

# PERSONAL DREAM ANALYSIS

## Character Symbolism Worksheet

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1. Choose a character from your dream: \_\_\_\_\_
2. Does this character have a "lead role"? **YES / NO**
3. What role(s) did this character play in your dream?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Describe the attitude of the character. *Examples: frustrated, kind, stressed*  
\_\_\_\_\_  
\_\_\_\_\_
5. Describe the physical aspects of the character. *Examples: tall, unhealthy, like a combination of Bob's face with Sam's hair.*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. What emotions do you feel when you think of this character?  
\_\_\_\_\_  
\_\_\_\_\_
7. Write a few sentences using items 3 - 6. *Example: The manager is patient. He is knowledgeable and capable. His appearance is professional. I trust his judgment and abilities.*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Connect the associations in item 7 with a recent event. If the dream was from last night, first think back to yesterday. *The event need not be a major one. Often dreams will show us something that bothered us that we brushed aside.*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_