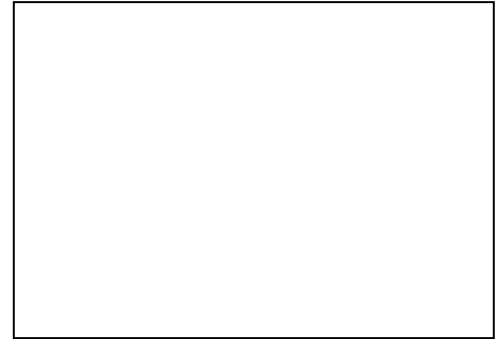


The Six Basic Emotions — Joy, Sorrow...

Understanding Dream Feelings

The word “emotions” is a word that is often used to refer to universal feelings such as joy, sorrow, fear, anger, disgust, shame, surprise, etc. Emotions are felt by dogs, horses, and countless other animals. In humans, the six basic emotions are communicated—especially through facial expressions and body language—in very similar ways around the world.

The word “feelings” generally is used to refer to an individual’s subjective experience of an emotion.



There are many ways of getting in touch with your own deeper feelings. Dream images and stories often present a clear visual representation of the situation you are in. They can act as a mirror. Through metaphor and story, dreams can also act as the voice of insight—One picture is worth a thousand words.

Tonight, consider posing a Dream Incubation Question to deepen your insights into your feelings. For example, “I seek inspiration and insight regarding the following concern: “What is one step I can take to replace my feeling of helplessness with a feeling of forward movement?” Or, “How can I get back my old feeling of ‘I can contribute a lot of joy, good, and talent to the world?’”

Emotions & Dream Characters

If you dream of a person whom you associate with sorrow, you may wish to examine how you are like this person in your present life. If this person, whom you associate with sorrow, is happy in your dream or is undergoing a wonderful transformation, then ask yourself if you are also experiencing some kind of positive change in your life.

If the dream experience of sorrow doesn’t resonate with you, check out whether the person you dreamed about is actually experiencing sorrow at this time.



If you dream about a person whose key personality characteristic is excessive preoccupation with work—to the extent that relationships are negatively affected—then ask yourself, “How am I or someone I’m close to, so preoccupied with work that warmth and tender caring are taking a back seat?”

This week, take an inventory of your feelings. Which of the descriptive words below reflect your feelings? Make journal notes about the sources of these feelings. Then, create Dream Incubation Questions to guide you to health, happiness, and wholeness. Finally, respond to your dream wisdom by taking action to change a situation or an attitude.

JOY

Loving Peaceful Admired Loved Proud Thankful Comical
Relaxed Making Progress In Control Hopeful Inspired Exhilarated

SORROW

A Sense of Loss Regretful Discouraged Unloved Bored Confused
Hurt Lethargic Frozen emotions Uninspired Without Purpose Hopeless

FEAR

Threatened by attack Terrified Feeling Helpless Trapped
Tense anticipation about the future Fearing A Loss Anxious Despair
Tense about inadequacies Fearing A Loss of Esteem Vulnerable Exposed

ANGER

Angry at Self Irritated Frustrated Angry about unmet needs
Angry-Hurt Insulted Resentful Unforgiving Revengeful
Feeling Coerced Threatened Helpless Rage Blind Fury Aggressively Destructive

DISGUST

Repulsed Sneering/Scornful Disapproving Self-Loathing Guilt
Intense Shame—Feeling very unworthy . . . utterly unlovable . . . completely incapable
Dislike for a Person . . . for a Job . . . for a Place . . . for a Situation . . . for an Opinion

SURPRISE

Surprised by spontaneity Surprised by exciting novelty Surprised by any sudden change
Astonishment about an unexpected revelation Shocked by incongruity
Astonishment about anything unexpected — An Event, Person, Transformation

JOY

If your dream story features **Joy**, it may be affirming . . .

- ◇ You, another person, your situation, your choices, or, an idea

SORROW

If your dream story features **Sorrow**, you may be experiencing . . .

- ◇ The healthy, but painful process of healing after a loss
- ◇ The loss of a valued part of you (Feeling less admired or less loved)
- ◇ Sadness pertaining to a relationship
- ◇ Empathy for someone
- ◇ A loss pertaining to your situation or, a *potential* loss
- ◇ A valued idea or project may be lost, or has been lost

Repeated discouragement—You feel you can no longer begin again.
If these feelings persist, consider looking for a good counselor.

FEAR

If your dream story features **Fear**, your dream may be . . .

- ◇ Warning you of an *internal* or external threat, either to your own, or to someone else's well-being. Many times the dream warning inspires you to take *effective action* to deal with the very danger forecast in your dream
- ◇ Showing you how fear is affecting your own or another person's ability to fully respond emotionally or to solve problems
- ◇ Helping you work through a previous threat that may gradually become less frightening with each recurrence of the dream

ANGER

If your dream story features **Anger**, you may be experiencing . . .

- ◇ Rage, frustration, insult, hurt, or even ambivalent feelings concerning some aspect of yourself, your situation, or another

DISGUST

If your dream story features **Disgust**, it may be highlighting . . .

- ◇ Something you dislike and need to change—A Situation; Actions; Relationships; Personal Traits or an Attitude (yours or someone else's)
- ◇ Something or someone you dislike and need to avoid

SURPRISE

If your dream story features **Surprise**, it may be highlighting . . .

- ◇ A fact that is true and needs to be **emphasized** or brought to your attention
- ◇ Something or someone that you really need to respond to
- ◇ Incongruities in you, in another, or, in a situation

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