



Dream Journaling

Basic Outline

1. Before you sleep, get a fresh page in your journal and put the next day's date and title it "dream report."
2. Turn the lights off and imagine you're sitting in front of your biggest skeptics and tell them why you really want to remember your dreams, until they are convinced. Choose a place to store the motivation in your body; do this 2, 3, 4, 5 times until you fall asleep —store at least 2 motivations.
3. As soon as you wake up, don't move your body an inch until after you have replayed your dream(s) in your imagination — as much as you can remember; then choose a Title or an Image that is potent.
4. Roll over and write down this Title or Image.
5. Transcribe your dreams in the present tense as if you are recording actions and experiences that are occurring as you write them.
6. Include all emotions. Ask only yourself what they mean, or don't ask at all.
7. If you have no recollection of your dream, leave the journal page blank.

Adopted from Bill Plotkin / Animas Valley

