

DATE _____ TIME _____

LENGTH OF SLEEP PERIOD _____ (Will indicate REM periods)

DREAM STORY:

TITLE OF DREAM _____

Prominent colour.....

Prominent emotion.....

Main character (self or other).....

Man-made or natural environment.....

Symbol or image that stood out more than anything else

Your feelings, thoughts and insights about the dream:

<u>Dream</u>	<u>Dream work</u>
Date:	Feeling
Title:	
Dream story:	Background
	Theme
	Generated Questions
	Symbols & Associations
	Dream Message
	Action

DATE _____ TIME _____

TITLE _____

Dream story:

Real events that may have prompted the dream

Dream message

Action needed