

A Skeleton Key to Dream Interpretation

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Summary. There are typical themes that are repeatedly dreamed by most people. Given their omnipresence in dreams, they may constitute a skeleton key for an interpretation of dreams. Moreover, there have been no guidelines for analyst-oriented interpretation of dream series in the literature. In filling the gap, this study was conducted to demonstrate how the classification of dream themes using the Dream Motif Scale (DMS) can facilitate interpretation of dreams collected overnight without actively involving dreamers in the analytic process. On the strength of previous research findings concerning the DMS categorization of dream themes, overnight alterations in affective valence, and modus operandi of dream expression, nine steps for dream interpretation were developed. The sample contained 7 subjects whose dream experiences were evaluated by the retrospective self-rating, dream-diary, and rapid-eye-movement (REM) awakening methods. In addition, the subjects were guided to derive associations from their REM dreams and interpret the meanings of their REM dreams. Eight emotionally toned REM dreams were selected and analyzed qualitatively using the DMS classification system as illustrations. The results of interpreter-oriented dream analyses were compared against the subjects' self-interpretations and personality profiles assessed by 17 personality traits indicative of superego functioning, instinctual affect, and ego strength. It seems that utilizing the DMS system to identify and classify themes in dreams, supplemented with the analysis of affect valence, can provide clinicians with some directions for working toward a dream interpretation that is consonant with an individual's self-directed dream interpretation and personality characteristics. Since the proposed procedures for dream interpretation do not require dreamers' active participation, they are potentially instrumental in a clinical setting, especially at the beginning of the therapeutic process when certain individuals are reluctant to reflect on their dream experiences. This interpreter-oriented approach, however, only provides an alternative for working with dreams; whether a dream interpretation is useful still hinges on the dreamer's capability to connect it with waking experiences. Additionally, the interpretation protocol proposed in this study requires empirical validation through further investigation.

Keywords: Affect valence, dream analysis, dream themes, dense array electroencephalography, rapid eye movement

1. Introduction

Contemporary practitioners and researchers have proposed various approaches to dream interpretation, such as DeCicco's (2007a, 2007b) storytelling, Delaney's (1993) dream interview, Hill's (1996, 2004) cognitive-experiential model, Kramer's (1993) dream translation, and Sparrow's (2013; Sparrow & Thurston's 2010) analysis of dreamers' responses and styles of relating to dream content. These contemporary approaches typically employ certain classical dream-analytic techniques and facilitate clients to discover connections between dream and waking experiences through the psychoanalytic method of free association or more focused association (DeCicco, 2007b; Delaney, 1993; Hill, 1996, 2004). In modern practice such as Hill's (1996) procedure, therapists are advised to keep their interpretations minimal and prompt clients to develop insights into their dreams. In other words, the success of arriving at the meaning of a dream depends on the client's capacity of self-interpretation. In stark contrast to mainstream approaches, Kramer's (1993) dream translation is one of the very few

exceptions which suggest that therapists can analyze a dream without the dreamer's background and associations. He postulated that instead of dreamers' active involvement, therapists can draw on their own exhaustive associations of images recounted by the dreamer.

Thus far, Hill's (1996, 2004) cognitive-experiential model is the only method for dream analysis which has been rigorously examined by empirical research. This model consists of three main stages: exploration, insight, and action. In the exploration stage, therapists help clients identify three to five impressive images of their dream and derive associations from those images. Clients then construct a meaning of the dream based on the associations obtained in the exploration stage. In the action stage, clients are helped to deliberate on what action they may take in light of the insight they gain from their dream.

Hill (1996) made it clear, at the outset, that there is no right or wrong self-directed dream interpretation because dreams are personal experiences and the same dream images or symbols have different meanings to different individuals. Accordingly, research efforts have been focused on the outcomes of the intervention rather than the accuracy of dream interpretations drawn from the cognitive-experiential model. Specifically, participants who benefit most from the cognitive-experiential dream interpretation tend to embrace positive attitude toward dreams (Hill et al., 2006) and are more involved in the description step of the exploration stage (Kline & Hill, 2014). Moreover, they may recall relatively few dreams in a 2-week dream diary (Hill, Diemer, & Heaton, 1997), provide a report of a salient dream (Gupta & Hill, 2014; Hill et al., 2006), and show low initial insight into

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the dream reported, poor initial functioning in the problem reflected in the dream, and poor initial action ideas related to the dream (Hill et al., 2006). These findings also imply that there are some people who might not benefit much from the client-oriented dream analysis.

Most researchers, even including Kramer, reject a fixed symbol substitution approach to dream analysis. Kramer (1993) emphasized that dream translation by no means rigidly decodes dream symbols according to a dictionary of dream symbols but instead utilizes interpreters' own associations in making sense of the symbols manifested in a client's dream. Basing dream analysis on symbols described by dictionaries or clinical reports is apparently problematic in that those interpretations are nothing more than individual authors' or clients' subjective associations, which do not necessarily apply to other people. Moreover, before establishing certain symbolic meanings shared by people in their dreams, the question as to whether there are typical symbols or images dreamed by most people should be answered.

Freud (1900) observed a number of dream themes that are similarly experienced by many people. He averred that these typical dream themes, such as flying through the air and sharp weapons, signify some universal symbols inherited from ancient times. Contemporary researchers have examined the typicality of dream themes enumerated by Freud in

his seminal book *The Interpretation of Dreams* using five different methods: retrospective self-rating survey (Gahagan, 1936; Griffith, Miyagi, & Tago, 1958; Nielsen et al., 2003; Schredl, Ciric, Götz, & Wittmann, 2004; Yu, 2008a, 2009c, 2010d, 2011a, 2012a), self-report of dreams spontaneously recollected from the previous night (Yu, 2012a, 2015a), content analysis of most recently recalled dreams (Maggiolini, Cagnin, Crippa, Persico, & Rizzi, 2010; Maggiolini, Lazaroni, & Crippa, 2012; Mathes, Schredl, & Göritz, 2014; Yu, 2015b), content analysis of diary dreams (Mathes & Schredl, 2014; Yu, 2015b), and content analysis of dreams retrieved from rapid-eye-movement (REM) sleep (Yu, 2016e).

Findings generated by these methods have corroborated Freud's conjecture that there are typical themes dreamed by most people (see Yu, 2016c, for a review). They suggest, furthermore, that typical dream themes transcend cultural and time boundaries. People from different cultural backgrounds share the similar tendency to dream certain themes as well as the similar tendency not to dream certain themes. Likewise, the most prevalent themes have not altered vis-à-vis the dramatic modernization over the past century since Freud's time. Perhaps even more strikingly, there is evidence that we share similar dream themes with ancient Chinese people before Christ; that is, some typical themes dreamed by people today can be traced as far back as two millennia ago (Yu, 2016d). Taken together, typical themes in

Table 1. 15 Dream Predispositions

Dream predispositions	Description	Examples of dream themes
Grandiosity	Classic grandiose themes that can be observed in schizophrenia	- Having superior knowledge or mental ability - Having magical powers
Persecution	Classic persecutory themes that can be observed in schizophrenia	- Some people plotting against you - Being killed
Ego ideal	Themes involving primitive moral functions and their affective effects, e.g., shame and guilt.	- Failing or performing very badly in front of others (e.g., teachers, classmates, bosses, colleagues, etc.) - Being blamed or punished
Delusion	Themes selected from the Grandiosity, Persecution, and Ego Ideal categories	- Becoming a certain form of deity - Encountering a devil in some form
Paranoia	Themes signifying paranoid personality disorder and schizotypal personality disorder	- Others not giving you proper credit for your achievements - Blaming others for blaming you wrongly
Erotomania	Themes relating to delusional disorder of the erotomanic type	- Having a love affair with a powerful person or celebrity - Having a sexual relationship with a powerful person or celebrity
Appetite-instinct	Basic desires or foraging, consummatory activities; a key component of the Grandiosity predisposition	- Encountering the person that you like or you want to see - Finding money, winning a lottery, or becoming rich
Sensorimotor excitement	Themes featuring vigorous sensory or motor activities	- Flying, soaring, or floating through the air - Being chased or pursued, but not physically injured
Sex	Situations or activities relating to sex	- Being nude - Being inappropriately dressed
Fighting	Aggressive activities, weapons, and tools that have been used as symbols	- Knives, swords, or daggers - Killing someone
Animal symbolism	Animals that have long been used as symbols	- Dragons, tortoises, or snakes - Ferocious beasts
Unusual creature	Nonhuman living beings often described by people with psychotic or dissociative episodes	- Creatures with both human and animal characteristics - Seeing extra-terrestrials
Object-relation	Issues surrounding separation and reunion, previous, regressive relationships; a key component of the Ego Ideal predisposition	- Reuniting with a long-lost fellow or childhood playmate - A person now alive as dead
Convenient dreaming	Classic themes that fend off sleep-disturbing stimuli by contextualizing or satisfying them in dreams	- Eating delicious foods - Being unable to find, or embarrassed about using, a toilet
Inhibition	Themes featuring either the physical inhibition of body movements or the psychological prohibition of certain behaviors	- Being tied, unable to move - Feeling dog-tired, lack of strength in the whole body, and very difficult to move — but you have not stopped, and keep walking very hard

dreams appear to reflect some universal human attributes that are not susceptible to environmental changes.

The salient constancy of typical dream themes across cultures and times implies that the formation of dream narratives is regularly biased toward a specific and limited group of themes. On the strength of repeated exploratory and confirmatory factor analyses, Yu (2009a, 2009c, 2010d, 2012a) developed a delusion-based model that classifies most typical dream themes into the categories of Grandiosity, Persecution, and Ego Ideal (see Table 1). For instance, dream themes classified into the first category, such as “having a superior status” and “having magical powers,” bear a resemblance to grandiose delusions observed in psychosis.

