



DREAM RECORD

DREAM OF THE NIGHT OF:

20th July 1995

OVERALL FEELING OF THE DREAM:

Helpless, scared, no control
Over what happened to me

LIFE CIRCUMSTANCES PRIOR TO DREAM:

Recently broke up with non committal boyfriend, studying at university, even though breaking up was what he wanted boyfriend is still calling me and harassing me.



DREAM DESCRIPTION:

DREAM IMAGES:

Old unknown city, dirty deserted
New York city like alleyway,
apartment where lived (had never
seen before)

FEELINGS ON WAKING:

Relief it was only a dream, helpless and
frightened. Scared at the loss of control
over my life

Put a square around
the settings

Circle the stars of
the dream

Was in some unknown city (I think it was from the past) and a vampire was stalking me, I knew I was the next victim. I can't remember how I knew this, it was like some kind of feeling throughout the dream. Next thing I was in an apartment and the vampire was sending me letters, counting down the time I was to be sucked or killed. The last occasion I was sent a package of blood.

On one occasion I was walking through this city and then I felt the vampire after me and then I was running through this new York style dirty, deserted alleyway. I knew he was stalking me and felt powerless to do anything. At this point I felt helpless and very scared. I managed to escape I can't remember how, or did he let me? I felt like it was all a part of a game.

Underline objects

Put a squiggly line
under feelings

Put a forward arrow
under actions



DREAM SYMBOL DESCRIPTIONS

IDEAS/FEELINGS ABOUT THIS ELEMENT

SETTINGS:

Unknown old style city

Like a medieval looking city, old buildings. Had never seen it before. Felt unsure in a place I didn't know very well. Felt like I was in a foreign city, felt quite lost

*Apartment
New York style deserted alleyway*

It was non descript, it was where I was living alone in the foreign city. It was modern looking, not from medieval times.

Alleyways are scary and not where girls should go alone. This looked like a classic alleyway from a movie, scary, dark, nobody around. A classic place for a crime to take place.

OBJECTS:

Package of Blood

This was just like a bag of blood that is used for transfusions. Transfusions are for people who have lost a lot of blood to replenish it. Without transfusions many people would die.

Letters

I don't remember what they looked like or said, but it was along the same lines as I have seen in movies where serial killers are toying with detectives sending them clues in letters for crimes

DREAM STARS:

Vampire

These are creatures of the dark that need blood to survive instead of food. They prey on their victims by sucking their blood and it always seems to have some kind of sensual aspect to it. It is like a sexual urge for them also. Victims are powerless under their power, they are like parasites, they take others lives in order to satisfy their thirst for blood.

Usually they exude power and sexuality and have no trouble charming victims if they need to. They are manipulative.



DREAM SYMBOL DESCRIPTIONS

ACTIONS continued:

Stalking me

IDEAS/FEELINGS ABOUT THIS ELEMENT

When somebody is following somebody else without their consent or knowledge. It is power somebody else has over you. The fact that I knew he was stalking me is interesting. Usually when being stalked you do not know.

Sending me letters

Letters are an informal means of communicating with somebody. It is a way of letting somebody know something without having to confront them personally. It allows communication over a distance.

Walking through city

Obviously I was not afraid to get out and about the city. Not sure why I was out walking.

Running and escaping

I was able to run and try and get away.. But I almost felt like if the vampire wanted to kill me then, he could of. I felt like my escape was because he let me. I felt like I was the mouse and he was the cat playing with me. I felt powerless.

FEELINGS:

Powerless

Felt I had no control over my fate. My life was in the hands of this vampire. When and if he chose to kill me it was in his control

Helpless

There was nothing I could do to protect myself and nobody believed me so I was alone to be killed by this vampire

Scared

I was very scared and was thinking why me? My fate was unsure so that was very scary and not having control was worst of all.



With this description you want to be piecing together all the information you collated in the symbol descriptions.

