

CREATIVE JOURNALING FOR EXPLORING DREAMS



A Write for your Life guide

Just writing down dreams and reviewing them can lead to interesting insights. If you want to dig in a bit deeper, here are some creative journaling exercises to help you do just that:

- **I am the ...**
- **The overriding feeling was ...**
- **What happened next?**

THE EXERCISES

Free-writing instructions - optional:

- Set a timer for five minutes - you can always write for longer if you get into the flow.
- Keep your pen moving, do not edit or look back - no grammar or spelling required.
- Go where your pen goes, trust it'll be useful - even if it's off topic.
- If emotions arise, carry on if it feels OK or write about something else and return when you're ready/have support.
- For each exercise, reflect on what you wrote, read it out loud for extra perspective.

Prompt: I am the ...

Some believe you're not just 'you' in dreams but all the aspects that appear. Here I invite you to write as if you're the killer on the loose, the scared animal, the giant walrus that has appeared in your living room, etc. Just take the leap and write as if you're them. Include inanimate objects, e.g., 'I am the tiny wardrobe ...'

Prompt: The overriding feeling was ...

Another school of thought is that the content is irrelevant, it's the overriding feeling that matters. If you were in a perilous situation in the dream but felt indifferent, write about that, what's that about? Apply to whatever overriding feeling you had.

Prompt: What happened next?

Take a leap and carry on the story, just imagine what happened next, there is no way to get this wrong.

Guides in the series - Creative journaling for:

Headspace Wellbeing Writer's block Success
Innovation Difficult feelings Happiness Creating theme
Difficult situations Exploring dreams Time-management
Time-management tips

Plus: Greatest prompts, Where to find prompts and Benefits (plus top tips) of journaling.

I hope you found this guide useful. For information on creative journaling courses and workshops, contact me, Claire at:
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