

How to use the dream journal templates

The dream journal templates are designed to help you make the most effective use of your dream journal to encourage lucid dreaming. The templates are organized into the following sections:

Title: Use this section to give your dream journal entry a memorable and descriptive title.

Date: Note the date the dream occurred.

Category: Categorizing your dreams can make it easier to track your personal dream patterns. Categories may be as simple as “School dream”, “Flying dream”, or “Nightmare”.

Lucidity: Note the level of lucidity you achieved during the dream. Common lucidity categories are Not Lucid, Mildly Lucid, Periodically Lucid, Fully Lucid, and Lucid With Control. (Visit www.realityshifter.com to learn about these levels of lucidity and what each level entails.)

Keywords: List specific keywords to indicate aspects of the dream that stood out, or to make note of specific features that will help you remember the dream later. Try to use one-word descriptions, such as *red*, *attic*, *bright*, *lost*, or *cave*.

Description: Use this section to write a detailed description of your dream.

Mental or Emotional State: Use this section to comment about your mental or emotional state during the dream, and to note which elements of the dream triggered specific mental or emotional responses.

Interpretation or Meaning: Use this section to make notes about possible meanings or interpretations of the dream.

Additional Questions: This section contains questions intended to help you recall additional details from your dream, and to prompt you to consider the dream from all angles.

Please visit www.realityshifter.com to learn more about lucid dreaming.

Title:

Date:

Category:

Lucidity:

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Mental or Emotional State:

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The following questions are intended to help you recall additional details from your dream, and to prompt you to consider the dream from all angles. Use the space below each question to write your answers.

What was the overall tone or mood of the dream?

Did anything in the dream stand out or capture your attention? Were you drawn to something specific in the dream?

Did the dream take place in black & white or in color? Did a specific color appear frequently in the dream?

Did anyone from your waking life appear in the dream? If so, what do you think this person symbolized or represented? (Keep in mind people do not always represent themselves in our dreams. A person may represent a certain quality or trait, or may even represent an aspect of yourself.)

Did this dream contain any indication it might have been influenced by a book you recently read, or a film or television program you recently viewed? If so, which elements of the dream appear to be influenced by the book, film, or television program?

Did this dream contain any indication it might be related to a specific situation or event in your waking life? If so, which elements of the dream appear to be related to or influenced by that situation or event?

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