

# Juliette Lee

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## Dream work techniques

### TTAQ

#### 1. Title

Give your dream a title. Let it come to you spontaneously.

#### 2. Theme

What are the major themes or issues which surfaced in the dream? If there is more than one, note them in sequence.

#### 3. Affect

What are the dominant feelings or emotional energy experienced during the dream? If there is a sequence of feeling, state them in sequence.

#### 4. Question

What question is the dream asking of me? What does it invite me to explore?  
What is the dream trying to help me become more conscious of?

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## Dialogue with dream figures or symbols

In groups with the dreamer as the director, set the scene of the dream by using the other members of the group as actors. Cast important people and objects in the dream and ask them to act out your dream.

- Choose characters, figures or images from the dream that are important – perhaps those you want to approach or avoid.
- Use your imagination to re-enter the dream scene and let the figures and images come alive for you.
- Ask questions and have a dialogue with your dream figures or symbol and listen to the responses.
- End by asking your unconscious mind: What gift do you have for me or do you have anything else to tell me or give me?

*Source: Adapted from Justina Lasley, Honoring the Dream: A Handbook for Dream Group Leaders*

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