



TIPS FOR USING A DREAM JOURNAL

Here are a few tips to help you begin a nightly Dream Journal for remembering your dreams.

- Set your dream journal (or a recorder) beside your bed, so that it will be close at hand when you wake from a dream.
- Go to bed the same time every night.
- Before you go to sleep, remind yourself to remember your dreams. Say to yourself, “Tonight I am going to open to the dream images of my unconscious mind, and I am going to remember my dreams.”
- When you wake up, lay still for a moment as you gather your dream memories. Begin by taking note of your overall feeling sense. Sometimes, even if you cannot remember details from your dream, you will experience a lingering emotion. This feeling can take you back into your dream space to recall details of your dream images.
- Take time to get your dream images down in your journal. They may arrive in the form of words or images—poetry or drawings. An audio recording is also very effective. The sound of your words—your voice—can bring about the energy, feelings, and rhythm of the dream in a way that the written word might not. Use the “first thought, best thought” technique. You don't have to analyze your dream images right away. Don't worry about making sense of them. Just take note of whatever comes to you each day so that your dreams are there for later reflection.