

*Dream to Freedom*TM *Worksheet*

Robert & Lynne Hoss www.dreamscience.org

Dream Title: _____ Date: _____

Part #1 Dream Exploration for Problem Identification

Step #1 - Record the Dream (re-enter & re-tell the most emotionally charged dream segment in the first person as if you are re-experiencing it):

Step #2 – Life Situation: describe any emotionally important situations in your life at the time.

Step #3 – Briefly Describe Dream to Life Analogies – Phrases (metaphors) that sound like they describe a situation in your life; Feelings in the dream like feelings in your life; Memories that the scene or situation in the dream brings up.

Step #4 – Explore Underlying Emotions - Give the Dream a Voice (role-play)

#4a - Choose a Dream image to Explore: Re-enter the dream and choose something (X) in the dream that draws your attention (it can be helpful to try more than one):

#4b - Role-Play: Bring the image 'X' to your mind's eye, move into it and imagine "becoming" it. Then answer these questions in the first person, present tense, as you imagine 'X' would answer them.

1) What are you - describe yourself as 'X' and how you feel in that role. (Note: if X is a known person describe their personality, then how they are the same as you and how they differ)? I am

2) As X what is your purpose or function? My purpose is to.....

3) What do you like most about being X? What I like is

4) What do you dislike about being X? What I dislike is.....

5) What do you fear most, what is the worst thing that can happen to you? What I fear most is.....

6) What do you desire the most? What I desire most is

#4c – Waking Life Reflection: review each statement but now as if it is YOU saying it about a way YOU have felt lately or a situation in YOUR life. If a connection is made put a check by it and describe the situation.

#4d – Pick the statement that recalls the most Emotionally Charged situation:

Part #2 EFT Application

(Juxtaposing the Stress with a Calming Sensation – changing the emotional charge)

Step #5 – Picture a Specific Incident (deconsolidation)

#5a - Recall One Specific Incident when you felt this way and Picture the Scene

#5b - Rate the Stress you feel as you picture the scene, from 0-10; (10 being the most stressful) _____

Step #6 – Affirmation Phrases

#6a - Setup Phrase: (note: try using the negative feeling and positive desire statements from step #4)
“Even though I (negative feeling) ... I know that I can/I choose to(positive intention)...”

#6b - Reminder Phrase (the short negative feeling statement) for tapping rounds: “Feel...(negative feeling)...”

Step # 7 – Initial Tapping Sequence (figure 1) - while visualizing the scene do the following:

#7a - Setup: Tap the Karate Chop point (KC) while saying your Setup Phrase:

“Even though I(negative feeling) ... I know that I can/I choose to (positive intention)...”

#7b - Tapping Sequence:

1) Tapping Round 1: Sequentially Tap (10 times or more) on points #1 - #8 while saying the Reminder Phrase;
“Feel...(negative feeling) ...”

2) Bridging Sequence (Optional):

- Tap on the Gamut Point - back of either hand ½” below knuckles between base of ring finger and little finger; say your Reminder Phrase: “Feel...(negative feeling)...”
- Hemispheric Stimulation – while keeping the emotional scene in mind:
 - close your eyes; open your eyes;
 - shift your eyes **down lower left**; shift your eyes **down lower right**;
 - roll your eyes in a circle **clockwise**; roll your eyes in a circle **counterclockwise**;
 - hum a tune for about two seconds (for example “happy birthday to you”);
 - count from 1 to 5;
 - hum the tune again

3) Tapping Round 2: do another Tapping round on points #1 - #8 while saying the short Reminder Phrase;
“Feel...(negative feeling)...”

4) Stress Rating: picture the scene again, and how you now feel about it, and give it a stress rating: _____

Step # 8 - Subsequent Tapping Sequences: repeat step #7b but since the feeling may still be there revise the reminder phrase by adding “still” to it: “STILL feel” Continue the rounds till stress level goes down to or near 0.

Note ratings here: after Seq. #2 _____ ; after Subsequent Sequences _____

Step # 9 (Optional) if the Stress Increases because another Memory Arises: note it and repeat steps #6 & #7 until that stress reduces to near 0, using a new setup and/or simply a new reminder phrase to picture the new memory.

a) New Memory:

