



"Not dreams, but stories"

# Dream Diary

We decided to put together a bonus questionnaire that will help you explore dreams as an additional source of inspiration for self-discovery and material for your story. Vivid dreams can be included in your narrative.

## Keeping a dream journal

Keep a dream journal. Write down your dreams as soon as you wake up, and you will remember them better over time. Explore them as material for your story.



Write down your dream immediately after waking up:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.



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What moments would you like to take with you into your story? Are there any symbols or events that you would find interesting to explore further?



What symbols were present in the dream? For example, animals, water, labyrinths, mirrors, doors?



Is there a connection between this dream and my current life situation? What events or experiences could have triggered it?



Does this dream hint at my hidden fears or desires?



What unspoken thoughts or repressed emotions might have surfaced in this dream?

