

# PERSONAL DREAM ANALYSIS

## Tips for dream recall and writing a dream

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- Keep a pad and paper by your bed. Try to keep it where you can reach it with minimal body shifting.
- As you wake with dream recollection, jot down words or phrases. You do not need to write down the entire dream now. The words and phrases usually will spark the memory of the dream to write it out later.
- Date your dreams. Patterns frequently show up over a period of time, such as the same characters, places or objects showing up. Meaning can sometimes be found over a series of dreams.
- I recommend that you title your dreams. Create the title using the first thing that comes to mind. The title may help you with finding meaning, as well as to recall the dream easily months or years later.
- When you write or type the dream later, let your thoughts and words free flow. Do not censor anything no matter how strange it sounds. It may be your initial choice of words that helps you find understanding of the dream.
- Write down your dream prior to using the worksheets.
- When using the worksheets, the associations you are asked to make should be *independent* of your thoughts on the dream. For example, if your object is a fence, do not describe what the fence looked like or how it was used in the dream. Describe what a fence is as though you were trying to explain it to someone that has never seen a fence.