

# Dream To Freedom™ Worksheet

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Name: \_\_\_\_\_ Contact: \_\_\_\_\_ Date: \_\_\_\_\_

Give the Dream a Title: \_\_\_\_\_

## Part #1 Dream Exploration and Issue Identification

**Step #1 - Record the Dream** (re-enter and re-tell the dream 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 – Describe (Underline) Possible Dream to Life Analogies** (Metaphors/Associations/Feelings)

**Step #4 – Let the Dream Speak (role-play)**

**4a) Choose a Dream image to Explore:** Re-enter the dream and choose something (X) in the dream that draws your attention.

**4 b) Role-Play:** Bring the image 'X' to your mind's eye, move into it and imagine "becoming" it. Then answer these 6 questions (optional 7<sup>th</sup>) 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) What would you like to say to the dreamer?

**Step #4c – Waking Life Reflection:** review each statement as if it is now YOU saying it about a way you have felt lately or a situation in YOUR life. If a connection is made, describe the situation and select and perhaps reword the statement to best describe the feelings involved.

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

**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 remind 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 – Which statement(s) from #4 or #5 relates to the most stressful feeling or situation.** Summarize the situation and rephrase the statement if necessary to better relate to it.

## **Part #2 Energy Psychology Application and Stress Reduction**

**Step #7 – Recall One Specific Incident** when you felt this way and Picture the Scene.

**Step #8 – Rate the Stress** you feel as you picture the scene, from 0-10; 10 being the most stressful.

**Step #9 – Affirmation**

**a) Affirmation Phrase (problem + intention):** “Even though I (problem statement/feeling from step #6 or #7) ..... I know that I can or I choose to (positive intention, refer to step #4).”

**b) Reminder Phrase** (abbreviated problem statement used for tapping rounds)

**Step # 10 – Tapping Round #1 (figures 1 and 2)** - while visualizing the scene do the following: **a) Setup:** Tap point #8 (Karate Chop) while saying the Affirmation; **b) Tapping Round:** do one Tapping sequence + Bridging (optional) + 2<sup>nd</sup> Tapping sequence saying the short Reminder Phrase; **c) Stress Rating:** picture the scene, and how you now feel about it, and give it a stress rating: \_\_\_\_\_

**Step # 11 - Subsequent Rounds:** repeat step #10 with, revising the Affirmation by adding “still” to the problem statement, and continue the rounds till stress level goes down to or near 0. **Note ratings here:**

**Step # 12 Other Aspects:** If other memories arise increasing stress, note them here then repeat steps #7 to #11 till the stress reduces to near 0, using a new Affirmation (record it here) based on that new memory.

## Part #3 Using the Dream for Closure

**Step #13 – Dream Guidance:** re-enter the dream and briefly review it till the end.

- a) **Did you experience a surprise?** What was it that differed from your expectation?
  
- b) **Did you experience a guiding event or words?** How did it attempt to alter your actions or thinking?
  
- c) **Was there a reversal** in your thinking or actions in the dream, perhaps an acceptance of the guidance?
  
- d) **Did the dream end positively?** Alternatively did it end with a warning? What specific events brought it about?

**How might any of the above be analogous to possible guidance in resolving your waking life situation?**

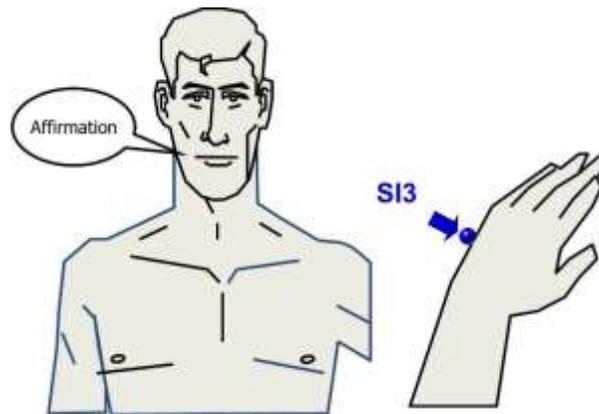
**Step #14 – Finishing the Dream** - if the dream was inconclusive or ended negatively

- a) **Old Ending:** Re-enter at the end and review what brought you to that point and how you feel.
  
- b) **New Ending:** Spontaneously (first images that come to mind) finish the dream from that point imagining a new ending that works out for everyone in the dream.
  
- c) **How might this be an analogy to resolving your waking life situation?**

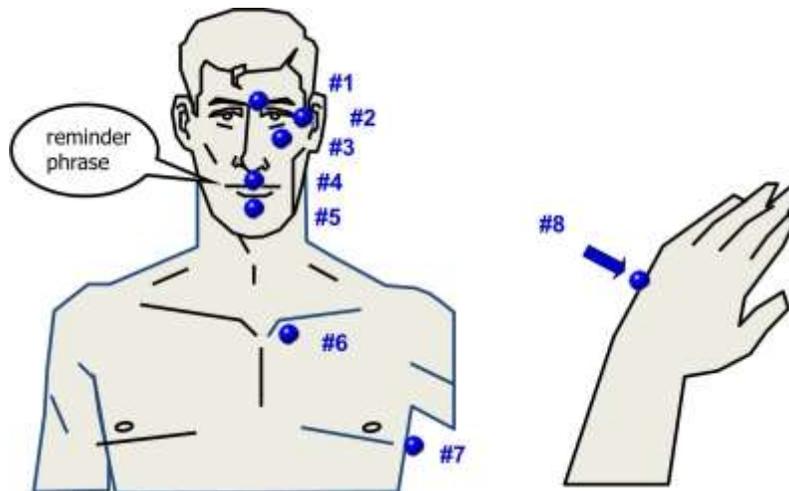
**Step #15 – Closure**

- a) **Define a Practical Solution** to your waking situation based on the insight from above.
  
- b) **Check it Out:** Is it a healthy, practical and appropriate solution or does it leave you stuck again?
  
- c) **Next Steps:** If all check out OK, Define what specific next step(s) can you take to bring it about?
  
- d) **'Token' Reminder Image:** select a positive image from the dream as a reminder of the solution.

**Figure 1 Setup - Karate Chop Point with Full Affirmation**



**Figure 2 – Tapping Rounds with Short Reminder Phrase**



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)

## Step #5 Color Questionnaire

These are NOT the “meaning” of color, they are a listing of common emotional themes found to be associated with the human unconscious response to color (brain and autonomic nervous system), associations which are found to continue into the dream state. Use them (with the instructions of step 5 of the worksheet) to trigger your own emotional associations with a situation in your life. They were derived from Color Psychology literature and the Max Luscher color testing tool, augmented in parts by Jungian theory.

<b>RED</b>	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. <b>Note: if red appears as an inflammation it could relate to a physical condition, illness or injury</b>
<b>ORANGE</b>	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.
<b>YELLOW</b>	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.
<b>GREEN</b>	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.
<b>BLUE</b>	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.
<b>VIOLET</b>	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.
<b>BROWN</b>	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) <b>If it is a Natural or Wood Brown:</b> 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. <b>Note: if it is a Dirty Brown: it can at times reflect a physical problem or illness.</b>
<b>GRAY</b> (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.
<b>BLACK</b> (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. <b>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.</b>
<b>WHITE</b>	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. <b>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.</b>
<b>PINK</b>	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.
<b>COLOR GROUPS</b> (Jung Archetypal patterns)	<b>RED/YEL/BLU/GRN</b> – 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. <b>BLACK &amp; WHITE</b> (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. <b>GOLD &amp; SILVER</b> - Integration of the masculine & feminine qualities of the conscious & unconscious as elemental forces.