Although dreams are subjective experiences and the meanings of dream images obtained from individual dreamers’ or interpreters’ associations cannot directly apply to other people, previous studies of typical dream themes have revealed some inter-individual similarities in dream experiences. First, there are dream images that most people dream alike. Second, the pattern of statistical associations between these images is very stable across large samples of individual dreamers; on the strength of the statistical factoring techniques, these typical dream images can be categorized into coherent clusters. Third, the meanings of some dream themes within a cluster are transparent and highly comparable to each other (e.g., having a superior status, having superior knowledge or mental ability, becoming an important or famous person) and therefore, the less direct or more metaphoric meanings of some other themes in the same cluster can be easily inferred (e.g., living in a big house).

Besides the three abovementioned major categories, Yu (2010d, 2012a, 2016a) observed some prominent dream themes other than those identified by Freud and created a list of 100 statistically representative dream themes, called Dream Motif Scale (DMS). To supplement the classification and measurement of typical dream content, he developed 12 other categories (see Table 1). The Appetite-Instinct and Object-Relation predispositions, for instance, are scales designed respectively for evaluating the key components of the Grandiosity and Ego Ideal factors. It is important to note that some DMS themes can be classified into more than one predisposition and can be interpreted in multiple fashions. The theme “living in a very big house,” for example, may directly fulfill a wish for more living space (Appetite-Instinct predisposition) or symbolize an inflated ego (Grandiosity predisposition).

According to Yu’s (2016d) three-tier model of dream manifestation, similarly, dream thoughts are represented via three modes: 1) direct contextualization, 2) projective-metaphoric expression, and 3) prototypical expression. Typical dream themes are sometimes contextualized from the physiological states (e.g., toilet themes derived from a full urinary bladder); on other occasions, the similar themes may serve as metaphors, which carry more psychological meanings (e.g., expressing the ego’s inadequacy through the embarrassment theme about using a toilet; see also Yu, 2008c, 2010a, 2012b, 2013c; Yu & Fu, 2011, for a review of the direct and metaphoric expressions of sexual ideas in dreams). Those at the top of the hierarchy are prototypes or highly condensed metaphors that can apply across numerous situations (Yu, 2016d). The glaring example of this is the theme of being chased and pursued, which can be made use of to represent a wide range of developmental issues,

such as a child game of chase and catch and the vignette of being caught by parents for doing something prohibited.

Dream themes that are statistically associated with each other to form a substantive cluster probably carry analogous connotations to a considerable number of people. It is important to note, nonetheless, that the DMS classification model is by no means a fixed symbol substitution approach. Instead, typical themes encompassed in the classification model signify some general inclinations of nocturnal mental life; detecting them in dreams may therefore points to some directions for dream interpretations. In addition, the multilabel structure of the DMS classification can be used in conjunction with the three-tier model to allow a fluid, multi-layered approach to dream interpretation.

The 15 predispositions for modulating dream content can be understood in terms of the neuropsychological mechanisms of dreaming. According to the neurostructural model of dreaming, dreams are actively generated by the neural circuitry made up of the mesolimbic-dopaminergic pathway, the ventromesial-orbitofrontal cortex, and the inferomesial temporal-limbic pathway as a result of the widespread deactivation over the prefrontal convexity (Yu, 2001a, 2001b, 2003, 2005, 2006a, 2006c, 2007a; see also Solms, 1995, 1997, for the original neuropsychological-psychoanalytic model of dreaming). This alludes to the dynamic that the inputs of executive-inhibitory control are weakened, thereby facilitating the primitive, instinctual processes. It should be noted, however, that this dynamic is relative and changes across sleep stages. Mentation activities occur in both REM and non-REM periods but the retrieval rate of dreams varies across REM and non-REM cycles of the night (see Nielsen, 2000; Solms, 2000). Likewise, just as the inhibitory forces are presumably stronger at one REM epoch than another (Yu, 2003, 2006a), so is the intensity of instinctual, affective experiences peaked at different REM periods over the night for different individuals (Yu, 2015c).

The 15 predispositions can be mapped onto the constituents of the neurostructural model of dreaming (see Yu, 2016b, 2016c, for details). For example, the mesolimbic dopaminergic pathway, which plays a pivotal role in consummatory behaviors, can account for the dream themes that comprise the Grandiosity, Erotomania, Appetite-Instinct, and Sex categories. In other words, the DMS categorization of dream images reflects not only the associative meanings substantiated by statistics but also the neuropsychological understanding of dreaming.

The DMS classification model is potentially useful in a clinical setting. The 15 DMS predispositions have been demonstrated to be sensitive to trauma severity (Yu, 2014c) and neuroticism (Yu, 2012a, 2013b, 2013d, 2014b) and differentially indicative of a variety of psychological problems, such as hysterical dissociation and conversion (Yu, 2011b, 2014b, 2014c), obsessive-compulsion (Yu, 2013a), and sleep problems (Yu, 2016a; Yu & Thompson, 2016). Besides serving as indicators of specific problems, the DMS scales measure some attributes that are closely linked with the mental structures – namely, instinctual emotions described by Panksepp (1998a), such as playfulness, caring, and fear and superego functioning as operationalized by agreeableness, conscientiousness, and repressive defensiveness (Yu, 2013b, 2013d).

Contemporary research has shown that there are typical dream themes that are shared by people from different cultures, across different time periods. Since DMS themes

occur as frequently as every REM period of the night (Yu, 2016e) and can be categorized in accordance with the empirically supported factor structure, recognizing these motifs in dreams may constitute a skeleton key to dream interpretation. The process of arriving at an interpretation has been conventionally assuming the dreamer's active role and responses to dream content. Numerous contemporary approaches to dream analysis (e.g., DeCicco, 2007a, 2007b; Hill, & Rochlen, 2002; Schön, 2016; Sparrow, 2013; Yates, 2012) have been put forward; they mostly follow the dreamer-oriented tradition.

Shifting from analyst-oriented to dreamer-oriented interpretation is a tactful strategy in that it is difficult to attest the validity of the interpretation made by an analyst whereas the meaning interpreted or fabricated by a client is always meaningful to the client himself. However, not all clients are suitable for dreamer-oriented interpretation. Specifically, clients who hold negative attitude about dreams, exhibit attachment anxiety, and tend not to remember dreams, are reluctant to discuss their dreams (Hill et al., 2013). It is interesting to note that even in a client-oriented dream session that follows Hill's model, therapists' giving more interpretive responses but fewer probes for insights with clients can indeed help clients gain more insight (Baumann & Hill, 2008). Although contemporary clinicians tend to adopt a client-oriented approach to dream interpretation, interpreting another person's dream is common in a group setting in which other group members project themselves onto and interpret a dream reported by one of the members (e.g., Diermer & Lobell, 1996; Ullman, 1996; Falk & Hill, 1995).

Kramer (1993) illustrated his approach to dream analysis with detailed dream examples, yet his therapist-oriented techniques require considerable knowledge of, familiarity with, and insight into both classical and recent dream literature. By reviewing the re-interpretations of Freud's dream of Irma's Injection in the literature, Kramer (2000) underscored the danger that dream interpretative efforts made by therapists are often unconstrained by methodological standards. Moreover, he argued that morphing presumed day residues or infantile experiences into dream content rather than extrapolating from dream content is the major problem of therapist-oriented interpretation. In other words, without certain constraints and frameworks, therapists can easily twist and contrive interpretations.

Hardenberg's (2017) study demonstrated a large gap between therapists' generally positive attitude toward dream analysis and their actual applications of dream analysis in therapy. This is ipso facto unsurprising. With a few exceptions, contemporary models proposed by applied researchers rarely provide concrete steps for analyzing dream content, especially when the client is not actively involved in the dream-analysis process. It is noteworthy, furthermore, that they are primarily designed for single-dream analysis; none of them explicate any specific techniques in interpreting a series of dreams. Schredl, Ebert, Riede, and Störkel (2015) cautioned that an interpretation of a single dream should not be overstated and overgeneralized to reveal any client's pathology.

There has been no scientific-based system for dream interpretation that does not require dreamers' major involvement. Dream experiences, which are susceptible to the repressive effects of the superego (Yu, 2013b, 2013d), may contain sensitive materials that dreamers resist to mull over. Such a dream-interpretation system can there-

fore provide clinicians with an additional tool for working toward the interpretation of dreams, especially when working with reluctant dreamers. Likewise, there is a need to develop a standardized procedure for analyzing dream series. The electroencephalographic study presented here aims to demonstrate how the DMS classification model can be applied in dream-series interpretation. Spontaneous dream recall varies greatly across individuals. Moreover, dream recall frequency for average individuals is merely once or twice a week, with approximately a fifth of people recalling the main content of their dreams less than once a month (Yu, 2008b, 2010b, 2012c). Therefore, interpretation approaches relying on spontaneous recall are not feasible for habitually low dream recallers. Nonetheless, by utilizing a dense-array electroencephalographic system and the awakening protocol that accommodates the normal lengthening REM periods over the night, mentation can be retrieved from almost every REM period, even in habitually low dream recallers (Yu, 2014a). It is also noteworthy that a typical night's sleep consists of four to six REM episodes but not all REM dreams of the night are well developed and suitable for analysis. Given that dreaming is by nature an emotional experience and the trajectory of affective valence normally reaches its climax in one or two REM periods (Yu, 2015c), the present analysis was strategically focused on the most emotionally toned dream of the night.

There have been no standard procedures for validating whether a dream interpretation is accurate. The present study was therefore geared toward showing how the consistency between the analyst's interpretation and the dreamer's self-interpretation can be examined. Besides the investigator's interpretations, subjects were guided to interpret their own dreams via identifying typical themes in their dreams and bridging their waking and dreamed events. Additionally, a clinically useful interpretation should at least tally with the personality characteristics assessed by clinical observations or psychometric measures. In this study, the DMS-based interpretations of selected REM dreams were juxtaposed with subjects' personality profiles; it was expected that such interpretations should one way or another reflect the ego's functioning and the dynamics between the mental structures. In a nutshell, the present study was intended to depict a testable protocol for analyst-oriented dream interpretation with reference to the framework built on neuroscientific and statistical evidence.

