

ELEMENTS OF DREAM INTERPRETATION

1. **CONTEXT.** What was happening in your life when you had this dream? Any significant or emotional events around this time?
2. **TITLE.** What title would you give to this dream? Don't think about it, just pick the first thing that pops into your mind.
3. **FEELINGS.** What feelings did you have during the dream? When you wrote the dream later? And as you discuss the dream now?
4. **CHARACTERS.** Who are the major players in the dream? Get to know them well, with as many details as possible. Who in life do they remind you of? What parts of yourself do they represent?
5. **ASSOCIATION.** Some images, people, events, or objects in your dream may remind you of similar things in your life. Fully compare and explore these dream and "real" life happenings and the meaning they hold for you.
6. **THEME.** What is the "story line" of your dream? Does this theme show up in your life these days? What did you learn about yourself? Explore the message of the dream.
7. **ACTION.** Is there any action to be taken in your life as a result of what you learned from this dream? Learn to trust the wisdom that is given to you in your dreams.