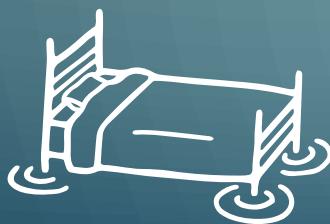


# Grief Dreams

DREAM BUILDER WORKSHEET



The Dream Builder Exercise will give you the opportunity to build a dream that has the deceased present. Remember that in dreams anything is possible. It is recommended that you only build positive dream imagery.

## Step 1.

Pick the characters you want in the dream, including yourself if you want to be in the dream. What age do you want them to be?

Character	Age

## Step 2.

Pick the environment(s) of the dream. Do you want to stay in this one setting the entire dream? Or do you want the dream to change settings part way through?

Environment(s)

## Step 3.

Pick the clothing of all the characters. Be as specific as possible.

Character	Clothing

## Step 4.

Describe how the person looks. Be as specific as possible. Describe each character's health, mood, and what they look like (e.g. hairstyle, makeup, facial hair, etc.). Don't forget to include yourself if you want to be in the dream.

Character	Clothing

## Step 5.

Comment on any scents in your environment from the characters or the environment itself.

Character/Environment	Describe the scent

## Step 6.

What do you want said in the dream (between the characters)? Be as specific as possible.

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## Step 7.

What do you want the characters to do? Do you want to have any physical contact between characters (e.g. hug, hold hands, kiss, etc.)? Be as specific as possible.

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## Step 8.

Now using the answers from the previous steps, write out the dream in as much detail as possible from beginning to end (in a narrative). All the information from previous steps should be incorporated into the dream. You may add additional detail as you write to make the dream flow.

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