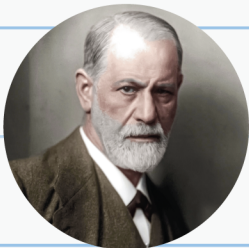


DREAMS & EMOTION REGULATION 2

The viewpoints of "Dream" by 4 major masters of psychology



Freud

“

In his psychoanalysis, dreams serve the important function of reflecting repressed wishes and conflicts (mostly originating from childhood). He also proposed the concept of "day residues" as another possibility for dreams.

”

“

He believed that dreams are the unconscious communicating with us through "symbols" and have a psychological compensatory function. His idea of the "collective unconscious" contrasts with Freud's individual unconscious, and he suggested that universal "archetypes" such as the "shadow" often appear in dreams across cultures.

”



Jung

“

The founder of Gestalt Therapy, he asserted that all elements in a dream (people, events, objects) are projections of the dreamer's self.

By interpreting dreams, one can integrate alienated parts of the psyche, leading to greater wholeness.

”

“

Through quantitative analysis of over 50,000 dreams, he concluded that dreams in most cases reflect the individual's daily life situation, thereby confirming the "continuity hypothesis."

”



Calvin Hall



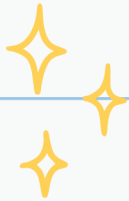
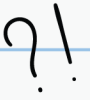
In-depth analysis of special dream phenomena



DÉJÀ VU

Neuroscience explanation: Caused by a slight desynchronization between the brain's sensory processing and memory systems.

Transpersonal psychology explanation: May have seen the scene in a dream before, with subconscious memory being triggered.

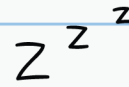


PRECOGNITIVE DREAMS

Refers to dreams that later occur in real life. It is recommended to record such dreams with curiosity but not to treat all nightmares as precognitive and be overly fearful.



DREAM WITHIN DREAMS



Phenomenon: Waking up within a dream, only to realize you are still dreaming; can have multiple layers.

Psychoanalytic perspective: The first layer reflects the core issue, while subsequent dreams may serve to "clarify" or "package" the core issue due to "resistance."

Reality connection: "False awakening" may reflect our belief that we are awake in real life, while actually being influenced by unresolved emotions.

LUCID DREAMS

Definition: Knowing that you are dreaming while in the dream and being able to influence its content.

Two main functions: Can be used for "problem-solving" and "self-healing." Facing threats bravely in dreams can boost courage in real life.

Hypnagogic/Hypnopompic state: In the transitional states between waking and sleeping, the mind presents fragmented and highly creative imagery, making brief sleep feel dream-like.





!! Characteristics and myths of dreams



DREAM MEMORY

Forgetting dreams is normal, but memory can be trained through methods like self-suggestion before sleep.



DREAM COLOR



Research shows most dreams are in color, but the memory fades with time. Observe your own dream color patterns; if abnormal (e.g., a color-dreamer has a black-and-white dream), pay special attention.



CLARITY OF DREAM CHARACTERS ?!!

Clear figures may directly indicate your relationship with them, while blurry figures often symbolize certain types of people or traits.

TOO MANY DREAMS AND SLEEP QUALITY

Feeling like you dream a lot may be due to strong emotional fluctuations during the day, with dreams actively processing these at night. The root cause lies in daytime emotional states, not the act of dreaming itself.



Dream interpretation is a process involving psychological, cultural, and personal understanding. Different people may have different interpretations of the same dream, so when trying to interpret your own dreams, remember to maintain an open mind, pay attention to your physical and mental reactions, and use open-ended questions to enhance self-understanding and awareness.



Wishing you sweet dreams and a journey towards holistic well-being!





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