



Dream Interpretation Worksheet

When you pay attention to your dreams, you open a pathway to self-healing and deeper understanding.

Dreams are your mind and soul's way of processing what you can't always see in daily life. They bring hidden emotions, memories, and insights to the surface—helping you release old wounds, find clarity, and reconnect with your inner wisdom.

1. Begin with Dream Recall

- **Set the intention before sleep:** Tell yourself, “I will remember what my dreams want to show me.”
- **Keep a journal by your bed:** Write down anything you remember—even fragments, emotions, colors, or symbols. (I record a voice message in my phone and then transfer to a journal later that day, this also helps you get it “out” faster without losing information).
- **Don't filter:** Even if it feels silly or random, capture it. Those “random” pieces often connect later.

2. Build a Personal Symbol Dictionary

Dreams speak in **symbols and metaphors**, not direct instructions.

- Ask: *What does this symbol mean to me personally?* (A closet might mean “hidden,” but for you, it could mean “safety” or “avoidance.”)
- Notice recurring themes—people, animals, settings, or emotions. These are often signposts or representations that come from your subconscious.

3. Feel First, Interpret Later

Instead of rushing to decode, ask:

- How did I **feel** in this dream, and how did this dream have me **feel** in my body?

- What waking-life situations carry a similar feeling?
Your body remembers truths your mind may avoid. Dreams often mirror unresolved emotions or desires.
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4. Work with Archetypes & Patterns *(also refer to your personal symbol dictionary)*

You can see dream figures as **parts of yourself**:

- The “baby” might represent vulnerability.
- The “ex” could mirror your repressed emotions, or your wounded inner child.
- The “psychologist/guide” might be your inner healer trying to reach you.

Looking at characters this way helps you integrate rather than project. Keep in mind that the people who show up in your dream are a mirror and could be a representative of yourself.

5. Ask Integrative Questions

In your journal, after writing the dream, explore:

- *What part of me is showing up here?*
 - *What is this dream asking me to face, heal, or release?*
 - *If this dream was giving me medicine, what would it be?*
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6. Making dream interpretation into a Practice

- Meditate on your dream imagery.
- Create art, poetry, or movement inspired by the dream.
- Dialogue with dream characters (write as if you’re having a conversation with them).
*This transforms your dream from a passive story into an **active tool for healing**.*