2. Approach

2.1. Subjects and Data Collection Procedures

The sample, which was initially reported in Yu (2016e), contained 7 young adults (age range = 19-22) recruited from a local university. They completed a questionnaire for personality profiling and the Dream Intensity Scale (DIS; Yu, 2008b, 2009b, 2010c, 2010b, 2012c) for assessing retrospective dream frequencies. In addition, they were instructed to record their dreams recalled at home using the provided diary for the week prior to the first laboratory night (see Table 2). Their sleep was monitored by a 256-channel EEG system at the laboratory for three consecutive nights. The first two nights helped the subjects adapt to the laboratory environment. REM awakenings and interviews were carried out on the third night. The subjects were allowed to sleep as much as they wanted so long as they had slept through four

REM periods. Details of the high-density EEG method and progressive-interval REM awakening protocol can be found in previous reports (Yu, 2014a, 2015c). Although no experimental awakenings were made on the first two laboratory nights, the subjects were asked next morning to report any dreams that they might have experienced.

Upon each REM awakening, the subjects were guided to think back what had been going on in their mind right before they were awakened. After telling their recollections of dreams or any other things that they experienced during the REM episode, they were asked to rate the intensity of each of the 11 affect types on a 11-point scale (0 = *no such a feeling* to 10 = *experience that feeling very strongly*): seeking (“feeling curious, going after or satisfying a desire”), caring, happiness/playfulness, fear, sadness, anger, exciting, superiority, embarrassment, guilt, and shame or inferiority. The subjects used the same scales to evaluate their emotional feelings immediately before and after sleep. The positive affect score was calculated by summing up the seeking, caring, happiness, exciting, and superiority scale scores. The sum of the fear, sadness, anger, embarrassment, guilt, and shame scale scores yielded a global score for negative emotions. Details of the protocol for assessing emotions before, during, and after dreaming sleep can be found elsewhere (Yu, 2007b, 2015c). Subject’s mentation reports were audiorecorded and were transcribed verbatim immediately after REM interviews. Next morning, they were asked to read through their mentation reports collected over the night and to identify all themes in each REM-mentation episode using the DMS list. After that, they were guided to

interpret the meanings of those mentation scenarios with the aid of a written protocol, which asked them to generate focused associations from the affective and narrative experiences in the reports.

2.2. Research Instruments

All instruments utilized throughout the data collection process are listed in Table 2. Dream activities were assessed by three methods: retrospective self-rating, dream diary, and REM awakening. The DIS is a self-rating scale, which consists of 23 items measuring four primary factors for dream intensity: Dream Quantity, Dream Vividness, Diffusion, and Altered Dream Episodes. The Dream Quantity scale comprises the frequencies of dream awareness, recalling the main content of dreams, multiple dreams in a single night, nightmares, and nightmare awakening. The DMS list consists of 100 dream themes, which can be classified into 15 predispositions that are thought to modulate the formation of dream narratives. The rationales for the selection and inclusion of themes on the DMS list can be found in previous reports (Yu, 2008a, 2009a, 2009c, 2010d, 2012a, 2016a, 2016b, 2016c). The DMS were designed for evaluating subjective lifetime frequencies of dreaming typical themes but in this study, were used for identifying themes occurring in successive REM dreams across the night.

Seventeen personality variables that are concerned with the daily functioning of the three major mental structures and have been shown to modulate dream experiences were assessed in this study (see Table 2). The three major areas

Table 2. Instruments Employed in the Present Study

Procedures	Instruments	Purposes	
Instruction session	Dream Intensity Scale (Yu, 2008b, 2009b, 2010c, 2010b, 2012c)	Assessing retrospective dream intensity	
	Dream diary (Yu, 2006b)	Assessing spontaneous dream recall at home	
	Big-Five Factor Markers: Agreeableness (Goldberg, 1992)	Assessing superego functions	
	Big-Five Factor Markers: Conscientiousness (Goldberg, 1992)		
	Marlowe-Crowne Social Desirability Scale (Crowne & Marlowe, 1960)	Assessing affective functions	
	Sexual suppression (Ko, 1998)		
	International Personality Item Pool: Immoderation (Goldberg, 2006)		
	Affective Neuroscience Personality Scales (Davis, Panksepp, & Norman-sell, 2003; Davis & Panksepp, 2011)		
	Big-Five Factor Markers: Extraversion (Goldberg, 1992)		Assessing ego functions
	International Personality Item Pool: Social confidence (Goldberg, 2006)		Assessing ego functions
	International Personality Item Pool: Rationality (Goldberg, 2006)		
	International Personality Item Pool: Flexibility (Goldberg, 2006)		
	Laboratory nights	International Personality Item Pool: Assertiveness (Goldberg, 2006)	Monitoring sleep activities
International Personality Item Pool: Self-efficacy (Goldberg, 2006)			
High-density EEG system		Monitoring sleep activities	
Dream diary (Yu, 2006b) for the first two nights		Assessing spontaneous dream recall at the laboratory	
Progressive-interval REM awakening protocol (Yu, 2014a, 2015a, 2015c) for the third night		Collecting dreams from REM sleep	
Dream analysis	Affect valence scale (Yu, 2015c)	Evaluating emotions experienced during REM sleep	
	Dream Motif Scale (Yu, 2008a, 2009a, 2009c, 2010d, 2012a)	Facilitating subjects to identify themes in dreams	
	Dream Motif Scale (Yu, 2008a, 2009a, 2009c, 2010d, 2012a)	Facilitating the interpreter to identify themes in subjects’ dreams	
	Classification of dream themes (Yu, 2008a, 2009a, 2009c, 2010d, 2012a, 2016a, 2016b, 2016c)	Identifying the major predispositions to which the dream themes belong	

of functioning are superego functioning, instinctual affect, and ego strength. According to Yu's (2013b, 2013d) previous studies, superego functioning can be pertinently assessed by repressive defensiveness, agreeableness, and conscientiousness. In the study presented here, these factors were measured using the Big-Five Factor Markers (Goldberg, 1992) and Marlowe-Crowne Social Desirability Scale (MCSDS; Crowne & Marlowe, 1960). To supplement the measurement of superego functioning, sexual suppression (e.g., avoiding conversations or media relating to sex topics) and immoderation (e.g., often eating too much, being unable to control cravings, spending more than one can afford), which directly address a person's modus operandi for managing appetitive desires, were assessed for two reasons. First, these two factors are not covered by the three-factor measurement of superego functioning, yet they are theoretically important indicators of the superego's inhibitory effects. Second, the Appetite-Instinct predisposition plays a part in the formation of dream narratives (Yu, 2001b, 2007a, 2010d).

Based on the solid neurophysiological evidence that there are six well identified subcortical brain systems for instinctual affect (Panksepp, 1998a), Panksepp and his colleagues (Davis & Panksepp, 2011; Davis, Panksepp, & Normansell, 2003) constructed the Affective Neuroscience Personality Scales (ANPS) for assessing six types of instinctual affect: anger, fear, sadness, playfulness, seeking, and caring. The ANPS (Davis et al., 2003) were used to assess these emotional attributes of the 7 subjects before the laboratory nights. If dream interpretations are clinically useful, they should, in some way, reflect ego strength, functions, and coping mechanisms. Therefore, scales developed by Goldberg's (1992, 2006) research group were employed to measure six factors that can indicate the ego's confidence in surviving and dealing with conflicts in the social world: extraversion, social confidence, assertiveness, rationality, flexibility, and self-efficacy.

The subjects' personality scores were standardized using the mean scores and standard deviations derived from a sample of 73 age-matched ($M = 18.97$, $SD = 1.202$, range = 17-22) young adults (17 men; 56 women). In the normative sample, men scored lower in the sexual suppression scale, $t = -3.323$, $p = .001$, Cohen's $d = -0.865$, and higher in the rationality scale than did women, $t = 1.998$, $p = .050$, Cohen's $d = 0.592$; therefore, the subjects' scores for these two scales were compared against the norms for the respective sex rather than those of the entire normative sample. No sex differences were noted for the remaining 15 scales.

2.3. Nine-Step Thematic Interpretation Protocol

On the basis of the neural dynamics of dreaming and the classification of dream themes reviewed in the introduction, nine steps were devised for dream interpretation:

Step 1: Chart the vicissitude of a dream series and mark the dream/s with strongest emotions in order to identify dreams over the night with a good interpretive value;

Step 2: Identify DMS themes appearing in each dream of the series;

Step 3: Review the DMS themes, for each dream, identified by the dreamer and those identified by the interpreter;

Step 4: Check which DMS predispositions the themes identified can be classified into;

Step 5: Discern any dream themes that might derive from

physiological states, for example, teeth falling out, urinating, a body part broken or detaching from the body (e.g., broken neck, arm, or leg) and themes of the Sensorimotor Excitement category. These somatic themes do not necessarily carry important psychological meanings but are directly contextualized from the physiological states. Interpretations may be superfluous if a dream is solely made up of these somatic themes and meet the following three criteria: 1) emotions experienced in the dream can be directly explained by the dream image (e.g., fear due to losing teeth), 2) the dream image is monotonous, and 3) no other significant events happen in the dream.

Step 6: Identify the DMS predispositions on which most themes identified are clustered and determine the major predisposition for each dream/the most emotional dream over the night;

Step 7: Identify repeated or dominant DMS themes and predispositions across the dreams of the night;

Step 8: Make an interpretation

Step 9: Juxtapose the interpretation with information available, such as the dreamer's personality profile. Special attention is paid to the dreamer's superego functioning, emotionality/emotional concerns, and ego coping mechanisms.

