

Step One

Write the details of your dream in this space. If you need additional space, just use the back of this page. In this step you are simply noting the dream content.

What is happening in this dream (narration): _____

Who is in this dream: _____

Where is it taking place: _____

When is this dream taking place (past, present, future)? _____

In this dream, **HOW** refers to anything that you note makes something else happen in the dream. What how to you notice?

Step Two

What emotions did you notice in the dream?

What emotions do you notice when recalling the dream?

Step Four

How can this dream be reframed?
What are other ways of viewing the emotions, experience, or messages:

Step Three

What arche types are present?

What symbols are in the dream?

What imagery in the dream stands out to you?

Step Five

What has changed in either your emotions, beliefs, or outlook since exploring this dream?

What message from this dream can you transfer to your day time experience?

*Note anything else of importance here: _____