

PERSONAL DREAM ANALYSIS

Location Symbolism Worksheet

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1. Choose a location from your dream: _____
It can be a building, location within a building, a city, park, etc.

2. Is this place larger or somehow more prominent than it would be in waking life?
YES / NO

3. What associations do you have with this place? *Examples: lack of privacy, place of work*

4. Describe the condition of this place. *Examples: crowded, in need of maintenance*

5. Describe anything about the place that calls your attention to it. *Examples: dimly lit, too small*

6. What emotions do you feel in this place? *Example: stress*

7. Write a couple of sentences using items 3 - 6. *Example: I feel a lack of privacy at work. I feel crowded and I am not given enough space. This is causing me stress.*

8. Connect the associations in item 7 with recent events or emotions. 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.*

