**NIGHTMARE MAP: Part 1**

Instructions: Think about a nightmare you’ve had recently. In the bubble below, write the most upsetting or disturbing image, theme, or detail from that nightmare. Around the bubble, write the thoughts, beliefs, ideas, feelings, memories, and physical (bodily) sensations that come up for you when you think about that image, theme, or detail from the nightmare. Write down anything that comes up, even if it doesn’t seem important or relevant.

NIGHTMARE MAP: PART 2

Many people believe that our dreams represent our brain’s attempt to make sense of things we’ve learned, thought about, or worried about during the day.

If something about our life has been bothering or upsetting us lately, that bothersome or upsetting thing may enter our dreams in some (usually symbolic) form.

Think back to the most upsetting theme or image from your recent nightmare. How does that theme or image relate to something you’re dealing with in your life right now?

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Some people believe that our dreams can teach us important lessons about ourselves and our lives. What could you choose to learn from this nightmare, if you could choose to learn something from it?

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