My Dream Journal

Date		Time					
Time you	went to bed		000000000000000000000000000000000000000	Time	you wol	«e up	0 0 0 0 q
Main events of your dream:				Main people/animals/beings:			
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Location							
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Fear	Happiness		Sadness		Lost	Abandoned	
Panic 🗌	Love		Calm		Distres	s Paralysis	
Anger 🗌	Frustration		Content		Warm	Cold	
Alone 🗌	Excited		Passion		Joy	☐ Embarrassed	址
Grief [Confused		Vulnerable		Other	· b · · b · · b · · b · · b · · b · · b · · b · · b · · b · · b · · b · · b · · b	
Was your o	dream black	and	white or co	Lour?			

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e you drea	nt of all or	part of this	dream before	?	
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