

Find Still Waters
Dream Instructions

1. Write down your dream as soon as you get up.
 - a. Write the date you had the dream
 - b. What is the setting of the dream. Writing can often bring back greater details.
 - c. Pay attention to the actions in the dream.
 - d. Include as much detail as you can remember clearly, and state what is now vague and uncertain.
 - e. Mention any colors.

2. Describe how you felt in the dream. Any strong emotions?

3. Write down any words spoken by you or other 'people.'

4. Describe your current situation including what has been on your mind. Any worries? Contemplating anything in particular?

5. Record if the people, places or things in the dream are part of your current life. i.e. is the bedroom your real bedroom, or just a bedroom. Are the people currently alive?