS TO ACCESS THE FEELING IN THE PRESENT MOMENT

COMMON DREAM FEELINGS

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| <i>Fear</i> | <i>Connection</i> |
| <i>Anxiety</i> | <i>Desire</i> |
| <i>Stress</i> | <i>At Home</i> |
| <i>Tension</i> | <i>Intimacy</i> |
| <i>Jealousy</i> | <i>Self-Righteous</i> |
| <i>Embarrassment</i> | <i>Guilt</i> |
| <i>Shame</i> | <i>Responsibility</i> |
| <i>Calm</i> | <i>Paranoia</i> |
| <i>Joy</i> | <i>Terror</i> |
| <i>Numbness</i> | <i>Frozen</i> |
| <i>Isolation</i> | <i>Need to Escape</i> |
| <i>Loneliness</i> | <i>Distracted</i> |
| <i>Freedom</i> | <i>Confused</i> |
| <i>Frustration</i> | <i>Lost</i> |
| <i>Irritation</i> | <i>Nurtured</i> |
| <i>Anger</i> | <i>Lighthearted</i> |
| <i>Grief</i> | <i>Passionate</i> |
| <i>Pain</i> | <i>Comforted</i> |
| <i>Angst</i> | <i>Disgusted</i> |
| <i>Love</i> | <i>Excited</i> |
| <i>Sad</i> | <i>Apprehensive</i> |
| | <i>In Awe</i> |

TAKE A MOMENT TO SINK DEEPLY INTO THIS FEELING. CAN YOU LOCATED IT IN YOUR BODY? IF SO , WHERE?

