

Dream journal entry

Record first. Interpret later. Fragments count.

DREAM TITLE	optional	DATE	WAKE TIME	SLEEP QUALITY 0–5

DREAM AS REMEMBERED	write in sequence · leave gaps visible

PEOPLE / CHARACTERS	PLACES / SETTINGS

EMOTIONS	during + after	SENSORY DETAILS	color · sound · body

ENDING / WAKING MOMENT

Context before conclusions

Treat patterns as hypotheses. Your associations matter more than a fixed symbol dictionary.

RECURRING SIGNS

images · people · actions

WAKING-LIFE ECHOES

recent events · similar feelings

PERSONAL ASSOCIATIONS

What do these details mean to you personally?

ALTERNATIVE READINGS

What else could fit?

ONE OPEN QUESTION

Leave room for uncertainty

EMOTIONAL INTENSITY

0–5

LUCIDITY

0–5

RECURRENCE

first · occasional · frequent

TAGS

people · places · emotions · themes

ONE GENTLE NEXT STEP

notice · ask · revisit · let go