

Dream Interpretation Worksheet

Date	
Did you ask for a dream before you slept?	
If yes, what information were you seeking?	
Were you stressed or worried about anything or trying to work out a problem before you went to sleep? If yes, describe.	
How did you feel upon waking from the dream?	

Describe your dream:

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Do you have any sense of what the dream may have meant? What?

Main theme of dream/setting

<p>(where was the dream setting or what was it about in general)?</p>	
<p>Were there any symbols in your dream that you believe are represented by personal symbolism? Describe these.</p>	
<p>List the people who were in your dream, and for each person, list what aspects of that person you</p>	

associated with aspects of yourself, or which archetypes you feel they may represent.

Did any numbers occur in your dream? What were they?



<p>Placing the symbols and setting in context of what is going on in your life right now, what do you think this dream meant?</p>	

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