

PERSONAL DREAM ANALYSIS

Actions Worksheet

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1. Choose an action from your dream: _____
Example from dream: The ship is being repeatedly hit. Action=repeatedly hit.
2. Is the action more intense or somehow exaggerated compared to how it would be in waking life? **YES / NO**
3. Re-state the action by writing what comes to mind
Example: constantly defending myself

4. Did anything prevent you/the character from being able to do something?
YES / NO. If yes, describe how so. *Example: I could not move myself away*

5. What emotions did you feel? *Example: helplessness*

6. Write a couple of sentences using items 3 - 5. *Example: I constantly have to defend myself and I am unable to move from this situation. I feel helpless.*

7. Connect the associations in item 6 with a recent events or feelings. If the dream was from last night, first think back to yesterday. *The event need not be a major one. Often dreams will show us something that bothered us that we brushed aside.*

