

## Dream Interpretation Template

	<h2 style="margin: 0;">Dream Interpretation Template</h2>
Date	Great Theme Dream
Dream Type	Beginning and Ending Cycle Dream
	Learning Dream/Healing Dream/Precognitive
	Personal Warning/Nightmare/ Consolidation of daily events
Step One	<p>Jot down the key symbols of the dream as a list in the wider column.</p> <p>Write nothing in the narrow column at this time.</p>
Keywords	Key words symbols and events
Step Two	<p>Narrate the dream out loud to your partner, a close friend or to a voice recorder.</p> <p>Attempt to recall and re-experience the main elements of the dream.</p>
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	<p>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.</p> <p>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.</p>
Step Five	<p>Revisit and re-explore word associations in more detail until you feel you have understood all of the symbols.</p> <p>This may mean re-exploring the dream several times, months or years later.</p>