

DREAM TITLE

Date

Exposition. The opening scene, which introduces the place, characters, and situation that the dreamer will face—the issue or problem as expressed through metaphor.

Development: The emergence of the plot.

Culmination: Something significant occurs, and the main character responds.

Lysis: The result or solution of the dream’s action. The Lysis signifies how the dreamer might deal with the problem or issue that was expressed during the exposition stage. In effect, the work of the dream has produced a solution or result for the dreamer. The Lysis shows where the energy wants to go. “Where there is no lysis, no solution is in sight,” (Daryl Sharp).

Establish the *dream context*, the situational material in which the dream is embedded. The context is composed of amplifications, themes interconnecting the amplifications, and the immediate and long-term conscious situation of the dreamer.

Amplifications

List, draw, or show the images in the dream.

- (1) What does each image symbolize or mean to you? What comes to mind?
- (2) What feelings do you associate with this symbol/image/person?
- (3) What hidden parts of myself might this dream image represent?
- (4) Is there a cultural significance to this dream image? If so, what is it?

Interconnected Themes

Are there any archetypal parallels? If so, what are they?

Circumstances

What immediate circumstances did this dream arise from? What long-term circumstances?
Is there a dream series in which this dream occurred?

ANALYSIS

Review the appropriate attitudes to bring to dream interpretation:

- Nothing can be assumed regarding the meaning of the dream or of specific images.
- The dream is not a disguise but a set of psychic facts.
- The dream probably does not tell the dreamer what to do.
- Awareness of the personality characteristics of the dreamer and the interpreter.

Characterize the dream images as *objective* or *subjective*.

Consider the dream's *compensatory* function.

- Identify the problem or complex with which the dream is concerned.
- Ascertain the relevant conscious situation of the dreamer.
- Consider whether the dream images and the psychic development of the dreamer require a *reductive* or *constructive* characterization.

A *reductive* dream helps the dreamer to become conscious of illusions, fictions, and exaggerated attitudes when the inner development has not kept pace with the outer adaptation and achievement; it connects the dreamer with a natural and childlike side, and restores to consciousness material which has been repressed.

A *constructive* dream answers "why, what for, to what purpose?" by adding something to the dreamer's conscious attitude, strengthening and protecting what is healthy and worth preserving; it refines and improves the conscious attitude especially when the conscious mind misunderstands or depreciates the unconscious tendencies or messages.

Consider whether the dream compensates by opposing, modifying, or *confirming* the relevant conscious situation; or whether the dream is non-compensatory: *prospective*, *traumatic*, *telepathic*, or *prophetic*.

Hypothesize an interpretation by translating the dream language in relation to the relevant conscious situation of the dreamer, test it against the dream facts, modify where necessary, and state the interpretation briefly.