

#111:

Dreams & NIGHTMARES

- Do you tend to remember your dreams? If not, how do you feel about not remembering them? Do you wish you could? Why or why not?
- What is the best/worst nightmare/dream you have ever had? Describe it.
- Have you ever had recurring dreams? What were they about? What do you think it symbolized?
- Have you ever had a dream that felt so completely real, you even convinced yourself that it was reality? What felt so genuine about the dream and what do you remember the most about it?