

Appendix from Dreamwork: How to Decode Your Dreams for Personal Growth

Synopsis of how to work with your dreams

- 1) Write down the dream as soon after waking as possible. Write it exactly as it happened, whether it makes logical sense or not. Write it as if it makes perfect sense; don't get side-tracked trying to explain anything or wonder how something could happen that is not possible in real life, etc. Use present tense. Note any thoughts that come to mind as you review the dream.
- 2) Think of the dream as a play on a stage. List every character (each person who appears in the dream) and every prop (every item that is in the dream). Describe the setting(s). Note any dress or colors that show up.
- 3) Note any emotion that is experienced in the dream. The stronger the emotion, the more significant the message of the dream. Ask yourself if this emotion applies to any current or past situation in your waking life.
- 4) Objectively summarize the "plot" of the dream into one or two very simple sentences. Ask yourself what in your current life might be described in this way?
- 5) Work with the characters. Think of each character as they appeared in the dream and describe them in three words. Don't spend time analyzing, just find three words that first come to mind when you picture the character in the dream. If it is a person whom you know from real life, find three words that you would use to describe them in real life. When you are finished, ask yourself honestly if and how those same characteristics might apply to you.
- 6) Note the dress, colors or any other details.
- 7) Work with the props. Ask about each item in the dream: What is that? What is it for? What does it do? What do I use it for?
- 8) Work with the set: Describe the place. What is it? What usually happens in this kind of a place? Have I ever been in this place before?
- 9) Once you have worked with the characters, the props, the costumes and the set, retell the dream with those meanings inserted within the story. Then see if the

resulting story has any relationship to important topics or issues in your current life.

- 10) Explore re-telling the dream as if each development is a result of what came before: "Because...then..." What further light does this shed on understanding the dream?