

Dream Questions

Adapted from Gayle Delaney, Breakthrough dreaming.

Settings:

1. Describe the opening or setting of the dream.
2. What is this place like in your dream?
3. How does it feel to be in this setting?
4. Does this setting, which you describe as (restate the description again), remind you of any situation or area in your waking life?
5. How so?

People

1. Who is _____?
2. How do you feel about this person?
3. Describe _____ with four adjectives.
4. Is there anyone you know or any part of yourself that is (restate the description).
5. How so?

Animals

1. What is this animal like?
2. If this animal had a personality, how would you describe it?
3. So this animal is _____ (restate the description) right?

4. Is there anyone in your life or anything or any part of yourself that is (restate the description)

5. How so.

Objects

1. What is a _____

2 How do you feel about _____ generally?

3. Why do humans have or use _____?

4. What is the _____ in your dream like?

5. Let me see if I've got this right, a _____ is (restate the description), right?

6. Is there anything in your life right now, or any part of yourself, or anyone you know that is _____ (restate the description).

7. How so?

Feelings

1. How do you feel this moment in the dream?

2. Does this feeling (restate the description) remind you of anything in your current life?

3. How so?

Actions and Plots

1. Describe the major action in this scene.

2. Why do humans do such things i.e. drive quickly, and how do you feel about it?
3. Does this action remind you of any situation in your life?
4. How so?

Summary Questions

1. Shall I summarize the descriptions and bridges made so far, or would you like to?
- 2 So in this part of the dream (this happened,) which you described as, which reminded you of. Then (this happened), and so forth.

Get the dreamer to write a small summary of their dream right after the dream interview, while the insights are fresh.

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