



My Dream Journal

Date..... Time.....

Time you went to bed.....Time you woke up.....

Main events of your dream:

Main people/animals/beings:

Location

Where you you? Or someone else?

How did you feel?

Fear Happiness Sadness Lost Abandoned

Panic Love Calm Distress Paralysis

Anger Frustration Content Warm Cold

Alone Excited Passion Joy Embarrassed

Grief Confused Vulnerable Other.....

Was your dream black and white or colour?.....

Detailed description of your dream

Have you dreamt of all or part of this dream before?.....

Dream dictionary interpretation:

Sketches

