

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>
<b>Date:</b>	<b>Feeling</b>
<b>Title:</b>	
<b>Dream story:</b>	<b>Background</b>
	<b>Theme</b>
	<b>Generated Questions</b>
	<b>Symbols &amp; Associations</b>
	<b>Dream Message</b>
	<b>Action</b>

DATE \_\_\_\_\_ TIME \_\_\_\_\_

TITLE \_\_\_\_\_

Dream story:

Real events that may have prompted the dream

Dream message

Action needed