

Dreams can help us understand what our mind is trying to process. This worksheet will help you identify any patterns in content, emotions, beliefs, or body sensations. Noticing a pattern in these areas will help us understand where we can support processing.

Record all dreams in between sessions. For each dream, note any content you can remember (even if it's a fragment), any emotions in the dream (from all characters in the dream), what belies felt true (e.g. I am alone), and the body sensations that go with that.

Any content remembered	Emotions present	Beliefs and body sensations