

Dream Catch



Dream

What did you Dream?

Story

How would you describe what transpired in short summary? What thoughts and feelings were prevalent? What pronounced people or things were in your dream?

Association

List the main characters, events or things in your dream. Then list what you associate with each of them ordinarily.

Item

Association

Theme

Does the Message or Value fall into a Theme you are seeing emerge? Has there been a pattern or re-occurrences of similar messages and hints? If you had to sum up the Theme of your Dream what would it be?

Value

What is the Message behind the Dream? What Hint do you believe is being conveyed? What is your Value? What was the Meaning of the Dream?