

Name	Date	Title	Central theme	Main archetype & ego			
Always include	Always include	Drego's relation to dream themes	Go where the energy is	Ego	Mas	Hero	Jou
				Cen	Fem	Adv	D-R

Write down your dream

Write quickly without first thinking about your dream. Tell yourself to remember your dream as you fall asleep. You can even ask for a dream on an issue. Wake, and write anything in your awareness, dream or not. After recording your dream make corrections or rewrite more completely. Don't worry about whether you remember a dream. Just write what is there. Do not allow interaction with a cat, bed partner or child.

(Using this form on a computer, after writing, delete unused spaces throughout the form so as to present and print fewer pages.)

Feelings and emotions in the dream – Objectifying the dream

Feelings are energy reactions, positive or negative. You can circle key words in your dream report that indicate energy states. Feelings are reactions to what is happening now. Emotions are over-riding energy states that transcend the moment. Feelings and emotions may seem not to be in the dream, but in dreamwork we look at what feelings and emotions would be appropriate to what is happening in the dream. Feeling reactions are often evoked by attitudes. Emotions by attitude and repressed energy patterns.

Feelings: positive, negative, immediate anger or frustration, gratitude, joy, playful, fear, sexual excitement, bodily sensations, affection, excitement, sensual, tired, uncomfortable, devotion, music affect, wellness, balance

Emotions: Love, Grief, Terror, Fear, Excitement, Sex, Exhausted, Compulsive affect and image, Revenge, Hate, Hope, Helplessness, Frustration, Illness, Music, Alcoholic stupor, loneliness, despair, alienation, imaginary affect. Insights and perceptions are not feelings but thinking's, as in "I had the feeling that he did ..."

Feelings and issues outside the dream

The dream's themes and energy evoke feelings and issues in us and in our outer lives, as well as relationships and other things from the past, or hopes for the future. Just write here anything evoked by the dream.

Dreamwork - Following the Dream Ego

What are you doingand	Not doing in the dream? How effective are you?
<p>This exercise focuses on you the dream ego (drego), usually the image of yourself in the dream.</p> <p>One key for dreamwork is to become congruent in the dream with what is happening there. Are we running from or opposing the action? Are we simply observing the action and others without doing much ourselves?</p> <p>Another key of dreamwork is to take on more and more the actions of other dream characters and act them ourselves, positive and negative. At first dream characters seem more active and varied than we are in dreams and life. So the training is to live ourselves what dream characters live for us. This way we develop ourselves as effective and fulfilled human beings.</p> <p>So we make lists of what we are doing and not doing in the dream to develop more our relationship to what is happening and not happening in our dream.</p>	<p>By contrast to what we did in the dream we can consider the opposite to what we did and ask why we did not do this and what might be the effect in the dream if we had acted differently?</p> <p>We make a list of contrasts as well as a list of new possibilities. We consider the dream situation and ask, what other ways of acting are possible.</p> <p>We don't say that one way is better than another, using some system of right and wrong judgments. But we do expand our freedom range of awareness and choice so that we may be more effective in the situation in resolving problems and in developing potentials.</p> <p>We look for the new potential, that which would resolve the dream's conflict or lack of completion. So, we might ask, what else could you have done in this dream situation, and why? If you acted differently what else could have happened in your dream?</p>

List the contrasts in your dream – Objectifying
 What are the opposites in the dream? This is a way of relating, of doing the opposite to what someone else does. We ask, are we caught in one extreme and the other caught in its opposite? Then, how can we get to middle ground, balance and integration? But here just list the contrasts for the moment. What are the contrasts in drego behavior? What are the contrasts between drego and other characters in the dream? What are the contrasts between characters and situations in the dream? Knowing the contrasts helps us see connections.

List the similarities in your dream – Objectifying
 We are looking for connections, that which connects you to another so that you share something together as the basis for your relating. Of course you could be acting similarly to another and not really be relating. But we are building connections at this point, so we list how different things are alike. What is similar in drego behavior? What is similar in the drego and in other characters? What is similar between other characters and situations, including separate dream scenes? We discover relations between things through their similarities.

List the other dream characters in your dream and what do they do?
 To do something is to act, to live out the energy functions of change, development, destroying, creating, connecting, separating, and so on. A dream character may represent only one energy function in a dream, and not necessarily the same function in other dreams.

Symbol/image	Turn it into function	Living it how?
<p>A key image, action or person in the dream. A symbol is an entity that evokes meaning in us.</p> <p>A symbol may mean for us what is its inherent character, or/and it can have other meanings according to what we project onto it out of ourselves, or according to its context within the dream itself.</p>	<p>How does the symbol function in outer life? This is usually a guide to what it evokes in us. This is amplification. However, a symbol may evoke special meaning we project into a symbol based on private context, such as past experience with the symbol.</p> <p>How does it function rather than what does it mean? Not associating an idea to a symbol but seeing how it symbolizes some action. Life is movement, is action, and not concepts about things, but actions and choices we make.</p>	<p>How can I live the symbol as an action function in my own life? If I do something in a dream, how can I do that in my life? This does not mean to just act out everything in dreams but it can mean consider developing yourself in life based on what your dreams have you doing and not doing.</p> <p>Dreams raise possibilities for action to explore, rather than simply telling us what to do and not do. Dreams raise possibilities but only our ego can make choices appropriate to a situation.</p>

Which archetypes are missing?

