

Quick Guide – “How to Read a Dream in 5 Steps”

1. Welcome it

Write the dream upon waking, in the **present tense**. Give it a short title that “holds” the **image-magnet**.

2. Find the Image-Magnet

What is the core scene (frame) that concentrates feeling and meaning?

Where does your body react (heat, cold, tightness, expansion)?

3. Associate

3 personal associations (memories, places, people).

1 cultural/archetypal association (myth, symbol, story).

4. Dialogue

Ask 3 **practice questions** to the scene or to a character. Listen for brief answers (without over-rationalizing).

5. Minimal Act

Turn the understanding into a concrete gesture: simple, safe, doable.

Minimal Act Checklist

- It's small (\leq 5 minutes / zero or almost zero cost).
- It is bodily or spatial (hands, voice, breath, arranging something).

- It honors the image-magnet (color, shape, object, direction).
- It does not invade anyone / respects limits and context.
- I can do it **today**.

Examples:

light a blue candle for 3 minutes; put a stone in your pocket; draw the dream door and glue it into your journal; walk to the tree in the square and rest your palm against its trunk.

Printable Sheets – Dream Journal

Header

Date / Time of waking: _____ Place: _____

Sleep quality (1-5): 1 2 3 4 5

Dream title:

Report (in the present tense):

Image-Magnet (draw or describe):

[space for drawing]

Feeling in the body (where and how?):

heat cold tingling tightness expansion other:

Location:

Personal associations (3):

Archetypal / cultural association (1):

Three practice questions to the dream / character:

Minimal Act (define it and carry it out today):

Done? yes no

How did I feel afterwards? _____

Follow-up (synchronicities / dream signs in the days that follow):

Care Agreement – Dream Circles

Confidentiality and Consent

Confidentiality: Everything shared remains strictly confidential. Participants commit to not reproducing stories, images or personal data outside the circle.

Consent: Sharing is optional. Each person may pass their turn or leave at any time.

Care with interpretations: We avoid “ready-made translations”. We offer questions and mirrors; the dreamer keeps authority over their own meaning.

Limits and safety: We do not offer medical/psychological diagnosis. In cases of intense suffering, we will encourage seeking professional support.

Rule of time and presence: Phones on silent; respectful listening; brief speaking, in the present tense.

Records: Journals are personal. Any recording requires the explicit consent of everyone present.

Responsibility: Each participant is responsible for their own minimal acts and for evaluating their own safety when carrying them out.

Signatures: _____ Date: ____ / ____ / ____

1. Trail Signs – Icons for Scannable Reading

Use emojis (quick) or small glyphs. Suggested three:

- **Practice Questions** → 
Label: "Ask the Dream"
Use: before lists of questions, writing dialogues.
- **Red Flags / Caution** → 
Label: "Clinical Care"
Use: when there are themes of risk, recent grief, trauma, dissociation.
- **Minimal Act** → 
Label: "Minimal Act"
Use: practical buttons, checklists, 5-minute exercises.