

Dream Interpretation Worksheet

Instructions: This worksheet is designed to help your patients systematically analyze and interpret their dreams. Use this tool during sessions to guide your patients through the process. Fill out each section in collaboration with the patient for comprehensive assessment and insight.

1. Dream description

Guide your patient to describe their dream in detail, including notable symbols, characters, settings, and events.

2. Emotional associations

Help your patient note their feelings during and after the dream. Discuss how these emotions connect to their waking life.

Feelings during the dream:

Feelings after waking up:

Connections to waking life emotions:

3. Personal associations

Explore with your patient how the symbols and events in the dream relate to their personal experiences and current life situations.

Symbol/event:

Personal experience/current life situation:

4. Possible meanings

Collaborate with your patient to interpret the dream based on identified symbols, themes, emotional, and personal associations.