DREAM JOURNAL

DREAMS & NIGHTMARES

Dreams and nightmares can result from our mind processing events that have happened to us during the day. They can also be manifestations of our fears and emotions.

Take the time to write down a recent dream or nightmare that you had and what it means to you. What were you doing in your dream? Who else was there? What was happening? If you have trouble putting into words what the dream meant, then write down how it impacted you when you woke up from it. What went through your mind when you woke up?