

Ψ OCEANOS COUNSELING

THERAPY DREAM JOURNAL

These records are available at www.oceanotherapy.com

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Instructions

1. **Set Your Intention:** Before drifting off to sleep, set the intention to remember your dreams and gain insights from your subconscious. A clear intention can enhance your dream recall.
2. **Keep It Handy:** Place your dream journal and a pen or pencil near your bed. This way, you can capture your dreams immediately upon waking, preserving the details before they fade.
3. **Record ASAP:** Write down your dreams as soon as possible after waking. Dreams are like delicate whispers, easily forgotten as the day unfolds, so capture the details while they're fresh in your mind.
4. **Include Emotions and Sensations:** Don't just focus on the events of the dream—pay attention to the emotions and physical sensations. These elements can provide valuable clues to the meaning of your dreams.
5. **Draw or Use Symbols:** Feel free to draw pictures or symbols if words don't fully capture your dream. This adds a creative dimension to your journaling.
6. **Date Each Entry:** Remember to date each dream entry. This helps you track patterns over time and connect dream content to specific events or emotions in your waking life.
7. **Be Open to Symbols and Metaphors:** Consider that dream content is often symbolic or metaphorical. Not everything needs to be taken literally; exploring symbolism can uncover deeper meanings.
8. **Create a Routine:** Establish a consistent routine for recording your dreams. Whether it's every morning or a few times a week, a routine helps make dream journaling a habit.
9. **Reflect Regularly:** Revisit your dream entries regularly. Reflect on patterns, changes, or recurring themes. This reflection can provide valuable insights into your subconscious mind.
10. **Include Waking Life Events:** Note any events or emotions from your waking life that may have influenced your dreams. Understanding this connection reveals the interplay between your conscious and subconscious mind.
11. **Share and Discuss:** If comfortable, share your dream journal entries during our sessions. Discussing dreams together can deepen our therapeutic journey and uncover hidden aspects of your psyche.
12. **Be Patient and Persistent:** Understand that not every dream will be immediately clear or revealing. Patience is key, and persistent dream journaling increases the likelihood of unlocking meaningful insights over time.
13. **Send It to your therapist:** Feel free to share these records with your therapist, and discuss it over your next session.

Client Name:

Date:

1. Dream Description:

- Write a brief summary of the dream, including any key events, characters, or emotions. Encourage clients to be as detailed as possible.

2. Emotions:

- List the emotions experienced during the dream. For example: happy, anxious, fearful, excited, etc.

3. Symbols and Themes:

- Identify any recurring symbols, themes, or patterns in the dream. These could be objects, locations, people, or situations that appear frequently.

4. Personal Reflection:

- Reflect on the emotions and symbols. How did you feel during the dream? Do any of these emotions or symbols connect to your waking life? Are there any unresolved issues or concerns that come to mind?

5. Possible Interpretations:

- Offer a space for clients to provide their own interpretations of the dream. Encourage creative thinking and associations. What could the dream symbolize or represent in their life?

6. Connections to Daily Life:

- Consider how elements of the dream might relate to the client's current life circumstances, relationships, or challenges. Encourage clients to explore potential connections between the dream and their waking experiences.

7. Action Steps:

- Based on the dream and reflections, encourage clients to think about any concrete actions they might take in their waking life. This could involve addressing unresolved issues, making positive changes, or seeking support.

8. Patterns Over Time:

- As clients continue to record their dreams, ask them to look for patterns or recurring themes. Are there any changes or developments in their dream content that might be worth exploring further?

Dream Journal Entry: EXAMPLE

Client Name: Sarah Thompson **Date:** 2023-11-17

1. Dream Description: I found myself in a vast, mysterious forest. The trees were towering and ancient, and a soft mist hung in the air. I was walking along a narrow path, and every step felt heavy, as if the forest itself was watching me. Suddenly, I stumbled upon a clearing where a group of people in old-fashioned clothing was engaged in a lively dance. I felt a mix of curiosity and unease.

2. Emotions: Curiosity, unease, fascination

3. Symbols and Themes:

- Mysterious forest
- Ancient trees
- Mist
- Narrow path
- People in old-fashioned clothing
- Lively dance

4. Personal Reflection: During the dream, I couldn't shake off the feeling of being observed, and the contrast between the eerie forest and the lively dance was intriguing. In my waking life, I've been feeling a bit stuck and uncertain about my career path. The forest might represent the unknown, and the dance could symbolize the desire for something lively and fulfilling.

5. Possible Interpretations: The dream might suggest that I'm navigating through an uncertain phase, and there might be opportunities (represented by the clearing) that are both intriguing and unsettling. Perhaps it's time to explore new possibilities and embrace change.

6. Connections to Daily Life: The contrast between the heavy steps and the lively dance resonates with my current feelings about work. I've been hesitant to explore new career options, fearing the unknown. The dream is nudging me to step out of my comfort zone and embrace the possibilities that lie beyond my current path.

7. Action Steps: I'll set aside some time this week to explore potential career options and take concrete steps towards discovering new opportunities. Additionally, I'll reflect on what aspects of the lively dance resonate with my passions and values.

8. Patterns Over Time: As I continue to record my dreams, I'll pay attention to any recurring symbols or themes. This might help me identify consistent patterns in my unconscious thoughts and emotions, providing further insight into my personal and professional journey.

This example illustrates how a dream journal entry can be filled out, connecting the dream content to the client's emotions, reflections, and actions in their waking life.