

How To Use This Dream Dictionary

This dream dictionary should be used alongside your dream journal. You can fill this out right after you have a dream; however, I notice it is more accurate and effective if you allow some time and space between you and the dream before analyzing the elements. It is best to wait until you have 7 dreams recorded. Go back through them and pick out the symbols that stood out to you and fill this sheet out.

When you take time and effort to pay attention to the symbolism in your dreams, you tell your brain that the information is important. As a result, you may notice your memory of your dreams will improve drastically. You may also start to see more symbolism in your dreams, as your subconscious and spiritual self notices you are paying attention.

As you reflect on your dream symbolism, you may notice a pattern emerge. This is your dream language.

Symbol

A symbol represents a specific object, animal, person, or event that holds significance in your dream. It can be a noun or abstract concept.

Examples include: Cat, snake, mother, car, snow, storm, tidal wave, earthquake, driving at night, hotel, school, foreign country, etc.

Color

When applicable, document what color the symbol appeared. There may be many colors associated with the symbol, so choose the color that stood out to you. **Note:** Not all symbols will have colors, such as a tidal wave or earthquake. If a color is not applicable, write N/A or leave blank.

Feeling

Document what feeling you had when that symbol appeared in your dream. It is important to connect what symbols bring up certain emotions and why.

Common feelings in dreams include: stress, fear, confusion, jealousy, love, urgency, hope, joy, indifference, longing, grief, etc.

Interpretation

Write what you believe the symbol means in your dream. Use your intuition. There is no wrong answer - whatever you feel the symbol means is the right for you. Set aside a few quiet moments to ask yourself what it means. Close your eyes if that helps. Write the first explanation that come to your mind. Don't second guess it.

Date

Keeping track of when you wrote the definition is helpful when you want to go back and reference the dream that the symbol appeared in. Every dream in your journal should be dated, so you can go back to that dream and read what context the symbol appeared. It also helps you see your growth.

Summary

Feel free to cross anything out that you don't like, and add your own category. This is just a guide that can help you get started. You can use this as a template for you to design your own dream dictionary with your own categories that make sense for your dreams.

Final Notes: The Dream Dictionary page can be printed as many times as you need. The goal is to eventually have a complete notebook or binder full of your own dream symbols. As you keep adding them, you will get better and better at interpreting your dreams. You may want to take out earlier entries and replace them with updated ones. The beauty of making your own dictionary is that it evolves with you and your life path. It is a good sign when you begin to update your dream journal because that represents growth and deeper understandings of your dreams.