2.4. Protocol for Guided Self-Interpretation of Dreams

Subjects were guided to re-experience, reflect on, and interpret their own dreams through the following 11 written instructions:

- 1) Please recall what feelings or emotions you experienced in your dream. Please try to explain why you had those feelings or emotions.
- 2) Think over: "Does anything in the dream give you familiar feelings?"
- 3) Think over: "Do this dream and every detail of it remind you of anything (people, events, objects, something about yourself)?"
- 4) Think over: "Do this dream and every detail of it make you feel anything (not necessarily the same feelings in the dream)?"
- 5) Please think about: "Do these associated thoughts and feelings inside or outside the dream have any connections with your experiences in the daytime?"
- 6) Please thoroughly mull over: "Do this dream and every detail of it have any meaning to you?"
- 7) Please thoroughly think over: "Why did you have this dream?"
- 8) If this dream had continued, what could have happened? How could it have ended?
- 9) How would you wish it to end?
- 10) Do you think if this dream helped you solve anything?
- 11) Please answer this question only after answering all questions about other dreams: "Do you think if there are any connections among your dreams last night?"

3. Analyses

Table 3 presents an example of the DMS-based interpretation process. The comparisons of dream themes and predispositions in Subject 3's REM 3 and REM4 reports suggested his grandiose wishes being curbed and indirectly gratified. This interpretation coincided with the subject's personality profile and self-interpretations of REM 3 and REM4 dreams.

Table 3. Example of DMS-Based Dream Interpretation Procedure: Subject 1's REM Dreams

Step	Content	Dream report 1	Dream report 2
Step 1	Chart the vicissitude of a dream series and mark the dream/s with strongest emotions	REM3 dream report Strongest emotions included seeking (9) and anger (7).	REM4 dream report Strongest emotions included seeking (9), fear (6), sadness (6), guilt (6), shame (6), and urgency (6).
Step 2	Identify DMS themes appearing in each dream of the series	It was about me and my two friends, who were my university fellows. <i>I did assignments faster than other people did, started and finished them much earlier.</i> Like there were 10 homework assignments, the deadlines for some of them were next week, but I finished all 10 assignments this week while other people were still working on the assignments. They might have finished 8 or 9. There was a person, who was called T. <i>He would... I would feel that he did not like me and wondered why I did it so fast. On the other hand, he would ask for my help and consult my homework...</i> My impression was I ran into two girls in an underground station. Both were friends of mine at the university. One of them was the boy's girlfriend, T's girlfriend... Because I wanted to buy the same type of shoes to finish my mission (assignment), that is, inside the dream, the homework was buying shoes and understanding them. <i>I bought at a higher price and I blamed myself for being so foolish. I mean, I felt self-contempt because I paid too much for the shoes...</i> Talking about the two ladies, the most impressive was one of the girls, the size of her feet was 11! The other one was also 10! I was struck by how large their shoe sizes were. Those sizes were normally boys' sizes. Only boys had such large feet...	Some foreigners, Westerners... they were assassins. They were equipped with lots of killing skills and techniques. They would hurt each other. I participated in it, felt that I was one of the characters. I lost to one of the killers. There was one super killer... <i>The male killer could use some magic to push all the female killer's minions down, teleport them to another space, and lock them up. Even I had been locked up.</i> At that time... as I recalled, this killer, <i>as in many episodes of a movie</i> , was very conversant with those combat skills, strategies. Because he knew very well the others' strategies, he would never lose. I told the lady killer that <i>we could not fight against him</i> (in the Cantonese verbatim, he used the phrase "hit against him" to describe this), we were no match for him no matter what tactics we could think of. I had an impression that toward the end... there were shots in which <i>they had sex</i> . I was not in those scenes, but paradoxically, exactly because I was not in those scenes, I knew they had sex. So weird... <i>Say, I saw him put off her clothes and then fondle her... that is it, then fondle her breasts...</i>
Step 3	Review the DMS themes, for each dream, identified by the dreamer and those identified by the interpreter	A theme identified by the subject: <u>57 Blaming yourself</u> (The corresponding phrases of the theme that can be observed in the excerpt of the interview are underlined.) A theme identified by the investigator but not by the subject: 16 Having superior knowledge or mental ability	Themes identified by the subject: <u>8 Being locked up</u> 15 Being tied, unable to move <u>28 Sexual experiences</u> 77 Knives, swords, or daggers 79 Other weapons (The corresponding phrases of the themes that can be observed in the excerpt of the interview are underlined.) Themes identified by the investigator but not by the subject: 19 Having magical powers (other than flying, soaring, or floating through the air) 37 Being in a movie, fiction, or drama 82 Hitting something or someone
Step 4	Check which DMS predispositions the themes identified can be classified into	The themes identified by the subject: <u>57 Blaming yourself</u> (Ego Ideal, Paranoia, Inhibition) A theme identified by the investigator but not by the subject: 16 Having superior knowledge or mental ability (Grandiosity)	The themes identified by the subject: <u>8 Being locked up</u> (Persecution, Inhibition) 15, Being tied, unable to move (Persecution, Inhibition) <u>28 Sexual experiences</u> (Grandiosity, Erotomania, Sex) 77 Knives, swords, or daggers (Fighting) 79 Other weapons (Fighting) The themes identified by the investigator but not by the subject: 19 Having magical powers (other than flying, soaring, or floating through the air) (Grandiosity) 37 Being in a movie, fiction, or drama (Grandiosity, Erotomania) 82 Hitting something or someone (Fighting)
Step 5	Discern any dream themes that might derive from physiological states and meet the three criteria	No themes were related to physiological states.	There were three themes that might be contextualized from physiological states: 8 Being locked up; 15 Being tied, unable to move 28 Sexual experiences However, the dream cannot meet two of the three criteria: Criterion 2 The dream image is monotonous; and Criterion 3 No other significant events happen in the dream.
Step 6	Identify the DMS predispositions on which most themes identified are clustered	Although only two themes were identified, the dream report was dominated by the Ego Ideal/Inhibition and Grandiosity predispositions.	Grandiosity and Fighting
Step 7	Identify repeated or dominant DMS themes and predispositions across the dreams	Inhibition and Grandiosity	Inhibition and Grandiosity
Step 8	Make an interpretation	As captured by Theme 16, his grandiosity had snuck out at the very beginning of the dream series but since then was masked by his being critical against himself. His grandiosity was, as he explicated, socially disagreeable. His grandiosity could also be inferred from the last few sentences. By commenting on the ladies' heaviness, he actually cut them down to size. At the same time, he felt big. Big feet might have sexual implications in that feet can mean genitals, from both Freudian and ancient Chinese aesthetic perspectives. Shoe is also a metaphor in colloquial Chinese. For example, the phrase wearing someone's old shoe denotes having a relationship with someone's ex-partner. The symbolism of foot or shoe in the dream was quite evident. Subject 1 himself pointed out that the pair of expensive shoes represented the love between T and his girlfriend. Their love might be "expensive" and "unnecessary." Again, this act seemed to cut people down to size. All dream events mentioned above can be summarized by the grandiose theme "having a superior status" (DMS Item 67).	Although his REM4 dream was predominantly persecutory and negative affect appeared to be more dominant than positive affect, it showed quite a lot of grandiose characteristics and both sexually explicit content and aggressive symbols. Besides the themes listed above, there were other motifs similar to those DMS grandiose themes, e.g., associating with prominent people – namely, the top male killer and the top female killer. In fact, he himself was also a persecutor and was the third super killer in the dream although he only implied it in the verbatim report. Overall, this dream seemed to serve a motivating function by idealizing the male killer and imbuing him with omnipotence. In other words, the top killer in the hierarchy served as a role model for the dreamer. Lying under his manifest inferiority and ego hurt in the dream, his grandiose wishes and appetitive desires were fulfilled through the surrogate super killer.

Table 3 (continued). Example of DMS-Based Dream Interpretation Procedure: Subject 1’s REM Dreams

Step	Content	Dream report 1	Dream report 2
Step 9	Juxtapose the interpretation with information available Dreamer’s self-interpretation	<p>“He seemed to be covertly jealous of me because I finished it so quickly.”</p> <p>“Someone else wants to know my progress of doing an assignment and wants to borrow my assignment for reference.”</p> <p>“I would obtain a grade a bit higher than other classmates”</p> <p>The subject’s remarks were consistent with the investigator’s interpretation in that both addressed his superiority issue.</p>	<p>“Perhaps, I want to be the most powerful person, so that I can satisfy my desires.”</p> <p>“I wish I would occur to break their moment of sex and destroy the dark power.”</p> <p>“I see my nature, because deep down I am not so righteous. There is a dark corner in my inner world, which puts a limit to my self-transcendence.”</p> <p>“Yes, the two dreams are both about competition or comparison.”</p> <p>The subject’s self-interpretation and the investigator’s interpretation converged in suggesting that the subject fulfilled his grandiosity wish indirectly in the face of his counter wish for perfectionism.</p>
	Dreamer’s personality profile	Subject 1 scored relatively highly in superego functions but lowly in sexual suppression. This might explain why his grandiosity and desires for superiority were reined in by the inhibitory or superego forces in his dreams but on the other hand, his sexual desires managed to emerge.	
	Dreamer’s other characteristics	Subject 1’s DIS global score, DIS Quantitative score, dream diary record, and the morning reports of the first two laboratory nights all indicated that his spontaneous dream recall frequency was very low. Similarly, no mentation reports could be retrieved from the first two REM episodes. All these accorded with his repressive tendency.	

The same procedure applied to the other subjects. Details of dream interpretations are provided in Appendices A-P. The following analyses compared all seven subjects’ dream experiences obtained with the retrospective, diary, and REM-awakening methods. Each subject’s series of REM dreams displayed a distinct predisposition, which could be explained by their respective personality profile and could be compared favorably with their self-interpretation.

