

# DREAM CHECK SHEET

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Day of the Week \_\_\_\_\_

## Short Description of Dream

Write at least three sentences of the main details you remember...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you had this dream before?  Yes  No

Is it a continuation of another dream?  Yes  No

## Prevailing Themes

Emotions:  Happy  Sad  Angry  Disappointed  Hurt  Surprised  
 Other (explain)

Colors:  Red  White  Blue  Green  Orange  Black  Yellow  
 Purple  Other (explain)

Location/Scenery:  Outside  Inside  Familiar  Unfamiliar  
 Childhood home  Work  School  Other (explain)

People:  Sibling(s)  Friend(s)  Parent(s)  Coworker(s)  Stranger(s)  
 Child(ren)  Other (explain)

Animals:  Cat  Dog  Bear  Bird  Snake  Alligator/Crocodile  
 Spider  Fish  Shark  Octopus  Whale  Other (explain)

Numbers (explain): \_\_\_\_\_ Night or Day? \_\_\_\_\_

Could I move?  Yes  No Could I speak?  Yes  No

Anything particularly unusual (explain)? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# DREAM CHECK SHEET

Continuation Page

A large, empty light blue rectangular area intended for writing or drawing, occupying most of the page below the header.

