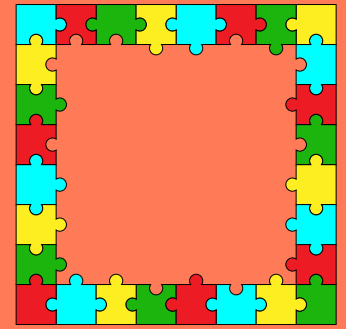


3-step dream interpretation method

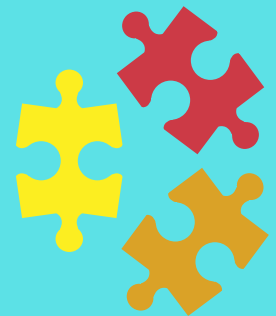
1: Consider the big picture

- Understand the main story
- Give the dream a title
- Identify the dream setting
- Who is the dream about?
- What is the main feeling/colour/atmosphere?



2: Zoom in on specific dream elements

- Brainstorm ideas for the dream symbols/elements
- Use the 10 clues/questions
- Look for familiar dream symbols
- Look for repeating themes
- Listen to the Holy Spirit



3: Can you relate the dream to real life?

- Can you relate the emotions to an area of your life?
- Can you relate the main story to an area of your life?
- What was on your mind at the time of dreaming?
- Check out your theory
- Record your interpretation