3.1. Analysis of Retrospective, Diary, and REM Dream Quantities

Spontaneous dream recall on the first two laboratory nights was rare in the present sample. Only three morning dream reports, all of which involved DMS Theme 98 (“waking from sleep”), were obtained from Subjects 4 and 6. The remaining five subjects claimed to have no dream, forget dream content, or be uncertain whether they had dreamed on the two adaptation nights. Subject 1 was a habitually low dream recaller in all quantitative aspects (see Table 4). Although Subjects 2 and 3 scored relatively high in the DIS and report dream awareness almost every morning in the one-week diary, they produced no dream reports on the first two laboratory nights. For all these three subjects, no mentation or dream report could be obtained in two of the first three REM episodes (see Table 5). Of the 10 REM reports devoid of mentation or clear dream recall, 8 were obtained in the first two REM cycles and 7 were collected from Subjects 1, 2, and 3.

Subjects 1, 2, and 3 had only one or two elaborate dream reports throughout the third laboratory night and the trajectory of the intensity of their affect valence peaked in the later part of the night in the fourth REM episode (REM4). Four of the five reports of no mentation were provided by Subjects 1 and 3. The absence of mentation of all these four REM awakenings could be attributed to their less well-developed REM sleep, including intermittent intrusions of K-complexes (Subject 1’s REM1), an earlier shift to the non-REM stage than scheduled (Subject 3’s REM3, Subject 1’s REM2), and both features (Subject 3’s REM1). The delayed development of optimal REM dreams for Subjects 1, 2, and 3, as with the thematic analyses of their REM dreams as detailed below, indicated that they were relatively defensive dreamers, albeit defense of various types, to a lesser extent, also being observed in other subjects. Overall, the quantitative analysis of dreams suggested that Subject 1 was consistently defen-

sive against the awareness of dream experiences whereas such a defensive tendency of Subjects 2 and 3 was more restricted to the laboratory context.

3.2. Thematic Analysis of REM Dream Reports

Virtually all dreams collected contained a typical theme (see Tables 5 and 6). Each dream reported by the subjects was a distinct story and no two dreams featured a similar narrative or context both between and within the subjects. For instance, Subject 1 dreamed about doing school-assignments in REM3 and about killers combating each other in REM4 (see Appendices A and C). Subject 2 had a vague dream about two young men chasing each other in REM2 and a much clearer dream about waking up from sleep at the sleep laboratory in REM4. Subject 5 was pursued by her acquaintances in her REM5 dream whereas her REM7 dream involved a nurse saving people suffering from ordeals.

Nevertheless, Subjects 5, 6, and 7 identified some recurrent themes across their REM episodes – that is, Items 1 (“being chased or pursued, but not physically injured”) and 9 (“dragons, tortoises, or snakes”) for Subject 5, Items 1 (“being chased or pursued, but not physically injured”), 51 (“being blamed or punished”), 52 (“blaming others for doing something wrongly/ making troubles/ committing mistakes”), and 91 (“flying into a rage, getting into a temper, or cursing”) for Subject 6, and Items 5 (“eating delicious foods or having a rich meal”), 71 (“searching for a certain place”), and 86 (“coming into contact with an important person or a celebrity”) for Subject 7. Even though the contents of each dream series were different, there were recurrent themes over successive REM periods. Moreover, the themes of dreams collected from the same subject across different REM periods tended to fall within the same category, except Subjects 2 and 3, whose dream recall was the worst on the experimental night. For instance, Item 57 (“blaming yourself”) in REM3 and Items 8 (“being locked up”) and 15 (“being tied, unable to move”) in REM4 for Subject 1 can be classified into the Inhibition predisposition. Five of the 7 subjects’ dream series, as indicated by the recurrent themes or predispositions, appeared to surround a particular issue (see Tables 5 and 6).

The average postsleep affect intensity for 6 of the 7 subjects was lower than its presleep counterpart, with the exception of Subject 1, whose higher postsleep score was primarily contributed by stronger positive emotions. Similarly, except for Subject 7, all other subjects experienced more

intense emotions during one or two REM periods than did they in the preceding day. Subjects 1, 2, and 3 experienced the strongest overall affect in REM4, the most emotional dream for Subjects 4 and 7 emerging in REM 2. The most emotional dream/s for Subjects 1, 5, 6, and 7 contained a recurring theme or predisposition over the night. Although three of four REM dreams reported by Subject 4 were dreams of convenience (which addressed some current need of the dreamer), the dream showing the most intense emotions was a persecutory dream in REM2.

Detailed thematic interpretations of these most emotional dreams are presented in Appendices A-P. During his REM3 sleep, Subject 1 dreamed about engaging in an unusual school assignment, which required him to purchase and study some shoes (Appendix A). His REM4 dream involved killers fighting each other and presented with both sexually explicit materials and aggressive symbols (Appendix C). Although these two dreams featured very different narratives and backdrops, both were characterized by the inhibition predisposition – psychological inhibition in REM3 and physical inhibition in REM4. In addition, some grandiose themes in both REM3 and REM4 dreams were noted by the present author but were missed out by the subject probably because they were somehow curbed and overshadowed by the inhibitory forces in the dreams and their concomitant negative affect, especially his self-blame and anger in REM3 and his shame and guilt in REM4.

Indeed, the subject had implied his superiority feeling at the very beginning of his REM3 report, “I would feel that he did not like me and wondered why I did it so fast.” His grandiosity, as this remark revealed, was proven to be socially disagreeable. Moreover, he used comparative words frequently in both REM3 and REM4 and substantially understated his role in REM4 as compared with his much stronger first-person perspective in REM3. Overall, it seemed that underlying the manifest expression of his inferiority and ego hurt, his even wilder grandiose wishes, which were at odds with his social conscience, were bound to be fulfilled through a surrogate in REM4. In other words, Subject 1, while pro-

jecting the omnipotent part of himself to form the top killer in his mind, undid his grandiosity via being persecuted and locked up by the top killer that he created. This mechanism, one way or another, resembled projective identification.

By detecting DMS themes and clarifying their categorizations, varying dynamics and defenses could also be observed in all other subjects' dreams. Instead of being chased in his vague REM2 dream, Subject 2 saw two men of his age chase each other, thus staying away from the potentially “dangerous” scenario. Likewise, his REM4 was a dream of convenience, in which he jumped to the end of the sleep experiment without going through the actual experimental process of awakenings (Appendix E). That was perhaps exactly what he looked forward to right before he slept. In her REM4 episode, Subject 3 dreamed about a middle-aged couple getting stranded at a hospital because of severe floods outside (Appendix G). At the beginning, she saw the couple from the third-person perspective but at some point, she (this subject was in her young adulthood) became the middle-aged woman and took the first-person perspective. It appeared that Subject 3 would rather get stuck within her comfort zone and stay with her old man than taking the risk of reaching out and getting dirty, muddy all over her body. As with Subject 2, she circumvented a danger in her dream.

Subject 4 appeared to be a victim in his dream of a car accident (Appendix I). Through persecuting his girlfriend and himself by loosening control over the car, nonetheless, he created a scenario in which he not only gave vent to his aggression but also satisfied the need of being cared for and proved the love of her girlfriend toward him. Subject 5's superego-ego ideal organization turned sadistic and around against herself in REM5 (see Yu, 2016e, for details of this dream). This ego damage was compensated for in REM7 by the heroic romance of a feeble mind saving the complicated, inner world from the apocalypse (Appendix K). Although Subject 6 claimed that she was not the flight attendant being accused and pursued in her REM3 dream, she felt the rush of being chased (Appendix M). Moreover, the recurrent

Table 4. Retrospective Dream Frequencies, Diary-Dream Recall, and Dream Recall on the First Two Laboratory Nights

Subject no.	Sex/Age	DIS dream awareness frequency	DIS frequency of recalling main dream content	DIS global score	DIS dream quantity score	Dream awareness frequency by one-week diary	Adaptation Night 1	Adaptation Night 2
1	M/22	About once a month	Seven to eleven times a year	24	13	1	Dream awareness	Dream awareness
2	M/20	Almost every night	Two to six times a week	63	36	6	No dreaming	Unsure
3	F/20	Two to six times a week	Two to six times a week	68	21	5	No dreaming	No dreaming
4	M/19	Two to six times a week	About once a week	88	37	3	Dream recall	Dream recall
5	F/19	Almost every night	Two to six times a year	65	27	6	Dream awareness	Dream awareness
6	F/20	Two to three times a month	About once a month	59	24	4	Dream recall, typical convenient dream	Dream awareness
7	F/20	Two to six times a week	About once a week	68	25	7	Dream awareness	Unsure
Yu's (2012c) norms	10.62 ± 9.246 per month	6.37 ± 8.055 per month	53.67 ± 16.672	21.70 ± 7.683	-	-	-	-

Table 5. Item Numbers of DMS Themes Identified by the Subjects on the Experimental Night

Subject	REM1	REM2	REM3	REM4	REM5	REM6	REM7	Repeated category across REM periods	Most frequently repeated category
1	No mentation	No mentation	57 S*	8, 15, 28, 77, 79 N*	No DMS theme identified P			Inhibition	Inhibition
2	White dream	White dream	No DMS theme identified P	97, 98 P*	White dream				Convenient dreaming
3	No mentation	No DMS theme identified P	No mentation	No DMS theme identified P*					
4	98 P	29 P*	No DMS theme identified P	No DMS theme identified S					
5	No mentation	White dream	27 P	5, 9, 36, 80 P	1, 52, 65, 66 N*	No DMS theme identified P	1, 2, 9, 11, 37, 43, 47, 64, 71, 81, 85 N	Persecution, Ego-Ideal, Animal symbolism, Sensorimotor Excitement, Fighting, Appetite-Instinct	Persecution
6	53 P	3, 27, 51, 61 N	1, 12, 51, 52, 74, 91, 95 P*	52, 93 P	No DMS theme identified S	1, 2, 15, 24, 38, 49, 51, 77, 91 N		Ego-Ideal, Persecution, Sensorimotor Excitement, Paranoia, Object Relation, Inhibition, Appetite-Instinct	Ego-Ideal, Persecution
7	White dream	5, 37, 86, 93, 95 P*	5, 53, 86 P	71 P	71 P	59 P		Appetite-Instinct, Erotomania, Grandiosity, Sensorimotor Excitement	Appetite-Instinct

Note. Only themes identified by the subjects are shown. Themes identified by both the subjects and investigator are provided in Appendices A-O. Details of the themes and their categorization are provided in Table 5.

