

# *Dreamwork Exercises – Worksheet*

(R. Hoss [www.dreamscience.org](http://www.dreamscience.org))

Title the Dream: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_

## **Record the Dream**

**Record the Dream** (or the most emotional Segment) in the 1st person present tense as if you are re-experiencing it

**Life:** describe any emotionally important situations in your life at the time whether it seems to relate or not.

## **Exercise #1 – Amplification (Jungian) – Dream to Life Associations**

**Does the dream metaphorically picture a situation in your waking life?**

- **Feelings** – what are you feeling in the dream? Is there a waking situation where you felt much the same?
- **Metaphors:** underline **phrases** or action **themes** that seems to also describe a waking situation/behavior/feeling
- **Associations:** key dream element(s) – what spontaneously comes to mind and/or **define their function**
- **Memories:** if the dream contains a **person or setting** from your past, recall one specific past event that it brings to mind and relate it to your present situation.

**Try Rewriting the Dream Story (Jung)** - substitute a few of these associations, that fit, in place of the original words, things or characters in your dream narrative above – re-read and relate the new story to your waking life.

## Exercise #2 – Gestalt Role Play (‘6 Magic Questions’)

“Give the Dream a Voice” for exploring underlying emotion/conflict (ref: Hoss derived from F. Perls)

**Re-enter the dream at an emotionally charged point and visualize the scene**, noticing the characters and things around you (try the below exercise on one or more of the key images in the dream)

- **Pick a Dream Image X:** that curiously draws your attention (even if not a dominant one):
- **Give it a Voice (role-play):** ‘Become’ X and imagine how X (in its dream role) would finish these statements:
  - 1) **What are you and how do you feel in that role?** *I am...and I feel...*  
*Note: if a known person, instead (as that person) describe your personality; how you are like & unlike the dreamer.*
  - 2) **As X what is your purpose or function?** *My purpose (or function) is to...*
  - 3) **What do you like about being X in that role?** *What I like is...*
  - 4) **What do you dislike about being X in that role?** *What I dislike is...*
  - 5) **What do you fear most as X, the worst thing that can happen?** *What I fear most is...*
  - 6) **What do you desire most as X?** *What I desire most is...*
  - 7) **Dialog (option) - as X what would you tell the dreamer?** *...first thing that comes to mind...*
- **Relate to YOUR waking life:** now **switch perspectives** and read each statement as if it is **YOU** saying it about **YOUR** feelings and note any that **sound like a situation or feelings in your waking life?** In particular - do the **I like/dislike** or **I fear/desire** statements sound like 2 sides of a conflict in your life? Describe the situation:

## Exercise #3 – Exploring the Emotion in Color

Use the Color Questionnaire (Hoss) on last page (based on color to emotional response research)

- **What color** was the dream image you worked on - or – other dream color(s) that particularly stood out?
- **Pick the closest color(s) in Questionnaire, read each statement for that color.** Note any that you “connect with”, that sound like a recent feeling or situation in your waking life. Note: if the image or scene contains a pair of colors that stand out, read the statements that you “connect with” for each explore the possibility that these 2 statements for those 2 colors might represent 2 conflicting emotions related to a waking situation you are in.
- **Describe a waking situation that the statement(s) recalls;** what were your feelings at the time, how do the color statements relate to the dream and the other dreamwork exercises.

### **Exercise #4 – How is the Dream Attempting Resolution**

Based on Jung's "Purposeful Structure" supported by recent Memory Re-consolidation Research

**Based on what dream appears to be dealing with, are any of the following patterns present in the dream?**

- **Did the dream Introduce an Alternative Approach or Viewpoint ?**
  - **Guidance** - a guiding figure or event (advice, action, discovery, new decision, written or verbal message)? Define the new direction or insight provided and specifically how it changed your behavior or thinking in the dream.
  - **Surprise** - did something **surprise** you in the dream (unexpected twist/action/anomaly; discovery/insight; person or thing acting opposite to their nature)? How did it differ from expectation or provide a different point of view?
  - **Known Person** – sometimes a dream will introduce a person you know to illustrate a different way of handling the situation – ask “how would they manage your waking life situation differently than you have?”
  - **Decision** - Did your dream-self (or something representing you) make a **new decision** or **accept** the guidance or **reverse** its prior viewpoint or action. Describe that new decision or viewpoint.
- **Reinforcement?** Did the dream seem to reinforce the guidance or your action by ending **positively** (or negatively reinforce your action by ending negatively)? What specifically happened to bring that about and how does it relate to your waking life actions and viewpoints related to the situation the dream seemed to be dealing with?
- **Compare to Life** – Can you see any analogies between the insight above and your waking situation and how the implied change in viewpoint, attitude or direction might be helpful?