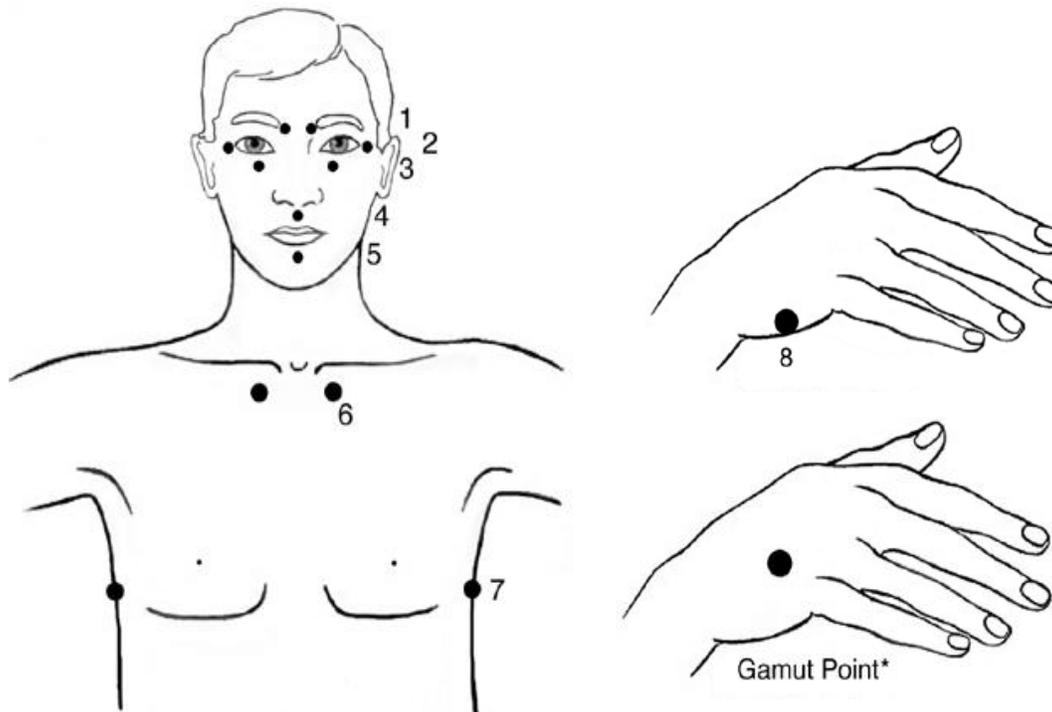
b) Stress Rating when you picture the scene:

b) New Affirmation Phrase:

c) New Short Reminder Phrase:

d) Stress Ratings: after Tapping Seq. #1 _____ ; after Subsequent Sequences _____

Figure 1. “Tapping” Points Recommended for the DTF Protocol



- 1. EB or eyebrow point:** at the start of the eyebrow where it joins the bridge of the nose (UB2)
 - 2. SE or side of eye:** on the outside edge of the eye socket (GB1)
 - 3. UE or under eye:** on the bony ridge of the eye socket under the pupil of the eye (ST2)
 - 4. UN or under nose:** under the center of the nose, 1/3 distance between the nose and the upper lip (GV26)
 - 5. Chin:** between the lower lip and the chin, in the center (CV24)
 - 6. CB or collarbone points:** located in a small depression under each collarbone on either side of the U-shaped groove at the top of the sternum (KD27)
 - 7. UA or underarm:** about four inches below the base of each armpit and about halfway between the front and back; for women, this is where a bra strap crosses, for men even with the nipple (SP21)
 - 8. KC or Karate Chop point** fleshy outer portion of the hand, upper middle about where the crease is (SI3)
- *Gamut Point (for optional bridging procedure):** back of either hand a half inch toward the wrist from the point between the knuckles and the base of the ring finger and little finger (TH3)

Part #3 Dream Guidance and Closure (Enhancing the New Learning)

Step #10 – Dream Guidance

#10a Review: re-enter the dream and briefly review it till the end. How did it end?

#10b Explore: can you observe any of the following potential resolution activities in the dream?

a) Positive Ending - did the dream end positively or with a potentially positive direction to it? If so what happened that brought it about?

b) Reversal - did you at some point reverse your thinking or direction? What brought this about?

c) Guidance - did you experience a guiding event (advice, action, discovery) or message (written or verbal)? Define the new direction or insight provided and how it changed your behavior or thinking in the dream.

d) Surprise - did something surprise you (action/situation opposite to expectations; unexpected twist; sudden discovery or insight; odd imagery blend)? How did it differ from expectation or provide a different point of view?

#10c Compare to Life – Can you see any analogies between the insight above and your waking situation, or how the change in viewpoint, attitude or direction that happened in the dream might be a helpful analogy for your waking situation?

Step #11 –Finishing the Dream (optional): If the dream ended negatively or inconclusively, try this: Close your eyes and place yourself at the end of the dream; review your feelings; then spontaneously without thinking about it (first image/story that comes to mind) finish the dream with a new imagined ending that works out positively for you (and the others in the dream).

Compare to Life - Can you see an analogy as a solution in your waking life situation, conflict, attitudes or beliefs?

Step #12 Closure

a) Define a Solution: Review the waking life analogies in steps #10 and #11. Define a specific solution to your waking life situation that the insight from the dream or dreamwork above might be suggesting.

b) Check it Out: is this a healthy, appropriate and practical solution or does it leave you stuck again?

c) Next Steps: If it 'checks out' positively then what specific next step(s) can you take to bring it about?

d) Reminder Image: pick an image from the resolved ending as a reminder of your solution?