Bolded theme numbers were repeatedly dreamed by the same subject in two REM episodes.

*REM episodes with the strongest overall affect of the night.

P = REM episode with stronger positive affect valence; N = REM episode with stronger negative affect valence; S = Difference between positive and negative affect valence was smaller than 0.5.

themes of blaming and being blamed, which threaded her REM2, REM3, REM4, and REM6 dreams together, highly suggested that Subject 6 suffered a superego issue. Although both Subjects 5 and 6 presented with a superego disturbance in their dreams, Subject 5's disturbance was about the ego being attacked by sadistic objects whereas lying at the heart of Subject 6's seemed to be its paranoid, regressive characteristics.

Subject 7 was the only subject, whose REM dreams were invariably positively toned and were clearly driven by the Appetite-Instinct predisposition (see Appendix O, for her REM2 report). Among the 7 subjects, she fulfilled her wishes in the most straightforward fashion. Sexual ideas were represented, both directly and metaphorically, in her dreams. Nevertheless, her waking mind seemed to defend against such desires in the form of direct denial and secondary omission of sensitive dream themes. It is worth noting that sex symbols (Animal Symbolism and Fighting predispositions) were also found in Subject 1's REM4 and Subject 5's REM4 and REM7.

3.3. Analysis of Mental Structures in Relation to the Manifestations of Dreams

Subjects 2 and 3 exhibited a very similar personality profile in that both were low on the immoderation and negative-affect

dimensions (see Table 7 and Figure 1). Subject 1 scored similarly lowly on the negative-affect dimension but scored higher on the superego dimension. Accordingly, less intense negative affect and relatively strong superego or control over desires could provide an explanation for their meagre dream recall. The superego score for Subjects 2 and 3 was not peculiarly high. As operationalized in this study, superego encompasses more than one psychological trait and is assumed to have pervasive effects on a wide range of behaviors. On the other hand, immoderation describes a specific superego function that is at least partially contingent on situations, such as satiety levels and financial circumstances. This seemed to substantiate the observation that dream recall of Subjects 2 and 3 was not constantly poor but was more context-dependent. Unlike Subjects 2 and 3, Subject 1 scored relatively highly in immoderation and lowly in sexual suppression. This might explain why his grandiosity and desires for superiority were reined in by the inhibitory or superego forces in his dreams but on the other hand, his sexual desires managed to emerge.

In contrast to Subjects 1, 2, and 3, Subjects 4, 5, and 6 scored highly on the negative-affect and immoderation dimensions and relatively lowly on the superego dimension. They had the highest score in anger, fear, and sadness, respectively. In his REM2 dream, Subject 4's anger and immoderation were perhaps symbolized with his loosening

Table 6. Categorization of DMS Themes Identified by the Subjects

Item No.	DMS Theme	Categorization
1	Being chased or pursued, but not physically injured	Persecution, Sensorimotor Excitement
2	Being physically attacked (e.g., beaten, stabbed, raped, etc.)	Persecution
3	Trying again and again to do something	Persecution, Sensorimotor Excitement
5	Eating delicious foods or having a rich meal	Appetite-Instinct, Convenient Dreaming
8	Being locked up	Persecution, Inhibition
9	Dragons, tortoises, or snakes	Animal symbolism
11	Flying, soaring, or floating through the air	Persecution, Sensorimotor Excitement
12	Falling	Sensorimotor Excitement
15	Being tied, unable to move	Persecution, Inhibition
24	Being killed	Persecution
27	School, teachers, and studying	Ego Ideal
28	Sexual experiences	Grandiosity, Erotomania, Sex
29	Losing control of a vehicle (e.g., car, aircraft, etc.)	Persecution
36	Ferocious beasts	Persecution, Animal symbolism
37	Being in a movie, fiction, or drama	Grandiosity, Erotomania
38	Killing someone	Persecution, Fighting
43	Being an animal	Unusual Creature
47	A flying object crashing (e.g., aircraft)	Fighting
49	Being persecuted	Persecution
51	Being blamed or punished	Ego Ideal, Inhibition
52	Blaming others for doing something wrongly/ making troubles/ committing mistakes	Ego Ideal, Paranoia
53	Entering or passing through a narrow space	Persecution, Sensorimotor Excitement
57	Blaming yourself	Ego Ideal, Paranoia, Inhibition
59	Living in a very big house	Grandiosity, Appetite-Instinct
61	Some people are spying on or talking about you	Ego Ideal, Paranoia, Inhibition
64	Dogs	Animal symbolism, Object Relation
65	Failing or performing very badly in front of others (e.g., teachers, classmates, bosses, colleagues, etc.)	Ego Ideal
66	Others not giving you proper credit for your achievements	Ego Ideal, Paranoia
71	Searching for a certain place	Ego Ideal, Appetite-Instinct, Sensorimotor Excitement
74	Reuniting with a long-lost schoolmate	Object Relation
77	Knives, swords, or daggers	Fighting
79	Other weapons	Fighting
80	Shooting or remote attacks (e.g., firing a gun, shooting an arrow, vacuum surge fist, qigong attacks, etc.)	Fighting
81	Rescuing somebody	Grandiosity, Erotomania
85	Balls or globoid	Fighting
86	Coming into contact with an important person or a celebrity	Grandiosity, Erotomania
91	Flying into a rage, getting into a temper, or cursing	Ego Ideal
93	Encountering the person that you like or you want to see	Erotomania, Appetite-Instinct, Object Relation
95	Eating candies, ice-cream, or sweetmeat (e.g., lollipop, chocolate, ice pop, cake, etc.)	Appetite-Instinct
97	Seeing yourself sleeping	Convenient Dreaming
98	Waking from sleep	Convenient Dreaming

control over the vehicle, which contained his girlfriend and himself and might represent their relationship. Being pursued by her acquaintances and closest ones in Subject 5's REM5 dream resonated with her high score in the fear scale and markedly low scores in the extraversion, social confidence, and assertiveness scales. The weak, skinny nurse in her REM7 dream also mirrored her ego strength score, which was the lowest among the 7 subjects. Moreover, her low sexual suppression score suggested that the recurrence of animal symbols in her REM dreams might carry sexual connotations. Subject 6's superego functioning, especially social desirability, was the weakest amongst the subjects while her overall negative affect was the most intense. This issue of underdeveloped superego seemed to be carried over into her REM dreams, in almost every one of which the reaction-formation themes of blaming and being blamed could be observed. Likewise, the feeling of being bothered reported by Subject 6 in four of her six REM dreams was

congruent with her high sadness and anger scores. Finding solace in her previous object relations might help her counteract the undesirable affect connected to the super-ego issue.

Subject 7's profile was outstanding in that she had the highest score across the ego, superego, and positive-affect dimensions and the lowest score across the immoderation, sexual suppression, and negative-affect dimensions. She probably had a tendency to polarizing ratings but this distinct profile was highly consistent with the positive affect valence, robust feelings of seeking, desires for romance, and direct gratifications observed over the entire series of her REM dreams.

3.4. Subjects' Self-Interpretations of Their REM Dreams

The subjects' imaginal associations and self-interpretations of their REM dreams could be compared favorably to the in-

Table 7. Standardized (Z) Personality Scores Calculated Based on a Normative Sample