DREAM ANALYSIS

DESCRIBE THE MAIN THEME IN YOUR DREAM

Being chased/ stalked by a vampire. Being played with, like a cat with a mouse. He was sending me letters to scare me and packages of blood. Like he was god. He had the power to give i.e. the package of blood and to take away. The power of my life was in the hands of somebody else. I had no control over what happened to me. This was being played out in a foreign city to me so not only was I alone emotionally but physically I was also isolated from safety and was unfamiliar with my surroundings.

HOW DO YOU FEEL WHILE THIS THEME IS PLAYING OUT? Describe your feelings and attitudes very clearly here.

I felt powerless over the fate of my own life. I felt scared of something bigger than me that was controlling whether I lived or died. And I felt helpless also, I did not have the power to help myself. It is almost like I let myself be powerless, I let this happen to me I did not fight back at all. I mean I ran away when I had to, but that was it.

NOT LOOKING DOWN AT WHAT YOU HAVE JUST WRITTEN RECAP THE DESCRIPTION OF WHAT HAPPENED IN YOUR DREAM.

PUT IT IN THE CONTEXT OF THIS QUESTION. IS THERE ANY SITUATION OR PERSON IN YOUR WAKING LIFE IN WHICH YOU FEEL THE SAME WAY YOU JUST DESCRIBED? HOW SO?

Who or what do I feel has a power over me where I feel helpless/ powerless and scared around and leaves me feeling I have no control over what happens to me. My life is in their hands. Who or what situation do I feel I cannot protect myself from? Who communicates to me via a distant form of communication i.e. letters. Who has the ability to give me a small amount of what I need i.e. package of blood but take away so much. i.e. my life?

Reminds me of my ex-boyfriend. I kind of feel he uses me like a vampire uses people for blood, I am emotionally vulnerable and he has power over me because of my deep feelings for him. So in a commitment sense, he plays with me. Sometimes giving me hope and then taking it away at other times. This guy definitely used distant forms of communicating with me. He gives me a little but takes a lot from me and I feel powerless to do what I really want to do which is to run away because I care for him. This situation feels completely foreign, like being in a foreign country because I have never felt love like this before.

*Here, just turn your pages of dream symbols and descriptions over and ask yourself this question:
Who or what situation makes me feel like And then summarise your dream description again with this clear focus of applying the themes you have uncovered to your waking life*



DREAM ANALYSIS

HOW MIGHT THIS DREAM SHED SOME LIGHT ON YOUR FEELINGS, HOPES, FEARS. CONCERNS IN YOUR WAKING LIFE?

This dream is definitely related to my ex-boyfriend who I feel plays with me emotionally, he uses me like a vampire uses a victim for blood.

In a commitment sense my boyfriend plays with my emotions just like in this dream the vampire plays with my life.

In the dream the vampire sending me back packages of blood is giving me something even though in the end he is going to take my life anyway. This is representing the emotional games my boyfriend plays with me, showing me what I want when he feels like it and then taking it away at other times. It is up to him whether I live or die, emotionally speaking.

My boyfriend is in control having all the power in our relationship. He is not made powerless by love, like I am. Similarly in the dream a vampire is immortal so has full power over immortal beings such as me in the dream. How does a human defend themselves against a vampire? Similarly how does one defend themselves against love?

The feeling of lack of control was simply that I am in love with my boyfriend so it is hard for me to get away from somebody I care about even though I know he is bad for me. The foreign city represents that I am in a foreign place emotionally a place I am unfamiliar with.

I was powerless in my feelings and was unable to help myself fully even though I did try to escape.

With my boyfriend I have tried to escape i.e. break-up several times however he always stalks me per say, he takes advantage of my weak emotional status with him because I am the one who cares too much. Because of my feelings I am powerless and get caught up in the games again. The vampire in the dream knows he has power over me, just like my boyfriend in waking life, and uses it to his full advantage and plays with my death...stalling it as long as he can just to have some fun in the meantime.

This is your final analysis where you clearly identify what each dream element means with reference to your waking life situations

PLEASE BE PATIENT. It may not work for you the first time around. As with everything in life.....practice will make you better and eventually you will be analysing dreams with your eyes closed!