Dream Assignment

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**Keep a dream journal for the next two or three weeks. If this seems like a difficult task, try these suggestions:**

* Decide you are going to remember your dreams.
* Be Patient. It may take your unconscious a few nights to get the message.
* Keep a journal / or use the notepad APP close to your bed.
* Don’t jump out of bed.
* Once you remember a dream, record it immediately. Perhaps, record a few key words and then you can later on elaborate on the dream.

When writing about the dream, try to remember dialogue, the number of people, the types of people (strangers, friends, and relatives), recurring objects, mood of the dream, point of view, setting, and so on.

**After recording several dreams during these two or three week, organize your dreams in a chart that includes the date of dream and the dream. You should have at least six dreams. You may include a recurring dream or a dream from the past. Then, in a one page report answer the following questions in essay form.**

1. Were there any common threads (people, objects, ideas, moods) running throughout the journal?
2. What seems to be the main function of your dreams? To review the day? To solve problems, to warn you of illness? To remind you of your priorities?
3. Were your dreams bizarre, mundane, or both? Does this say anything about your personality?
4. Were any dreams disturbing to you? Why?
5. Were you able to control your dreams as you remembered more and more of them?
6. Describe two dreams and explain what they mean to you.

**In summary, you should have a Title Page, A Dream Chart, and a one page report. Everything should be typed in 10-12 inch font.**

**If you are not able to remember any dreams, simply write a report on dreams from a slightly more objective standpoint. What functions do dreams serve? Which theories about dreaming do you agree or disagree with and why? Please include a works cited page.**