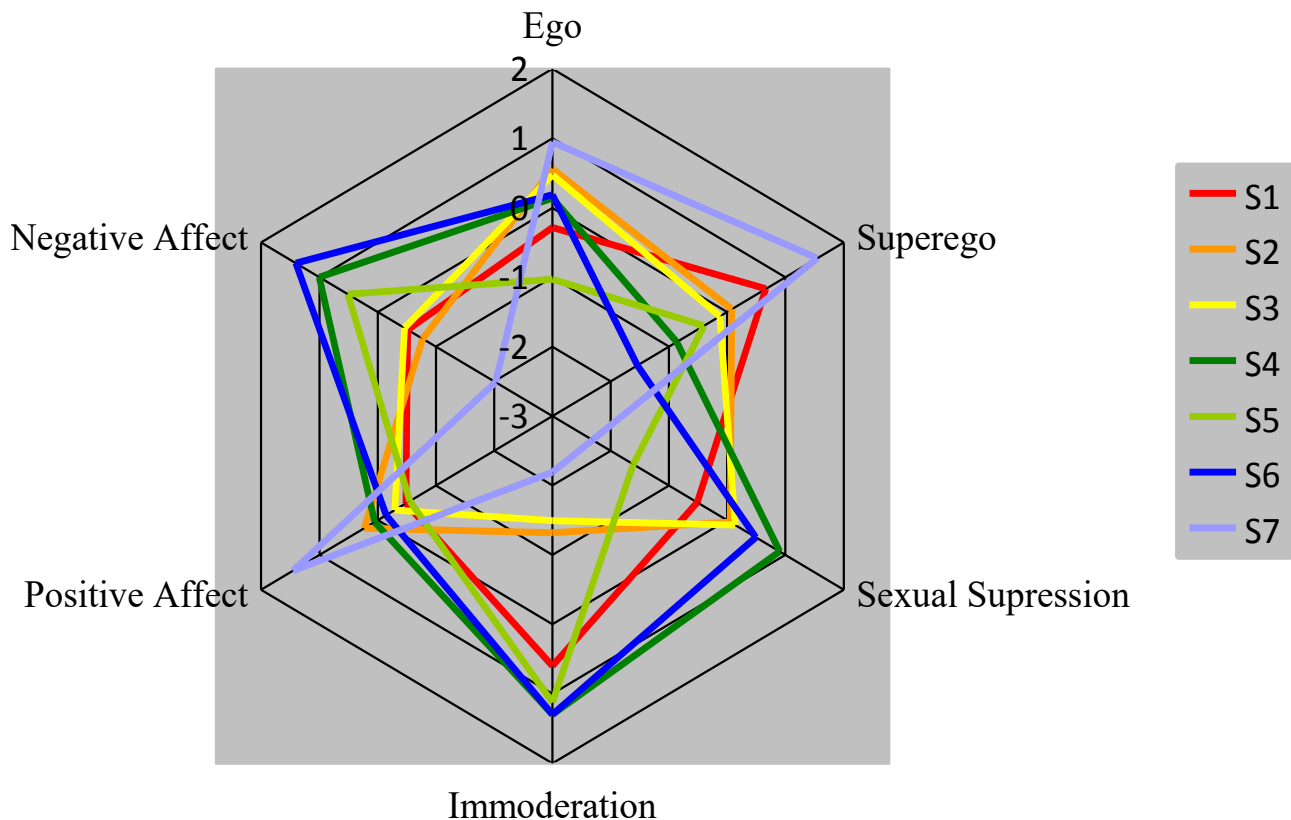
Mental functions	Scales	S1	S2	S3	S4	S5	S6	S7
Superego functions	Average Z scores in superego functions	0.661	0.080	-0.129	-0.869	-0.401	-1.545	1.547
	Agreeableness	0.648	-0.392	0.388	-1.431	-0.132	-1.951	0.908
	Conscientiousness	0.372	0.172	-0.426	-0.426	-0.825	-1.025	2.566
	Repressive defensiveness	0.964	0.4597	-0.347	-0.751	-0.246	-1.659	1.166
Sexual suppression	Sexual suppression	-0.515	0.050	0.137	0.897	-1.612	0.487	-2.312
Immoderation	Immoderation	0.598386	-1.3203	-1.49473	1.29609	1.121664	1.29609	-2.19243
Affective functions	Average Z scores in positive affect	-0.487	0.224	-0.293	0.052	-0.553	-0.146	1.448
	Seeking	0.645	0.470	0.645	0.470	0.295	0.820	2.045
	Playfulness	-1.200	0.028	-0.431	-0.125	-1.043	-0.890	1.404
	Caring	-0.911	0.173	-1.092	-0.188	-0.911	-0.369	0.896
	Average Z scores in negative affect	-0.517	-0.772	-0.463	0.997	0.504	1.404	-2.022
	Fear	-0.983	-1.459	-1.340	0.680	1.274	1.036	-3.359
	Sadness	0.099	-0.840	0.099	0.256	0.256	1.509	-1.780
	Anger	-0.666	-0.018	-0.147	2.056	-0.018	1.667	-0.925
Ego functions	Average Z scores in ego functions	-0.283	0.560	0.474	0.139	-1.029	0.189	0.945
	Extraversion	1.097	0.460	-0.814	0.142	-1.928	-0.336	-0.814
	Social confidence	0.924	0.762	-0.211	0.113	-1.833	-0.211	0.275
	Rationality	-2.334	0.973	1.496	1.273	0.809	0.809	1.954
	Flexibility	1.003	-0.014	1.206	-1.641	-0.827	-1.031	1.410
	Assertiveness	-0.954	0.247	-0.234	0.727	-1.435	1.208	0.968
	Self-efficacy	-1.435	0.929	1.402	0.220	-0.962	0.693	1.875

terpreter-oriented thematic analyses of REM dreams reported above (see Appendices B, D, F, H, J, L, N, & P). According to the thematic dream analysis, both REM dreams reported by Subject 1 pointed toward his inhibition and concealed grandiosity. In addition, Subject 1 scored relatively highly in superego functioning, yet lowly in sexual suppression. Consistent with the analyses of his REM dreams and personality profile, self-blame and remorse were the major dream emotions repeatedly emphasized by Subject 1 throughout his imaginal associations (Appendices B & D). As he described, his superego functions dominated his everyday life (“I always blame everyday wrongdoings on myself,” “reflect on my problem of controlling my self-blaming emotions,” “I should pay attention to details in everyday life”). Despite his robust conscientiousness, his self-interpretation revealed his curbed grandiosity (“He seemed to be covertly jealous of me,” “I would obtain a grade a bit higher than other classmates, whose grades would also not be too bad”). He also vaguely sensed the inherent dilemma between his grandiosity and conscience (“Perhaps, I want to be the most powerful person, so that I can satisfy my desires. That most powerful male assassin could also satisfy his evil desires because he was totally bad. I, on the other hand, have a good heart...”). Some sex symbols were observed in his REM3 dream and

the subject also imagined that some sex scenes would have emerged if his REM4 dream had continued. It is interesting to note that he associated such sex scenes with dark power, against which he struggled to overcome (“I see my nature, because deep down I am not so righteous. There is a dark corner in my inner world, which puts a limit to my self-transcendence”).

Participation in the sleep experiment probably constituted a threat to Subject 2. In the guided associations of dream emotions, although he had not directly connected the sleep experiment or the presence of the investigator with his feeling of being threaten, he experienced a relief after dreaming the experimenter’s leave (“Happy, because I felt that I could chat with friends freely after Dr. Yu left”; Appendix F). Furthermore, he envisaged that if the dream had to continue, he would have kept on merely chatting with research assistants rather than getting to sleep. This elaborated imagery was in line with the interpretation of his REM4 report as a dream of convenience. As with Subject 2, Subject 3 also displayed some defense in her dreams. The thematic dream analysis suggested that Subject 3 was caught up in a safe place and with a person who protected her. This prevented her from taking risk of facing a long-drawn-out issue. This interpretation coincided with Subject 3’s self-reflection, according to

Figure 1. Diagrammatic Representation of Standardized (Z) Personality Scores



which the hospital represented a kind of thing/person that gave her protection while muddy water alluded to something that hindered her and that she could not solve at the moment (Appendix H).

Subject 4's post-sleep reflection, among the seven guided self-interpretation reports, most deviated from the investigator's thematic dream analysis (Appendix J). The former related the car accident in the dream to the driving license examination the subject faced in the real life, whereas the latter centered around the issue of object-relation. Nevertheless, both the interpretations had placed emphasis on the close relationship that the subject had. The thematic analysis of Subject 4's REM dream suggested that with the company of his girlfriend, the subject felt safe to obtain pleasure through losing control. Echoing this interpretation, Subject 4 projected that if his dream was to carry on, he would have continued his adventure to an unfamiliar place where he could have some enjoyable time with his girlfriend.

The thematic analysis of Subject 5's REM dreams underscored her fragile ego, which defended against the attacks from sadistic objects. In her associations, she repeatedly acknowledged that she was deeply saddened by everyone in the world, yet she still had hope and was struggling to survive (Appendix L). She even imagined that her dream during REM7 would have ended with the outer world turning into an eternal utopia where abandoned, kindhearted people resided, including the protagonist.

In the guided self-interpretation, Subject 6 had not reflected on any themes relating to the superego issues although those themes recurred across her REM dreams over the

night and she was able to identify them in her dream reports (Appendix N). Likewise, she had not elaborated on the negative emotions that she reported during the post-REM interviews. Instead of contemplating the meanings of those superego themes and undesirable emotions, she appeared to continue to savor the past relationships in her imaginal associations and even felt "unwilling to leave." Nevertheless, she made a remark, which exposed the other side of the story and her coping mechanisms ("Even if you are living a hard life, you must find something happy"). This remark resonated with the thematic dream analysis that Subject 6 coped with her distress through a retreat to her previous object relations.

Subject 7 appeared to be holding back when describing her experiences during REM interviews. Her self-interpretations, however, corroborated the thematic dream analyses in that her longing for romantic relationship, along with other appetitive wishes, was satisfied in her series of REM dreams ("I want to have a love relationship or want someone to take care of me"; Appendix P).

4. Discussion

In view of the lack of guidelines and standards for interpreting dream series and analyst-oriented dream interpretation in the literature, the study presented here was geared toward demonstrating how the DMS classification system can be applied in dream interpretation without actively involving dreamers in the interpretation process. On the basis of the DMS categorization of dream themes, neurostructural model of dreaming, three-tier model of dream manifesta-

tion, and previous research about the overnight changes in affective valence, nine steps for dream interpretation were specified. Dreams were collected from seven subjects' REM sleep and were analyzed using the DMS classification system, the quantitative aspect of dream experiences being measured by the DIS, dream diary, and retrieval rate of REM mentation. In addition to the subjects' self-interpretations of their REM dreams, 17 personality traits indicative of superego functioning, instinctual affect, and ego strength were assessed in a bid to clarify between-subject differences in dream experiences and corroborate the results of dream analyses.

The DMS-based interpretations of REM dreams, with the aid of the quantitative analysis of retrospective, diary, and REM dreams, were shown to accurately identify the three defensive subjects with a high superego or impulse-moderation score in the current sample. It was relatively difficult to obtain mentation reports from these three subjects' REM sleep, even with the electroencephalographic and awakening protocols that have been shown to be highly effective for retrieving REM mentation. It is interesting that certain defensive maneuvers against self-revelation were observed in all their most salient REM dreams of the experimental night. Besides detecting the defensive subjects, the DMS-based interpretations seemed to pinpoint the subjects' pre-occupations and issues that could also be observed in their self-interpretation reports and personality profiles – namely, ego-achievement, grandiose, and sexual wishes for Subject 1, concerns about sleeping at the laboratory and relatively low levels of negative affect for Subjects 2 and 3, anger for Subject 4, ego damage, anxiety, and sexual attitude for Subject 5, regressive superego for Subject 6, and seeking proclivities, romantic desires, and positive sentiments for Subject 7. This suggests that the analytical procedures built on the DMS classification system could yield reliable or at least clinically useful interpretations without much dreamers' involvement.

