Dream Interpretation

Although there is little evidence to Freud’s claim that dreams “reveal hidden truths” by allowing “emotions buried in the unconscious” to come to the surface, over half of Americans believe this to be true. So, for fun, you will attempt to interpret one of your dreams. Choose a dream from your sleep journal and begin by copying it down in the space below. According to Freud, this dream’s story line is your manifest content, a censored, symbolic version of your unconscious drives and wishes.

Freud believed that our manifest content is just a cover for our latent content. According to Freud, latent content are our actual wishes and desires that are being expressed symbolically through the manifest content. We can use symbols from our manifest content to discover the meaning of our dreams, thus discovering our thoughts, wishes and fears from our subconscious. From a computer or phone go to one of the following websites to look up the meaning of symbols in your dream.

http://www.dreammoods.com/dreamdictionary/a.htm
http://www.thecuriousdreamer.com/dreamdictionary/
http://www.mydreamvisions.com/dreamdictionary/

Choose a dream that you have had recently. Think about some of the actions or vivid images in your dreams. These may be symbols that have a deeper meaning. For example, a smile, a friend, a baby, water, being chased, or flying may be symbols that have different meanings. Write each symbol from your dream(s) and using the websites above, record their meanings below.

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Based on the meaning of the symbols in your dream, analyze the latent content (symbolic meaning) of your dream below. You will have to string together the various symbols into one logical analysis.

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