

My dream journal

Start with what you remember. Fragments are welcome; an interpretation is optional.

Date: _____ Dream title: _____

What I remember

Scenes, people, places, or the last moment before waking.

How I felt

During the dream / after waking.

Details that stayed with me

An image, color, object, phrase, or repeated moment.

My personal associations

What does this remind me of? It is fine to write "I do not know."

A question to revisit

What would I like to notice or compare with a later entry?