Source (Center)	Masculine	Feminine	Heroic	Adversity	Journey	Death-rebirth	Ego
Integration, balance, unity, centering, holding the whole together, that which unites the whole.	Focus, challenge, structure, decisive, ordered, rational, penetrating	Relational, feeling, flow, dissolving, encompassing, nurturing	Winning, victory, positive, protecting, sacrificing, light side, humour, right, persona	Losing, ending victim, destruction, wounding, chaos, dark side, wrong, shadow	Linear, clock time, travel, direction, higher or lower, growth, development	Cyclic time, transformation, change, renewal, starting	Choicemaking, consciousness, awareness, identity, attitudes, character, body, mortality, choice points, destiny

Which archetypes does the drego act out, or is identified with? The drego can take on archetypal characteristics in how it acts. The difference between an archetypal characteristic or function is that the archetype acts automatically, archetype to archetype. For the conscious ego it has a degree of choice whether to use an archetypal function or not. Consciousness creates the freedom to make choices in what we enact in life and what we do not.

Source	Masculine	Feminine	Heroic	Adversity	Journey	Death-rebirth	Ego
Guru, teacher, priestess, therapist	Father, lover boss, athlete, professor, money person	Mother, lover, servant, secretary, nurturer, artist	Hero, achiever, creator, judge, fighter, inventor	Adversary, opposer, victim, destroyer, critic, complainer, bitch	Loner, traveller, dreamer, trainer, therapist, companion	Crisis personality, changeable, creator-destroyer, artist, inventor, innovator	Egocentric, consciousness, choicemaking, journeyer, mother, father, child

Related Symbols	Context	Function	Dream Ego Relation	Personal Relation	Actualizing the Function
We have the main archetypal symbols and then secondary archetypal symbols that have similarity to the major symbol	The symbol's relationships	Energy expressed and action taken	Character, choice, relation or non-relation, awareness, identity, values, attitudes	Waking ego's relation to what the drego is doing and not doing	The dream and life task to do in everyday life
Symbol					
Symbol					

To summarize, what is the dream's issue, problem and potential that needs healing and resolution, or at least carried forward to a new place?

Summarize what the drego can do that is helping the dream heal and reach a new level of life and meaning.

What basic life principles are being expressed?

What are the key questions for the dreamer here?

Dreamwork – Re-write the dream.

Re-write the dream the way you dreamed it but this time make yourself more active or congruent with what is happening in the dream. See what happens to the rest of the dream. Do images change, feelings change, something new happens? Don't try and change consciously the dream's imagery. Change only your own dream behavior to make it more in tune with what is happening in the dream. Then if the imagery changes spontaneously, write that down also. Keep writing quickly until you feel an energy shift towards resolution or feel blocked. You can have a new dream on the issue also, to unlock energy.

Dreamwork – Drawing or painting.

1. Paint the key dream symbol or scene quickly and spontaneously.
2. Paint your drego relating to the dream symbol.
3. Paint a healing symbol or resolution as it comes to you.

Dreamwork – Sharing your dream.

1. Work with a dream partner by agreement to each share a dream.
2. Tell your dream after doing some of the above dreamwork.
3. Ask for key questions from your dream partner on your dream. Listen and dialogue.
4. Tell how you worked with your dream.
5. Tell about a dream and life task you will do out of your dreamwork.

Dreamwork – Dream Incubation

1. Before bed meditate on a dream or life issue?
2. Decide what you want from the Dream Source regarding your issue?
3. Maybe write your want as a question for the Dream Source and put it under your pillow.
4. Repeat the question or issue as you fall asleep, also telling yourself to remember your dream first thing in the morning. Have writing materials by your bedside.
5. Wake in the morning writing down whatever is there in awareness, dream or not.
6. Do dreamwork with your dream or other material when you have a chance.

Dreamwork – Dream Enactment

1. Choose a positive behavior from your dream to enact during the day. Try out the actions from the dream in daily life. Or, if you now know it would be of better value to have acted when you did not, now in daily life think of a simple action similar to what you needed to do in your dream and practice doing it in your day.

Dreamwork – Dream Re-entry

1. When you have done Objectifying the Dream and Following the Dream Ego you will probably know what in your dream needs experiencing and possible resolution. You will also know of one thing to do differently in the dream when you re-experience it this time. In a quiet place, close your eyes and see the dream scene again, only this time act differently and see what flow of images and feelings come. This may be different from your original dream experience.
2. After you open your eyes write down your dream experience and do basic dreamwork with it.
3. How has your re-experienced dream shown you a new way of living your dream and your life?

Dreamwork – Dream Research

In your dreamwork journal or on your computer research and keep a list of symbols, themes and issues that seem to repeat in certain dreams.

Dream title and date	Symbol or theme	Similarity	Change
		What is the same in each dream?	What changes or develops?

Dreamwork – Dream Task

After your dreamwork some potential, value or life change will be there for you to commit to achieving in yourself and your daily life. Write up what this is and how you will do it. Be specific to Person, Place, Time and Results desired. Then when you have done this dream task write up what you experienced and make a further commitment if the values seem right.

** Thanks to Franz Vis for originally presenting a similar dreamwork form based on Jungian-Senoï Dreamwork*