

## 5 STEPS TO ANALYZE YOUR PET DREAMS

1. **Title it.** By all means, give it a title and don't think too much about it. Whatever pops into your head is fine. You can always add a subtitle!
2. **Look for themes.** Look for a common thread or think of it as a melody that is repeated often in the dream. Jot these down under the title.
3. **Draw a big circle.** Identify the characters and images and put them all in their own separate little circles inside that big circle. Now draw two eyes and a mouth inside that big circle making a smiley face, because all those separate little parts are really a part of you.
4. **Explore.** Make free associations about each of those characters or images. For instance, if you have a dream about a deer, ask yourself, "What do deer symbolize to me?" Have you seen any lately? What were the circumstances? What comes to mind when you think of a deer?
5. **Insight.** Are there any past experiences similar with elements of the dream that stand out and are easy to make sense out of?