

## **Suggestions for Recalling your Dreams**

- 1) It is suggested that you do not use alcohol or other drugs, as these substances tend to reduce dreaming.
- 2) Create a Dream Journal to place beside your bed with a pen that is easily accessible so you can record your dreams when you awaken.
- 3) Just before falling asleep, breathe deeply, relax, and repeat to yourself, “I will remember a dream when I wake up.”
- 4) When you awaken, do not change your current position. Keeping your eyes closed ask yourself, “What was I dreaming?” This must be your first thought upon awakening: otherwise, you might forget your dream due to interference from other thoughts. Don’t give up too quickly if nothing is recalled but persist patiently in the effort to remember, without moving or thinking of anything else.
- 5) If you awaken with only a dream association, fragment, or feeling, stay with your experience before getting up right away, as sometimes this will take you back into the body of the dream
- 6) If you wake up without recalling a dream, shift your body into a different position, especially a position in which you might have had a dream, keeping your eyes closed.
- 7) If you still cannot remember a dream, ask yourself what you were just thinking and how you are feeling. Examining your thoughts and feelings in this way can often provide the necessary cues for retrieving the entire dream.
- 8) If you only have a dream fragment and cannot recall more, record this. A more complete recollection may be triggered by recording the dream fragment.
- 9) It may take several days of giving yourself the recommended instructions before you start recalling your dreams. Rather than becoming disappointed or self-critical if you do not remember your dreams, simply set aside a few protected minutes upon awakening and remain alert for whatever comes to you.
- 10) Another helpful technique is to set an alarm clock to go off early so that you will become likely to awaken mid-dream and have additional time to work with your dream.