

Tonight's Dream

Write first, reflect later. A few words are enough.

I REMEMBER...

☐ a whole story

☐ fragments

☐ only a feeling

☐ nothing

DATE

WENT TO SLEEP

WOKE UP

01 The dream

In the present tense, as if it is happening now

Sketch an image

a place, a figure, a shape; it doesn't need to be good

If this dream had a title, it would be...

02 Dream snapshot

SETTING

PEOPLE / FIGURES

STRONGEST IMAGE

MAIN FEELING

HOW STRONG, 1-7

1 2 3 4 5 6 7

03 Reflecting on it

Explore · understand · act

EXPLORE

Describe the strongest image as if to someone who has never seen it...

What does it remind me of?

Where have I felt this feeling recently?

UNDERSTAND

If this dream were about something in my life right now, it might be about...

Echoes from waking life I notice:

☐ a person ☐ a place ☐ a worry

☐ a recent event ☐ a memory

☐ a hope

ACT

If I could change one thing in the dream, I would...

One thing I might carry into today...

Bring to therapy?

☐ yes ☐ maybe ☐ not now

Dreams rarely have a single "correct" meaning. Stay curious, and trust your own associations.