



## Nightmare Titration: Discovering the Medicine of Your Bad Dream

**\*\*IMPORTANT NOTE:** If you have been experiencing recurring / repetitive dream imagery & experiences, this work will be most potent when you focus on a *singular* instance of a bad dream. Choose the iteration of the repetitive dream that is most clear and potent for you as a particular experience. You can repeat the same process with multiple instances of the dream.\*\*

Use this worksheet as a reference and a place to take notes as you listen to the guided meditation. Set aside approx 30-45 min to complete this exercise.

### PART 1: Grounding In Support - Finding Homebase

**Setting:** What are 2-3 places, either in your home space or in your community where you can go and feel grounded and/or supported by your environment?

**Body:** How can you position your body to experience relaxation?  
What areas of your body feel most safe or do you feel most “at home”?

**Mind:** What 2-3 truths you know about yourself at this time that are affirming and loving?

**Heart:** When you hear/read the words, the feeling of unconditional love and support is available for you at all times, where do you feel that in your energetic system / body? What is it like to stay with that knowing?

**Other Beings:** Who or what comes into your presence when you invite embodied compassion? What ancestors, objects (natural or handcrafted), spirits, guides, talismans, animals, plants, elements, can you welcome into your space at the moment to provide you with support?

## PART 2: Honing In on A Single Image / Moment

Map Out Your Bad Dream, Using the Squares Below to Create a Graphic Novel / Comic Book / Storyboard type representation of your dream. You can use simple sketches or a few descriptive words for each part. Use your own paper more room.


Once you have completed your storyboard, identify which image/square of the storyboard contains the most potent, powerfully felt emotion in the dream. If there is more than one, work with one square of the dream at a time.

The task now is simple, but challenging: do what you can to “feel into” or more fully embody/experience that moment in the dream. If you ever feel overwhelmed or out of your window of tolerance, return to a homebase of support you identified in the first part of this exercise.

What emotional/cognitive reactions do you have to the idea of taking a step towards feeling this moment intentionally?

What somatic experiences or reactions do you have as you feel into this moment? How do you feel this moment in your body?

What thoughts arise as you feel into this moment?

What distracting reactions, emotional, somatic, or cognitive arise that make it difficult to stay focused on the experience in this dream moment?

### PART 3: Reflecting on the Experience

Once you have felt into the experience of the dream to your capacity at this moment, you're invited to reflect upon the following questions:

- 1) Were the feelings and/or somatic experiences that you focused on in the dream moment familiar to you in any way? Do they resonate with a particular memory and/or more complex, ongoing dynamic that was painful and/or scary for you?

2) If the feeling was familiar but the scene/setting was not, when you connect with the feeling, does more understanding arise about why those particular people, dynamics, scene/or setting were in the dream?

3) Was there anything—object, person, setting, element, etc., in the dream scene that you could potentially conceptualize as supportive to you in that moment?

4) If you could hold the truth for this moment of reflection that this dream came to you in service to your growth, healing, and ultimately transformation, why do you believe this dream came to you at this time?