Dreamworking - Worksheet

Title the Dream: _____Name: _____ Date: _____

THE DREAM NARRATIVE: ASSOCIATIONS & METAPHORS

Step #1 – **Record the Dream Segment** in the 1st person present tense as if you are re-experiencing it:

Step #2 – Life: recall any emotionally important situations in your life at the time _____

Step #3 – Compare the Dream Actions and Feelings to Your Life looking for analogies**:**

a) Metaphors – underline action descriptions or phrases that also describe a waking life situation, a behavior, or way you have felt lately - describe the situation here: _____

b) Define - reveal personal associations by defining a) the <u>function</u> of each key element; b) the <u>personality</u> of any character you know from waking life. Substitute the definitions in the narrative, re-read it – what situation does it now recall?

c) Memory & Feeling Associations: Describe any past memories that are spontaneously brought to mind, or feelings in the dream that seem similar to those in waking life. Relate past memories and/or dream feelings to what is going on now?

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EXPLORING UNDERLYING EMOTIONS

Step #4 – Give the Dream a Voice (scripted Gestalt role-play) – re-enter the dream at an emotionally charged point and visualize the scene, noticing the characters and things (dream imagery) around you. Try this with one or more images:

4a - Pick a Dream Image – X – that draws your attention (even if not a dominant one): _____

4b - Let X Speak- 'become' X and imagine how X would finish these statements based on its role in the dream:

***1) I am*…..** (describe yourself and how you feel in that role)….

**Note: if the image is a known person, as that person describe your personality, then how are you like the dreamer and in what ways do you differ?*

_____

_____

_____

2) My purpose (as X) is to…_____

_____

3) What I like (about being X) is _____

_____

4) What I dislike (about being X) is _____

_____

5) What I fear most (as X), the worst thing that can happen, is _____

_____

_____

6) What I desire most (as X) is _____

_____

7) (Optional) As X what would you tell the dreamer _____

_____

Relate to YOUR Life: read each statement as if it is YOU saying it about something in YOUR life. Note statements that sounds like a situation or feeling in your own waking life? Describe the situation: _____

_____

_____

Step #5 – Exploring Color (use with the emotional color association questionnaire)

5a - What color was the dream image you worked on? Note any other colors in the dream that particularly stood out?

_____

5b - Pick the closest color(s) on the tabular questionnaire and read each statement. Note any you "connect" with; that remind you of a recent feeling or situation. Note: if the image or scene contains a pair of colors, explore the possibility that the 2 colors (and the statements you connected with) might represent 2 conflicting emotions about a situation you are in.

_____

_____

_____

5c - Describe the waking situation that the color statement recalls, your feelings at the time, and how this relates to the situation in step #4. _____

_____

_____

Step #6 – Situation Summary: summarize the situation the dream appears to be dealing with as revealed in steps 4 & 5 (particularly any emotional conflicts) _____

_____

_____

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USING THE DREAM FOR GUIDANCE & CLOSURE

Step #7 – Dream Guidance re-enter the dream and briefly review it till the end. How did it end?

_____

7a – Archetypal Patterns? (if familiar w/Jungian theory) patterns that picture an attempt at resolving conflict and balancing the personality (conflict – twin images; integration – union of pairing of opposites, balance of male/female)

_____

_____

7b - Positive Ending - did the dream end positively or with a potentially positive direction to it? If so what happened that brought it about? _____

_____

_____

7c – 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?

_____

_____

_____

7d - 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.

_____

_____

_____

7e - Reversal - did you/your dream character at some point reverse your thinking or direction and what brought this about?

_____

_____

_____

Compare to Life – Can you see any analogies between the insight above and your waking situation, or how the implied change in viewpoint, attitude or direction might be helpful? _____

_____

_____

Step #8 –Finishing the Dream: 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 #9 Closure

a) Define a Solution: Review the waking life analogies in steps #7 and #8. 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? _____

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Step #5 Color Questionnaire

If a color stands out in the dream, try this to further explore underlying emotions. **Read each statement for that color, and note any that sound like they describe a feeling or situation in your life – then explore that situation as it relates to the dream.** Do NOT use this as a symbol dictionary; the statements are not the "meaning" of color but are only intended to trigger your own dream-to-life emotional associations. They are a listing of common emotional themes found to be associated with the human unconscious response to color, in the waking state, by systems (limbic and autonomic nervous system) which seem to retain those color-to-emotional associations in the dream state. They were derived from color psychology research and literature, and the Max Luscher color testing tool; augmented in parts by Jungian archetypal 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 relate to 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****: 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 reflect 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. ***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.

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