

Summary of *The Five Star Method of Dream Analysis*

I. Share dream and feelings

Dreamer shares the dream in the first-person, present tense. The dream worker identifies with the dreamer's experience, and shares feelings that may arise. The dreamer also shares feelings aroused by the dream, too.

II. Formulate the theme or process narrative

In collaboration with the dreamer, the dream worker summarizes the action in the form of a succinct theme. Avoid mention of specific images and names. Use generic nouns like "someone," "something," or "somewhere" to replace specific names, objects and places. Example: "Someone is trying to get somewhere, and encounters an array of obstacles blocking his way."

III. Highlight and Troubleshoot dreamer responses

In collaboration with the dreamer, the dream worker highlights and troubleshoots the dreamer's responses to the dream content. Highlight the responses (i.e. assumptions and reactions) that were made by the dreamer. Ask, "Where did the dreamer respond or react to the dream situations and characters?" Follow up with questions such as these, "Do you respond this way in other areas of your life? Is this a new response, or is it familiar? What was constructive about the dreamer's response? What was unfortunate about the dreamer's response? How could the dreamer have responded differently? What could have happened?"

IV. Analyze the imagery

The dreamer shares his or her associations with the images (amplification). The dream worker can also provide associations and ideas, as well. As an added step, have the dreamer dialogue (role play) with dream images in order to enhance awareness and deepen the relationship with that part of him/herself. Also, the dream worker and dreamer discuss any changes that may have occurred in the dream images in the course of the dream, and how those changes may have related to the dreamer's responses.

V. Apply the dream

Ask the dreamer, "What would you like to do differently if this dream should arise again?" Also ask the dreamer, "Where else in your life can this new response be helpful? Where are you willing to enact this new response?" Any efforts to apply the dream in the dream state and/or waking life situations can be analyzed subsequently and new efforts formulated on the basis of the progress made or difficulties encountered.