

Dream Interpretation Template

Date	Great Theme Dream Beginning and Ending Cycle Dream
Dream Type	Learning Dream/Healing Dream/Precognitive Personal Warning/Nightmare/ Consolidation of daily events
Step One	Jot down the key symbols of the dream as a list in the wider column. Write nothing in the narrow column at this time.
Keywords	Key words symbols and events
Step Two	Narrate the dream out loud to your partner, a close friend or to a voice recorder. Attempt to recall and re-experience the main elements of the dream.
Step Three	Write the dream down in as much detail as you can remember in the wide column. Don't interpret anything at this time.
Symbol	Description/Associations
Step Four Key words and Associated feelings	Underline key words and symbols and write them in the narrow column. Look for familiar scenes, people, objects, recurring symbols or themes from other dreams. Use a Thesaurus to help link these key symbols. Write key words and associations especially feelings in the narrow column as a key to interpreting the dream.
Step Five	Revisit and re-explore word associations in more detail until you feel you have understood all of the symbols. This may mean re-exploring the dream several times, months or years later.