

Transformational Dreamwork Tools & Worksheet

6 tools for Dreamwork – Bob Hoss, www.dreamscience.org (download)

Title the Dream: _____ Name: _____ Date: _____

Record the Dream Segment in the 1st person present tense as if you are re-experiencing it:

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

Part #1 - What Life Situation is the Dream Dealing With

Tool #1 – Dream to Life Associations: does the dream metaphorically picture a waking life situation?

- **Feelings** – define your feelings in the dream? Is there a waking situation where you felt much the same?
- **Metaphors:** note **phrases** or action **themes** that might also describe your waking situation/behavior/feelings.
- **Memories:** ask if any **persons, settings or things** in your dream or dream narrative **triggers a memory** from your past. If so recall **one** specific past emotional **event** that it brings to mind and relate it to your present situation.
- **Associations:** Define the **function** of key “**things**” that appear - and - **personality characteristic** of known figures.

Try Rewriting the Dream Story: Substitute some of the above associations for the images, things or characters in the dream story above – re-read it and see if the new story ‘connects’ in some way with your waking life story.

Part #2 – Exploring the Underlying Emotions

Tool #2 – Give the Dream a Voice (role-play or “6 Magic Questions”): Re-enter the dream at an emotionally charged point and visualize the scene, noticing the characters and things around you. Try this with one or more of them.

2a - Pick a Dream Image X: that curiously draws your attention (even if not a dominant one):

2b - Give it a Voice (role-play): Imagine ‘becoming’ X and try to sense how it feels in its role or situation in the dream. Then imagine how X (in that dream role) would answer these questions (*1st person present - see italics*).

1) What are You and how do you Feel in that Role? *I am a.....and I feel.....*

Note: if X is a known person, as that person describe your personality; how you are like and unlike the dreamer.

2) What is your Purpose or Function? *My purpose is to.....*

3) What do you Like about being X? *What I like is.....*

4) What do you Dislike about being X? *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 (optional): as X **What would you tell the dreamer?** *You ...need to, might, are, etc.....*

2c - Relate to YOUR waking life: now switch perspectives and read each statement as if it is YOU saying it about something in YOUR life - note any that sound like a situation or feeling in your life. Do the ‘I like/dislike’ or ‘I fear/desire’ statement pairs sound like 2 sides of a conflict in your waking life. If X is a known person, how does their personality relate to your situation. Describe the situation and associated feelings/conflicts that come to mind:

Tool #3 – Exploring the Emotion in Color (use with the Color Questionnaire on the last page)

3a - What color was the dream image you worked on? Note any other colors in the dream that particularly stood out?

3b - Pick the closest color(s) in Questionnaire, read each statement for that color. Note any that sound like a recent feeling or situation of yours. Note: if the image or scene contains a pair of colors, explore the possibility that the 2 statements for those color might represent 2 conflicting emotions regarding a situation you are in.

3c - Describe a waking situation that the statement recalls, your feelings at the time, and how it relates to the dream.

Parts #1 & 2 - Situation Summary

From the insights above (tools 1, 2, 3) summarize the waking situation or conflict the dream appears to be dealing with.

Tool #4 – How is the Dream Attempting to Resolve Your Situation

4a – Did the dream introduce an Alternative approach or viewpoint which might provide a solution?

- **Guidance** - a guiding figure or event (advice, alternative, discovery, written or verbal message)? Define the new direction or insight provided and how it changed your behavior or thinking in the dream.
- **Surprise** - did something surprise you (**unexpected** twist/action/anomaly; **discovery, insight, humor**; person/thing acting opposite to their nature)? Define the difference it made in your expectation or viewpoint.
- **Decision** - Did your dream-self (or something representing you) make or need to make a **new decision** or **reverse** or **change** its prior course, viewpoint or behavior? Describe the old vs new decision, behavior or viewpoint.
- **Exemplary Event or Person** – a dream may introduce a **new scenario** or **known person X** to exemplify an alternate approach. (Persons often represent a personality factor that is a different way of handling your situation – define their personality and ask: “How would X handle my waking life situation differently than I have?”).
- **Reinforcement?** Did the dream reinforce its guiding scenario, or your actions/decisions, by ending positively or negatively? What specifically happened to bring it about? How might it relate to your waking actions or views?

Compare to Life – Can you see **analogies** between the metaphoric guidance above and your waking situation? How the change in viewpoint, attitude or direction in the dream might apply to a solution in your waking life?

4b – Archetypal Imagery – were archetypal imagery/patterns present that might explain the actions in the dream as unconscious forces attempting to integrate conflicted parts for a balanced personality? (see Tool 4b Addendum)

Tool #5 – Active Imagination: If the dream ended negatively, inconclusively, or guidance above is uncertain, try this: Close your eyes and place yourself at the end of the dream; review your feelings and desires; spontaneously (don't think just let the images flow) **finish the dream** with a new imagined ending that works out positively.

Compare to Life - Can you see an analogy to a solution in your waking life situation, conflict, attitude or beliefs?

Tool #6 - Action: Resolution and Next Steps

- Define a Solution:** Review the waking life analogies from tools #4 and/or #5. 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:** 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?

Tool #3 - 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 in waking research to be associated with the human unconscious response to color, by our neural systems (limbic and autonomic), which appear to retain those color-to-emotional associations in the dream state. They were derived from color psychology research and literature and Dr. Lüscher’s Color Test tool, augmented in parts by Jungian archetypal theory.

