

Template for a Dream Interview

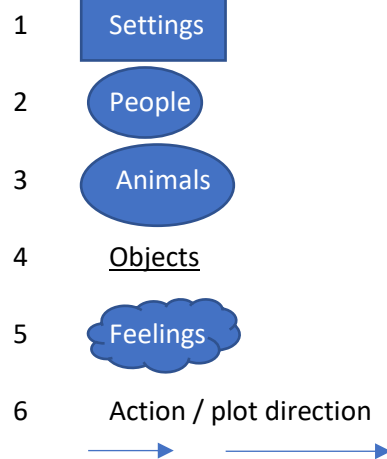
(Based on *All About Dreams*, Gayle Delaney, chapter 5)

Here are the stages of a dream interview:

- 1 Tell the dream
- 2 Diagram and outline the dream (see below)
- 3 Ask the dreamer to define and describe each major element of the dream
- 4 Restate or condense the description given by the dreamer
- 5 Bridge to real life
- 6 Summarise the dream
- 7 Ask the dreamer what remains unclear

Remember: You as interviewer are not here to show off what you know, but to find out what the dreamer knows.

Delaney divides the dream into six elements:

- 1 Settings
 - 2 People
 - 3 Animals
 - 4 Objects
 - 5 Feelings
 - 6 Action / plot direction
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The Steps of a Dream Interview

- 1 Will you tell me your dream? [Interviewer should feel free to take notes, or dreamer can share a printout of the dream]
- 2 What feelings are you most aware of in the dream?
- 3 Have you felt this feeling in your past or current life?
- 4 When was the first or most recent time you felt this way?

Settings

- 5 Describe the opening (or next) setting.
- 6 What sort of place is [for example, ...a shop? ...a school? ...a town??]
- 7 What is [this place] like in real life?
- 8 What is [this place] like in your dream?
- 9 How does it feel to be in this setting?
- 10 So, this setting is [summarise the description], right?
- 11 Does this setting, which you describe as [X], remind you of anything?
- 12 How so?

People

- 13 Who is [X] – pretend I've never heard of them.
- 14 What is [X] like in waking life? Can you describe in three words?
- 15 What is [X] like in your dream?
- 16 What is [X] doing in your dream?
- 17 So [X] is [summarise the description], right?
- 18 Does [X], who you describe as [description], remind you of anyone in your life, or any part of yourself?
- 19 How so?

Animals

- 20 What is a [Animal] like? Pretend I've never seen one.
- 21 How would you describe the personality of a [Animal]?
- 22 What is the [Animal] doing in your dream?
- 23 So, the [Animal] is [summarise the description], right?
- 24 Is there anyone in your life, or any part of yourself that reminds you of a [Animal], which you describe as [description]?
- 25 How so?

Objects

- 26 What is a [object]? Pretend I've never seen one.
- 27 What is the [object] in your dream like? Is it different from a normal [object]?
- 28 Do you like or dislike [object]?
- 29 So, the [object] in your dream is [description], right?
- 30 Does the [object] in your dream, which you describe as [description], remind you of anything in your life? Does it remind you of anyone or of any part of yourself?
- 31 How so?

Feelings

- 32 How do you feel at this moment in the dream? [Ask at any point, but especially at the end]
- 33 Tell me about this feeling.
- 34 Tell me about a time (or the last time) you felt this way.
- 35 Let me see if I understand – you are/were feeling [feeling], right?
- 36 Does this feeling remind you of anything in your current life?
- 37 How so?

Action

- 38 Describe the major action or event in this scene.
- 39 Why do humans do such things and how do you feel about it?
- 40 Does this [action] remind you of any situation in your life?
- 41 How so?
- 42 How would you describe the central plot of this dream? Does it remind you of any situation in your life?

Summary

- 43 Will I summarise the descriptions and bridges so far, or would you like to?

- 44 So, in this part of the dream [action], which you described as [description], which reminded you of [bridge]...
- 45 Does all this remind you of anything else?
- 46 How do you understand your dream now? Are there parts that remain unclear?