Dream Interpretation Worksheet Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Hour\_\_\_\_\_\_\_\_\_\_\_\_\_\_

After completing today’s assignment please type a one page, double spaced response to this exercise. In it you should:

1. identify your own stance on dream interpretation,
2. which, if any of the methods of dream interpretation you like the best, and
3. what, if any, meaning you were able to realize from today’s assignment.

Turn this in on Wednesday.

There are many types of dreams:

Contrary or compensatory –

Daily processing dreams

Nightmares –

Physiological dreams –

Precognitive dreams –

Problem solving dreams –

Psychological dreams –

Recurring dreams –

Dreams speak to us in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Answer the following questions for the dream:

1. What are the feelings in the dream?
2. What are the settings in the dream like?
3. Who are the people in the dream?
4. What objects does the dream contain?
5. What events are taking place?

Freud believed there were two types of content in dreams.

The manifest content

and the latent content

He believed we have an internal censor (the superego) that is trying to disguise the message of our dreams. This is done to protect us.

In order to understand our dreams, Freud believed we needed to understand the associations we consciously and unconsciously make with the items in our dreams. He suggested you take each item of the dream in turn – each person or object or scene or event or name or color, and tell what you associate with it – e.g. If you dreamed about a whale – say the first thing that comes to your mind when you think of a whale – perhaps it is the ocean. Then what is the first thing that comes to your mind when you think of the ocean? And so on. Freud believed that you will eventually reach something that rings a bell – or perhaps makes us alarmed when you use this technique.

Try this now, and jot some notes about the process.

Jung – Believed the reason that the content of dreams can be so confusing is because dreams use the language of the unconscious, which can seem illogical to us when we try to understand the dream In our conscious state. The language of the unconscious is symbolic, and the goal of dream interpretation is to translate the symbolic meaning of the dream so that its meaning becomes clear.

Again Jung suggests we look at every item in our dream and use amplification

e.g. If you dreamed of a red flower ask yourself the following:

What does the flower mean to you?

What does red mean to you?

If the flower has a definite shape or structure (circular or divided into four segments) what does the structure mean to you?

If the dream flower is fragrant – what does the aroma mean to you?

Then associate the dream as a whole. Jung also believed in a collective unconscious and looked for common archetypes in our dreams: the persona, the shadow, the anima and animus, the self and mandalas.

Try this now, and jot some notes about the process.

Fritz Perls – believed that the characters in our dreams are merely depictions of our own personalities rather than collective images – it is us – only us that shape the course of our dreams.

Perls suggested the following technique for dream interpretation:

1. Tell the dream in the present tense.
2. What would it feel like to be the elements in the dream?
3. What are the thoughts, feelings, and actions and duty felt toward each object in the dream?
4. Involve the dreamer in dialogues.
5. Identify the opposites that appear in the dream.

You may also use the various dream dictionaries available online and in the books in class today.