### **Exercise #5 – Active Imagination (based on Jung)**

- **Finish the Dream:** If it ended negatively or inconclusively, try this: Close your eyes and place yourself at the end of the dream – immerse yourself in your feelings at that point. Spontaneously (don't think just let the images flow) finish the dream with a new imagined ending that works out positively for you (and others in the dream).
- **Compare to Life** - Can you see an analogy to a solution in your waking life situation, conflict, attitudes or beliefs?

### **Exercise #6 – Relate to Waking Life Resolution**

- **Define a Resolution:** Review the waking life resolution analogies from the above exercise(s). Define a specific solution to your waking life situation that the insight from the dream or dreamwork above might be suggesting.
- **Check it Out:** is this a healthy, appropriate and practical solution or does it leave you stuck again?
- **Next Steps:** Only if it 'checks out' positively then - what specific next step(s) can you take to bring it about?
- **Reminder Image:** pick an image from the resolved ending as a reminder of your solution?

## Color Questionnaire

If a color stands out in the dream, try this tabular listing of emotional associations as a questionnaire. Read each statement for that color and note any you strongly “connect” with, that sound like they describe a feeling or situation in your life – then explore that situation as it relates to the dream. Do NOT use this as a symbol dictionary; the statements are not the “meaning” of color but are only intended to trigger your own dream-to-life emotional associations. They are a listing of common emotional themes found to be neurologically associated with the human subliminal response to color, by a limbic and autonomic nervous system which appears to retain those color-to-emotional associations in both the waking and dream state. They were derived from color psychology research and literature, and the Max Luscher color testing tool; augmented in parts by Jungian archetypal theory.

