

# Questions about my dream

Find out more about your dreams with questions from dream research, which you can answer for yourself – developed by Renate Daniel, FMH specialists in psychiatry and psychotherapy.



## 1. Place your focus on yourself – or rather your dream ego

- Do you perhaps not appear at all in your dream? Do you stay aloof in the observer role or are you involved in the event of the dream? Are you proactive or a passive observer in the dream?
- Do you behave appropriately or inappropriately in the dream?  
Is your dream behaviour in the dream foreign to you – or are you amazed because you dare or are able to do something that you would find impossible in real life?



## 2. Place your focus on the relationship experiences in the dream

- Is your dream ego alone or isolated?
- What is the quality of the relationships in the dream? Are they characterised by affection, trust and respect – or are the dominant qualities distance, power, oppression, destruction or even annihilation?
- What ideas occur to you with regard to these relationship experiences? What do you think of when you compare them with the qualities of relationships in your waking life? Do you encounter something typical or atypical? And what significance does this have for your current living situation?



## 3. Dealing with the most intense emotions or mental states in the dream or after waking up

*In nightmares, fear, panic, horror, sometimes also confusion, disappointment, disgust or shame often play a key role.*

- What intense emotions do you or other people experience in the dream? Do you recognise this emotion from your past or present or is it strange? In what way? Could this link have something to do with the dream?
- What happens to you if you experience these emotions in reality? Is there a difference between the emotional experience in your dream world and in your waking world? What do you notice?



The questions listed here are an extract from the catalogue of questions in Renate Daniel's book "Der Nacht den Schrecken nehmen. Albträume verstehen und bewältigen." ("Taking the Fear Out of the Night: Coping with Nightmares.") Published in 2013 by Patmos Verlag.

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