

DREAM JOURNAL

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DREAM TRACKER

1. Before going to sleep, ask your unconscious to give you a dream to help you with whatever you are going through.
2. On waking up, before opening your eyes ask yourself: what was I dreaming about?
3. If you can't remember, try changing position in bed. Record any impressions, feelings or images.
4. Take a minute or two to replay your dream as soon as you get up.
5. Record your dream in a dream diary or voice recorded, following the same prompts as in a dream diary.

DREAM TAGS

Because the elements in our dreams are symbolic, themes usually emerge (people, places, colours, behaviours). Record major themes to create a map of your dreams.

Dream tag

Frequency

DREAM DIARY 1/2

Date

Dream title

What happened in my dream?

What stood out the most?

Quality of sleep last night

What was going on yesterday?

Feeling on waking up

Have I had this dream before?

What was the setting, scene
and atmosphere?

Characters in my dream

DREAM DIARY 2/2

Thoughts on the dream

Associations (especially with the main elements of the dream:
characters, places, animals, numbers, colours)

Amplifications (especially with dream tags)

Drawing