<b>RED</b>	1) I feel intense, vital or animated. 2) I feel transformed. 3) I feel assertive, forceful. 4) I feel creative. 5) I want to live life to its fullest. 6) I want to win, succeed, achieve. 7) I am feeling sexy or am having sexual urges. 8) I have a driving desire. 9) I feel anxious. 10) I need something to make me feel alive again. 11) I need to be more assertive and forceful. 12) I need to get out and enjoy myself. <b>Note: if red appears as an inflammation it could relate to a physical condition, illness or injury</b>
<b>ORANGE</b>	1) I want to expand my interests and develop new activities. 2) I want a wider sphere of influence. 3) I feel friendly and welcoming. 4) I want more contact with others. 5) I feel enthusiastic, outgoing and adventurous. 6) I am driven by desires and hopes toward the new, undiscovered and satisfying. 7) I feel driven but need to overcome my doubts or fear of failure. 8) I must avoid spreading myself too thin.
<b>YELLOW</b>	1) I feel a sense of joy and optimism. 2) I feel alert. 3) I am seeking a solution that will open up new and better possibilities and allow my hopes to be fulfilled. 4) I feel the new direction I am taking will bring happiness in my future. 5) I am hopeful. 6) I need to find a way out of this circumstance or relationship. 7) I need a change. 8) I am trying to compensate for a situation I am in. 9) I am acting compulsively.
<b>GREEN</b>	1) I feel a creative energy. 2) I feel a healing energy. 3) I feel more safe or secure. 4) I need to increase my sense of security. 5) I need healing or better health. 6) I feel like withdrawing into my own center. 7) I need to establish myself, my self-esteem, my independence. 8) I want recognition. 9) I need to increase the certainty of my own value and status, through acknowledgment by others of my achievements or possessions. 10) Hard work and drive will gain me recognition and self-esteem. 11) My opinion must prevail. 12) I must hold on to this view in order to maintain my self-esteem. 13) I want what I am due. 14) I must maintain control. 15) Things must not change.
<b>BLUE</b>	1) I feel tranquil, peaceful and content. 2) I feel a sense of harmony. 3) I feel a meditative awareness or unity. 4) I feel a sense of belonging. 5) I need rest, peace or a chance to recuperate. 6) I need a relationship free from contention in which I can trust and be trusted. 7) I need a peaceful state of harmony offering contentment and a sense of belonging.
<b>VIOLET</b>	1) I like to win others over with my charm. 2) I feel an identification, perhaps a "mystic" union with something/someone. 3) I have a deep intuitive understanding of the situation. 4) I feel a sense of intimacy. 5) The feeling is erotic. 6) I seek a magical state where wishes are fulfilled. 7) I yearn for a "magical" relationship of romance and tenderness. 8) I seek to identify with something or someone. 9) I need intimacy. 10) I often engage in fantasy perhaps because I feel a bit insecure about the situation.
<b>BROWN</b>	1) I seek a secure state where I can be physically comfortable and relax or recover. 2) I am uneasy and insecure in the existing situation. 3) I need a more affectionate environment. 4) I need a situation imposing less stress or physical strain. 5) I want to satisfy the physical senses (food, luxury, or sex). 6) <b>If it is a Natural or Wood Brown try:</b> a) I am concerned about matters of family, home, or my "roots". b) I am concerned with a son or daughter. c) I am searching for my true self or natural state of being. <b>Note: if it is a dirty or greenish brown: it can at times reflect a physical problem or illness.</b>
<b>GRAY</b> (Free of Color)	1) I want to shield myself from those feelings. 2) I feel emotionally distant, only an observer. 3) It is as if I am standing aside, watching myself mechanically go through the motions. 4) I want to remain uncommitted, non-involved, shielded or separated from the situation. 5) I do not want to make a decision that will require my emotional involvement. 6) I have put up with too much and wish to avoid any further emotional stimulation. 7) I am trying to escape an anxious situation. 8) I am compensating for something.
<b>BLACK</b> (Negation of Color)	1) I am anxious and don't know why. 2) I am fearful of or intimidated by the situation. 3) I have been dealt an unacceptable blow. 4) Nothing is as it should be. 5) I refuse to allow it/them to influence my point of view. 6) I can't accept the situation and don't wish to be convinced otherwise. 7) I feel the need for extreme action. 8) I am in revolt perhaps to compensate for my situation. <b>Jung (archetypal patterns): Black and Darkness often represents the unconscious realm. Moving into darkness can be suppression or moving into the unconscious, but also a turning within, or a "death of the ego" (first stage of transcendence). Beautiful Shiny Black might be a positive view of the unconscious from which a new self emerges.</b>
<b>WHITE</b>	1) This is a new experience. 2) I'm becoming aware of new feelings. 3) I'm experiencing a new beginning, a reawakening a transformation. 4) I have a new outlook, a new awareness. 5) I feel pure and innocent. 6) I feel open and accepting. 7) I feel unprepared. 8) I feel alone, isolated. 9) It feels cold or sterile. <b>Note: White grouping or mixing (pastels) with a color can sometimes be a transformation of the emotions represented by the color, adding a calming, a newness, an enlightenment, emergence or re-emergence of that emotion.</b>
<b>PINK</b>	1) I feel romantic or loving toward someone or something; 2) I am feeling very sensitive about something; 3) I feel nurturing and/or gentle and soothing; 4) I am feeling compassionate; 5) I am avoiding aggression or want to calm my aggressive feelings; 6) I need romance; 7) I need nurturing; 8) I need something to calm me down; 9) dealing with this feeling of assertiveness is new to me; 10) the assertive energy I feel is new to me.
<b>COLOR GROUPS</b> (Jung Archetypal patterns)	<b>RED/YEL/BLU/GRN</b> – a grouping of the 4 “primaries” may represent completion or a balancing of something within the personality. A missing color in the group may be associated with an emotional element missing from the dreamer’s life that is needed for closure. If one of the 4 is creating a problem in the dream, explore it as a problematic emotion in life. <b>BLACK &amp; WHITE (Patterns)</b> - may represent the forces of unification, an integration of conscious (light or white) and unconscious (dark or black) from which a greater self emerges; a unity of opposites; an internal change taking place. <b>GOLD &amp; SILVER</b> - Masculine (Gold) & feminine (Silver) qualities arising from the unconscious as elemental forces influencing your situation or in need of integration to balance the ego personality. As a pair represents integration.