RED	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. <i>Note: if red appears as an inflammation it could relate to a physical condition, illness or injury</i>
ORANGE	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.
YELLOW	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.
GREEN	1) I feel a creative energy. 2) I feel more safe or secure. 3) I need to increase my sense of security. 4) I feel a healing energy. 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 to maintain my self-esteem. 13) I want what I am due. 14) I must maintain control. 15) Things must not change.
BLUE	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.
VIOLET	1) I like to win others over with my charm. 2) I feel an identification, perhaps a "mystic" union with something or 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.
BROWN	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) <i>If it is a Natural or Wood Brown try:</i> 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. <i>Note: if it is a Dirty or greenish Brown: it can at times reflect a physical problem or illness.</i>
GRAY (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.
BLACK (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. <i>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.</i>
WHITE	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. <i>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.</i>
PINK	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.
COLOR GROUPS (Jung Archetypal patterns)	RED/YEL/BLU/GRN – 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. BLACK & WHITE (Patterns) - 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. GOLD & SILVER - 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. Appearing as a pair can represent integration.

Tool #4b Archetypal Imagery

Based primarily on the works of Carl Jung (suggested ref: *Man and His Symbols*), archetypal imagery may appear in order to represent basic underlying psychological processes taking place. The imagery/actions may be difficult to associate with a waking situation since they represent long-term inner forces for personality growth - aimed at individuation (achieving the balanced “whole” individual you were meant to be. Although there are a multitude of “archetypes” to describe many behavioral forces, Jung saw dreams as a “Hero’s Journey” driven by four basic archetypes: 1) **Persona/Ego** – conscious personality state(s); 2) **Shadow** – forces of separation; 3) **Anima & Animus** – forces of integration; 4) the **Self** – organizing force toward becoming a balanced, “whole” individual. The following imagery can represent these 4 basic archetypes:

Persona and Ego (Conscious Self): personality (or ego state), who you believe yourself to be

- **Persona or Ego State**– usually YOU the dreamer or someone you identify with in the dream (as opposed to other figures that populate the dream that are separate parts of self that are yet integrated with the ego)
- **Conscious states** (ego state or material available to conscious mind): often imagery to the right, above, in the light, and may be represented by square or linear geometric shapes.
- **Unconscious states** (not readily available to the conscious nor integrated with the ego): often imagery to the left, below, underneath, in darkness, and may be represented by curved or round geometric shapes.

Shadow (archetype and motifs of separation): rejected, repressed, suppressed or unknown (yet to be experienced) aspects of self. Often result in “projection” where something you dislike in yourself becomes what you dislike in others.

- **Shadow:** shadowy unknown sometimes frightening figure or animal (often emerging from below, left or darkness) that opposes you or that you might disagree with, perhaps that you feel you must master, overcome, or flee from.
- **Suppression** (conscious), **Repression** (unconscious) material incompatible with your conscious attitude may be seen as something/someone emerging from or moving: below, into darkness, to the left, sometimes frozen.
- **Conflict:** Pair of identical images (2 equal forces attempting dominance), twins, male or female pair, parallel lines.

Anima & Animus (archetype and motifs of integration):

- **Male & Female (unknown figures):** can represent culturally or biologically defined masculine and feminine personality characteristics. When we identify with more of one than the other it can lead to an imbalance or suppression of the qualities or abilities the other represents. A “balanced” integrated “whole” individual can readily access both qualities as appropriate to the situation. Our state of integration, regarding the situation the dream is dealing with, can be pictured as the interaction of male and female pairs or your interaction with a person of the opposite sex, or a balanced or imbalanced mix in the number of male and female figures present in the scene.
- **Integration of Opposites** (opposites attract like magnetic poles): dual grouping, embracing or union of male and female figures; geometric grouping of 2 opposites - black/white patterns, horizontal & vertical (cross).

The SELF (archetype and motifs of transformation and “wholeness”)

- **Self (as a guide):** Wise and guiding aspect of the inner Self can appear as a guiding, powerful, divine, often elder, wise man or woman. Wise man or great father might appear as authority, initiator, guardian, guru, ruler, father. The wise woman may appear as a priestess, sorceress, earth mother, or goddess of nature or love.
- **Symbols of Transformation (personality change and growth):**
 - a) **Compensation:** actions/events that compensate for ego misconceptions and show alternatives to the attitude of the dreamer such as: guidance, words, surprise, anomaly, trickster, humor, insight, discovery, new decision.
 - b) **Symbolic Death and Rebirth cycle:** images of death or descending below or into darkness (underground, cave, stairs, basement, deep dark waters, sunset, winter) can represent going within the unconscious to begin a journey of transformation and an eventual rebirth (coming alive, child, spring, nature, sunrise, the great tree)
 - c) **Elements:** **Fire** - a transformation; **Water** – unconscious or emotional forces; **Earth** - return to unconscious instinctive roots – caves, stone, wood, primitive animals; **Air** – can metaphorically relate to mind or spirit.
 - d) **Great Tree:** the natural process of individuation often appears as the tree who’s “powerful involuntary growth fulfills a definite pattern” (Jung). The tree thus identifies the dream process as important to inner growth.
 - e) **Geometric Imagery:** **Sphere or Circle or “1”** = “wholeness” (ultimate inner balance of whole self); **Circular Movement** = actions related to seeking “wholeness”; **Center** – specific central focal point of a circle/circular movement = that which requires our focus for resolution; **Spiral** or spiral motion (ex: tornado) = material emerging from, or entering, the unconscious; **Square** shape, cube, “four-ness” or 4, 100 (4 quarters) = resolution or balance within the personality; movement around a square (cornering) or parts of a whole such as $\frac{3}{4}$ or $\frac{1}{4}$ or quarters (25) = attempt at conscious resolution, balance, or solution to a problem; **Triad** or 3, equilateral triangle, 3 as part of a 4th = force of transformation leading to balance; **Mandala** shape = a pattern for or process of establishing “wholeness” (incorporates the circle, triangle and/or square).