



# DREAM INTERPRETATION WORKSHEET

This worksheet is designed to help you explore the emotional content of your dreams, and gain insight into the symbols. If you would like to read more about this step-by-step process, or see an example of a completed worksheet, visit [www.lorrainetolmie.com](http://www.lorrainetolmie.com).

## STEP 1

List the symbols that stand out in your dream.

DREAM SYMBOLS

## STEP 2

Select one item from your list. Write or draw the symbol in the circle...



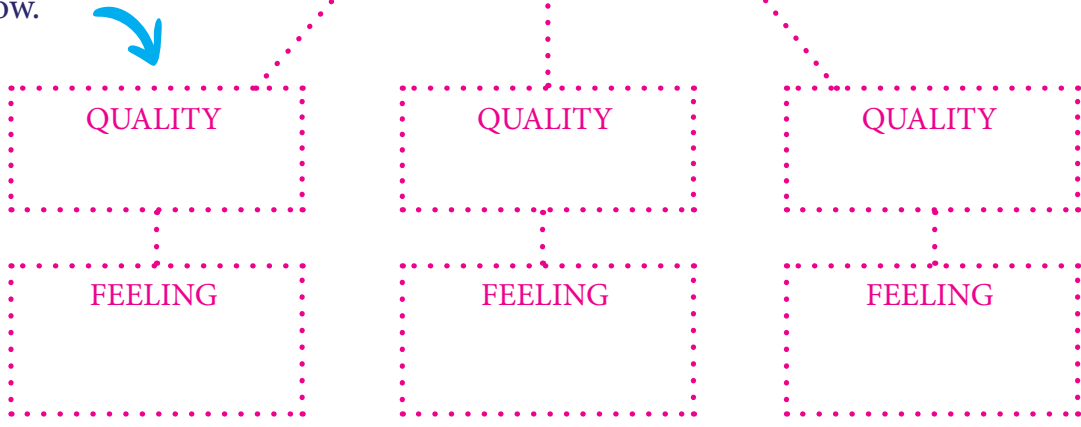
## STEP 3

... and then note your overall feeling about it

OVERALL FEELING

## STEP 4

Identify three of the main qualities or attributes of this symbol and note them in the boxes below.



## STEP 5

Write down any feelings or emotions that you are aware of when you think about each of the qualities of this object you identified in Step 4.

## STEP 6

Note down any insight, or anything unexpected that occurred in the process.

WHAT DO I KNOW NOW?