

# PERSONAL DREAM ANALYSIS

## Object Symbolism Worksheet

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1. Choose an object from your dream: \_\_\_\_\_
2. Is the object larger in size than it would be in waking life, or was it somehow brought into focus within your dream. **YES / NO**
3. What is the purpose or function of this particular object? List whatever comes to mind, but don't think too hard. Go with your first inclinations.  
*Example: fence*  
*creates a boundary*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Did the object work or function as intended? **YES / NO**. If no, describe how or why the object did not properly work as expected.  
\_\_\_\_\_  
\_\_\_\_\_
5. Describe the physical appearance of the object. *Examples: clean, unappetizing, broken, like a combination of (blank) and (blank)*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. What emotions do you feel when thinking about this object?  
\_\_\_\_\_  
\_\_\_\_\_
7. Write a couple of sentences using items 3 - 6. *Example: A boundary is broken and is in need of maintenance and repair. This makes me feel unsafe.*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
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.*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_