

After a Bad Dream

Helps you settle and plan for the minutes after a dream wakes you up.

WHEN TO USE THIS

Use this in the daytime, after a night a dream woke you.

You do not have to write down the dream itself. Write only as much as feels okay to write.

When you woke up, what did your body feel like?

Heart, breathing, sweat, shaking, cold hands.

What helps you come back to the room you are actually in?

A light on, cold water, a blanket, naming five things you see.

1.

2.

3.

4.

What do you want the rest of the night to look like after a dream like that?

Back to bed, sit up a while, wake someone, keep a lamp on.

The dream ended when you woke. Getting your body to believe that takes a few minutes.