

*Dream to Freedom*TM *Worksheet*

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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 – Life Situation: describe any emotionally important situations in your life at the time.

Step #3 – Briefly Describe Dream to Life Analogies – Phrases (metaphors) that sound like they describe a situation in your life; Feelings in the dream like feelings in your life; Memories that the scene or situation in the dream brings up.

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

#4a - Choose a Dream image to Explore: Re-enter the dream and choose something (X) in the dream that draws your attention (it can be helpful to try more than one):

#4b - 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

#4c – 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.

#4d – Pick the Statement that Recalls the most Emotionally Charged situation:

Step #5 – Exploring the Emotional Content in Color (Optional) (use with the color associations in table 1)

#5a – Color: What color(s) was the image you chose and/or what other color(s) stood out in the dream?

#5b – 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 colors relate to 2 conflicting emotions.

Step #6 – From steps #4d and #5b pick the statement that recalls the most emotionally charged situation:

Part #2 EFT Application

Step #7 – Picture a Specific Incident

#7a - Recall One Specific Incident when you felt this way and Picture the Scene

#7b - Rate the Stress you feel as you picture the scene, from 0-10; (10 being the most stressful) _____

Step #8 – Affirmation Phrases

#8a - 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)...”

#8b - 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:

#9a - Setup: 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)...”

#9b - 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, and **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.

Note ratings here: after Seq. #2 _____ ; **after Subsequent Sequences** _____

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

a) New Memory:

b) Stress Rating when you picture the scene:

b) New Affirmation Phrase:

c) New Short Reminder Phrase:

d) Stress Ratings: after Tapping Seq. #1 _____ ; after Subsequent Sequences _____

Part #3 Dream Guidance and Closure

Step #12 – Dream Guidance

#12a Review: re-enter the dream and briefly review it till the end. How did it end?

#12b Explore: can you observe any of the following potential resolution activities in the dream?

a) Positive Ending - did the dream end positively or with a potentially positive direction to it? If so what happened that brought it about?

b) Reversal - did you at some point reverse your thinking or direction? What brought this about?

c) Guidance - did you experience a guiding event (advice, action, discovery) or message (written or verbal)? Define the new direction or insight provided and how it changed your behavior or thinking in the dream.

d) Surprise - did something surprise you (action/situation opposite to expectations; unexpected twist; sudden discovery or insight; odd imagery blend)? How did it differ from expectation or provide a different point of view?

#13c Compare to Life – Can you see any analogies between the insight above and your waking situation, or how the change in viewpoint, attitude or direction that happened in the dream might be a helpful analogy for your waking situation?

Step #14 –Finishing the Dream (optional): If 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 or beliefs?

Step #14 Closure

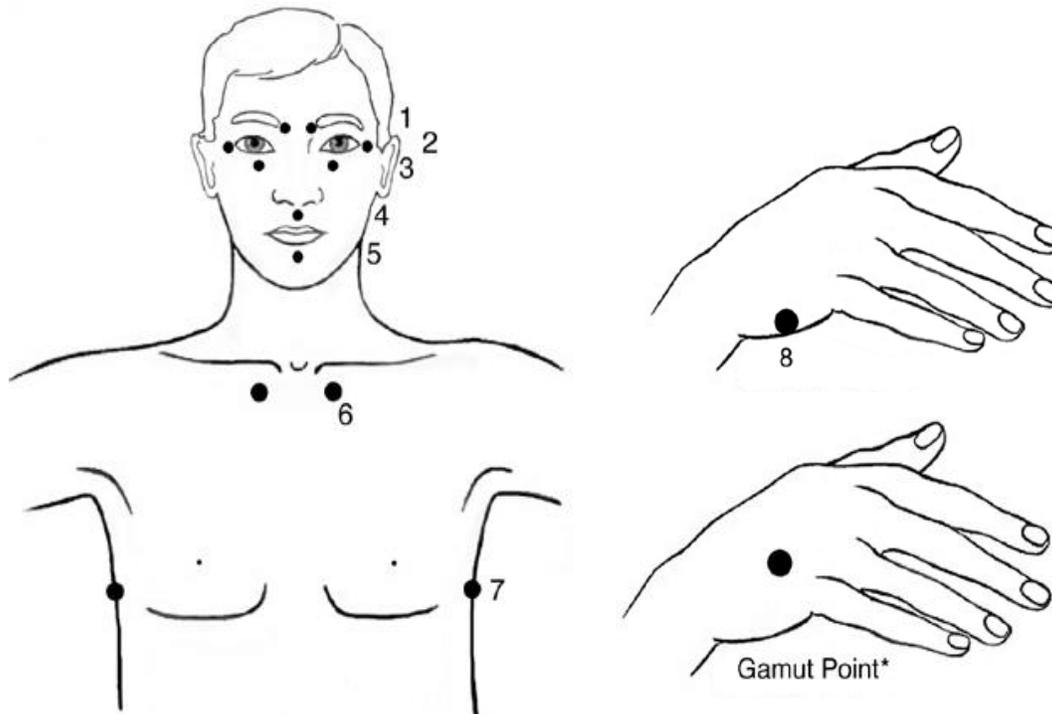
a) Define a Solution: Review the waking life analogies in steps #12 and #13. Define a specific solution to your waking life situation that the insight from the dream or dreamwork above might be suggesting.

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?

Figure 1. "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)

Table 1 - 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.

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 need something to make me feel alive again. 10) I need to be more assertive and forceful. 11) I need to get out and enjoy myself. Note: if red appears as an inflammation it could be a reflection of 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 need to establish myself, my self-esteem, my independence. 2) I want recognition. 3) I need to increase the certainty of my own value and status, through acknowledgment by others of my achievements or my possessions. 4) Hard work and drive will gain me recognition and self-esteem. 5) My opinion must prevail. 6) I must hold on to this view in order to maintain my self-esteem. 7) I want what I am due. 8) I must maintain control of the events. 9) Things must not change. 10) Detail and logic are important. 11) I need to increase my sense of security. 12) I need more money to feel secure. 13) I want to withdraw or retreat into my own center. 14) I feel healed or I need healing.
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 something/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 physical strain. 5) I want to satisfy the physical senses (food, luxury, sex). 6) If it is a Natural or Wood Brown try these Jungian associations: 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 be a reflection of 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 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.
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. Note: Jung (archetypal patterns): Black and Darkness often represents the unconscious realm. Moving into darkness = suppression, moving into the unconscious, turning within, or a "death of the ego" (first stage of transcendence). Beautiful Shiny Black might be a positive 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) It 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 - Integration of the masculine & feminine qualities of the conscious & unconscious as elemental forces.