

When You Awaken from A Nightmare during the Night

- 1 Begin by taking seven, deep, centering breaths. Focus only on your breathing.
- 2 If it won't disturb your partner, inhale deeply and tense your muscles—include your feet, legs, buttocks, stomach, hands, neck, shoulders, and face. Hold the tension for ten seconds. Then, release all your tension and take seven, slow, deep breaths.
- 3 Review your dream. Think of any changes you would make to your dream story or to a dream image, that would make you feel safe, secure, and satisfied. Rehearse these changes a few times in your imagination.
- 4 Next, think of one positive thing you will do to respond to your dream's message in your waking life. Your positive action is based on sound reasoning, has loving intent, and is in the best interests of all concerned.
- 5 Visualize the details of how your positive action results in a dramatic and joyous outcome, in your waking life tomorrow. Have fun and really exaggerate!

To return to sleep in a peaceful & a positive state of mind . . .

- 1 Imagine three people whom you trust completely. You feel safe in their presence.
- 2 Imagine one person who is very loving and sincere.
- 3 Picture three images or events that inspire complete joy.
- 4 Recall three memories (recent or more distant) that inspire complete joy.
- 5 Picture images/places that inspire complete relaxation.
- 6 Affirm that you will respond to your dream by taking one positive action today or tomorrow.
- 7 Conclude by taking seven, deep breaths. Focus on the details of a peaceful nature scene—Imagine a beautiful body of water, movement that delights, bird-songs, pleasing scents, and perhaps, one of the loving persons imagined earlier.

Dreamwork

- [Top Ten Dreamwork Techniques](#) — “Your Guide to Happiness, Wisdom, and Purpose”
- [What Did You Dream Last Night?](#) — “Ask A Puzzling Question Tonight . . . Discover Your Dreaming Mind's Answers Tomorrow”
- [Artists Dreaming Joy](#) — A workbook that helps artists express a multitude of joys

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The most striking dream image _____

The most striking event _____

The most powerful feelings (My own or another dream character's) _____

Main Satisfaction in the dream _____

Main Frustration _____

Main Desire _____

Worst-case Scenario _____

Best-case Scenario _____

If I could change **one** thing about my dream, I would change _____

Review your dream. Think of **any** changes you would make to your dream story or to a dream image, that would make you feel safe, secure, and satisfied. Rehearse these changes a few times in your imagination. Then, describe these changes below . . .
