Dream journal

Record first. Reflect later.

Use one copy per dream. Write what you remember before adding possible meanings. Leave gaps blank; do not fill them with guesses. Save a local copy or print. Nothing in this PDF is submitted to PsychicOz.

Date and waking time

When I wrote this down

A few words for the dream

1. What I remember

People, setting, actions and the order of events. Keep this record unchanged.

2. Details I am unsure about

3. Emotions during / after the dream

4. Possible waking-life context

Recent events, memories, media or concerns; a connection is not certain.

5. One possible interpretation

Label it as a possibility, including spiritual views.

6. Another possible explanation

Include an ordinary explanation, or write "unsure".

7. One practical next step, if useful

For personal reflection. This worksheet is not a diagnostic or predictive instrument.

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Look across your entries

Notice patterns without forcing a single explanation.

Review up to seven daily records. Include ordinary dreams, uncertain memories and entries that do not fit a pattern. Keep the original records; put later reflections here.

Dates covered

Number of entries reviewed

1. Brief record of the week

Date	Dream / strongest emotion	Possible waking-life link, or "unsure"

2. A theme I noticed

Which dated entries support it?

3. What did not fit that theme?

Record exceptions and other possible explanations.

4. What seems useful now, and what remains uncertain?

There is no score to achieve. A pattern in a journal does not prove a prediction, diagnosis or another person's private thoughts. Skip or stop the exercise if it feels unhelpful.