

## Three Most Common Pleasant Dreams

### Children's Pleasant Dream Themes

Reference: Patricia Garfield, *Your Child's Dreams* (New York: Ballantine, 1984)

Frequency of pleasant dream themes      Total number: 89

<b>30/89</b>	Enjoying a Pleasant Activity (A trip, picnic, birthday, holiday, pretty day, etc.)
<b>15/89</b>	Obtaining Desirable Possessions
<b>9/89</b>	Giving an Outstanding Performance
7/89	Being Important or Knowing Someone Important (Royalty, sports star, film star, etc.)
7/89	Having an Adventure
7/89	Being a Superheroine or Superhero (Media type)
6/89	Seeing or Eating Delicious Food
4/89	Meeting an Animal or Supernatural Friend (Fox, fairy, or angel)
3/89	Being Loved
1/89	Flying

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### Children's Unpleasant Dream Themes

Frequency of unpleasant dream themes      Total number: 158

<b>77/158</b>	Chase or Attack
<b>28/158</b>	Sensing Something Scary
<b>26/158</b>	Injury or Death
9/158	Damage or Loss of Property
5/158	Being Frustrated
5/158	Falling
3/158	Crashing Vehicle
2/158	Being Lost
1/158	Being Paralyzed
1/158	School Examination
1/158	Natural or Manmade Disaster
0/158	Arriving Late
0/158	Nude or Inappropriately Dressed in Public

### Pleasant & Unpleasant Themes Could Be Metaphors For . . .

- ◇ What may have occurred in the child's **past**
- ◇ What may be occurring **right now** in the child's imaginative, home, school, or recreational life
- ◇ What **might occur** if the situation were to continue

## **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