There are three primary advantages of the DMS thematic-analytical method for dream-series interpretation. First, as in the case of Subjects 1, 5, 6, and 7, the same issue that concerns the dreamer is often worked through in varying ways across successive REM episodes over the night. Two dreams which appear to be very different may ipso facto have similar implications. Identifying and categorizing themes occurring in different dreams reported by the same person can highlight the common themes or categories and therefore shed light on the issue targeted by those dreams. It is worth noting that spontaneous dream reports obtained from different nights by means of a diary may reflect different issues. Accurately deciphering those dream reports without the dreamer's associations and background information is very difficult, if not impossible. Second, reports of dreams are susceptible to the effects of secondary revision. Some dream elements that are devalued, neglected, or regarded as trivial by the dreamer may indeed be of psychological significance (see Subject 1's REM3 report in Appendix A and Subject 7's REM2 report in Appendix O). The DMS themes and categories provide a framework for systematic coding, which may help redirect the attention to and zero in on those "unimportant" or missing themes. Last, but not least, studying a dream series overnight via the REM-awakening technique can sample all REM dreams of a night's sleep and chart the trajectory of varying dream experiences across successive REM episodes. This helps the interpreter

see the pattern of how the dreamer deals with the issue and evaluate the extent to which the issue is resolved. The meaning of a dream is unlikely to be revealed by one or two individual symbols in the dream but by the plot behind a group of dream themes. Recognizing the pattern across REM dreams of the night can facilitate unravelling the plot and therefore the meanings of a dream series.

In contrast to the fixed symbol substitution approach, the DMS classification system provides only general connotations that the categories of dream themes may allude to. Indeed, typical dream themes are characterized by their generic nature in that a theme can be applied across a wide range of situations. Their robust applicability and representativeness perhaps explain why they are typical and thus they can be readily fit into any individual's personal life or any individual culture. Accordingly, a typical theme dreamed by an individual with certain cultural background may have a specific cultural meaning that goes beyond the DMS classification system.

A major limitation of the proposed DMS method is that ultimately, the interpreter still has to rely on the dreamer to connect the interpretation to the exact issue that the dreamer is facing in waking life. Despite the overall consistency between the analyses, some imaginal associations and feedback reported by the subjects could not be captured by the investigator's interpretations of dream themes without any hints provided by the subjects in their manifest dream reports, such as Subject 1 comparing his ability with women's in handling practical issues, Subject 2's wish to help his friend, Subject 3's reminiscence of childhood experience at a hospital, and Subject 4's daytime experience of taking a driving license examination. Therefore, although the DMS analytical method can provide clinicians with some directions for working toward the meanings of dreams and perhaps a key to working with difficult dreamers, an interpretation generated by this method is not the end of the interpretation process. Data about the dreamer other than the dream itself is necessary for verifying an interpretation and preventing misdiagnosis and misinterpretation.

Dreams involving sleeping at the laboratory, waking up from sleep, eating, urination, and being chased were repeatedly experienced by the subjects over the three laboratory nights. Given the affective functions of dreaming (e.g., Cartwright, 2010; Perogamvros & Schwartz, 2012; Walker & van der Helm, 2009; Yu, 2015c) and the viscerosomatic basis of instinctual affect (Panksepp, 1998a; 1998b), it is perhaps unsurprising that dreams contextualized from the physiological states or addressing immediate needs and concerns are very common. These dream themes do not necessarily have significant implications on every occasion and the psychological events and meanings that they incorporate can vary across situations. Accordingly, although the DMS system can serve as an expedient tool for dream interpretation, interpreters' experiences and flexibility are still necessary for judging which predispositions may give the most pertinent explanation for a dream. For some dream themes, the DMS system specifies more than one category into which they can be classified. This categorization strategy can enhance the flexibility of interpretations but may cause ambiguity, which as demonstrated in the analyses section, can be reduced by the identification of the dominant predispositions across successive REM dreams.

Sleep laboratory is an interesting place for observing defensive behaviors. On the one hand, subjects come for an

experiment on their own volition. On the other hand, they may sense that unselectively telling their dreams runs a risk of disclosing something that they probably do not intend to disclose, especially during sleep when their guard is down. Therefore, sleeping at a sleep laboratory in itself can be a threatening experience, even for voluntary subjects. This anxiety may delay the occurrence of emotionally laden dreams or the apex dream to the latter half of a night's sleep, as was the case for Subjects 1, 2, and 3.

The delayed REM mentation, thematic dream analyses, and personality profiles suggested that Subjects 1, 2, and 3 were relatively more defensive. Nevertheless, various defense mechanisms in connection with dream experiences were noted in virtually all subjects, including reporting white dreams or erasing memories of dream details, dreaming the completion of the sleep experiment, finding expression for the inhibitory forces in dreams, disowning dream thoughts by taking the third-person perspective during dreaming, and denying or omitting themes when being asked to revisit their dreams. Subject 7 had very strong superego and impulse-moderation functions, yet her seeking and sexual desires also being vigorous. Previous studies (Yu, 2013b, 2013d) showed that the facilitative effects of instinctual emotions on dream experiences tend to prevail over the repressive effects of the superego. This might explain why Subject 7, despite her superego features, could recall her dreams well and directly fulfil her wishes in every one of her dreams. The similar also applied to Subject 1, who scored highly in agreeableness and repressive defensiveness but lowly in moderation of sexual and other desires. It appears that superego as a moral entity and the restraint over appetitive impulses can operate independently of each other and therefore have differential impacts on dream experiences.

Contemporary dream analysis puts emphasis on dreamers' self-interpretation, which can serve in favor of self-defense rather than self-exploration. In a similar vein, an analyst's interpretation can be subjective and may detach from what the dream really means to the dreamer. Thematic dream analysis, together with psychological profiling, therefore, can restrict interpreters' own associations of dreams reported by others and provide a shared platform for verifying, correcting, and integrating a dreamer's self-interpretation and the interpretation made by an analyst. Furthermore, juxtaposing their interpretations may provide another perspective, arrive at further insights, and even identify a blind spot in the dreamer or in the analyst. For instance, although the middle-aged couple played a pivotal part in Subject 3's dream, she mentioned almost nothing about that couple in her guided associations. Similarly, Subject 2 shifted the interpretive attention from himself to others; Subject 6 turned a blind eye to those negatively toned, superego themes in her dreams. Memories and reports of home dreams are selective. Sleep laboratory study, therefore, provides an opportunity to unselectively sample dreams and examine or confront participants' defensiveness.

This study put forward a testable framework for dream interpretation that does not demand much dreamers' associative assistance. This framework needs to be validated in a larger and more diverse sample. Detailed protocols for analyzing a dream series and cross-examining analyst's interpretation and dreamer's self-interpretation were provided. Future research might test the accuracy and efficacy of the DMS-based thematic approach to dream interpretation using the protocols.

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Appendix A. Subject 1's REM3 Report

It was about me and my two friends, who were my university fellows. ***I did assignments faster than other people did, started and finished them much earlier.*** Like there were 10 homework assignments, the deadlines for some of them were next week, but I finished all 10 assignments this week while other people were still working on the assignments. They might have finished 8 or 9. There was a person, who was called T. ***He would... I would feel that he did not like me and wondered why I did it so fast. On the other hand, he would ask for my help and consult my homework.*** In the dream, those homework assignments were about everyday life, I mean, there were of course no such assignments in reality, or they were different things (different from the assignments in his real life). And I felt... the person (T) should not be him... I felt he was swapped with another person. The assignments were about wrong judgments people made in everyday life... about buying shoes... bought more shoes than I needed and then I shared about my irrational way of purchase with him. That is to say, I bought more than needed, bought at a higher price, 800 something dollars for just a pair of white canvas shoes, which should have costed much less. Er... My impression was I ran into two girls in an underground station. Both were friends of mine at the university. One of them was the boy's girlfriend, T's girlfriend. She said she paid... er... 20 something. Those shoes were in fact... in fact linked to the relationship between her and T. I did not know why I followed suit buying the same shoes. In my impression, that pair of shoes did not fit me but I might want to buy similar shoes that were made out of love. That is to say, did some research or something, so strange. Er... Because I needed to buy the same type of shoes to finish my mission (assignment), that is, inside the dream, the homework was buying shoes and understanding them. I bought at a higher price and I blamed myself for being so foolish, I mean, I felt self-contempt because I paid too much for the shoes. And... some words could be embossed inside the shoes. How to say... er... In the shop where I bought the overpriced shoes, the shopkeeper told me to take the shoes first and said he would make it up and print the words on them for me later. I bought shoes from two places. The pair that I bought from the shopkeeper was more expensive. In fact, I bought another pair of canvas shoes from another place but that pair had nothing to do with the relationship between them (T and his girlfriend). That pair was cheaper, like the girl said, 20 something dollars. The girl, T's girlfriend, called C. In reality, they were actually lovers. This is what I remember. Aha, there is something more I remember. Talking about the two ladies, the most impressive was one of the girls, the size of her feet was 11! The other one was also 10! I was struck by how large their shoe sizes were. Those sizes were normally boys' sizes. Only boys had such large feet. What was in my impression was quite theatrical. In fact, their feet ought to be a bit smaller. But in my mind, they were probably quite big and heavy. Hmm... the bigger one... that is... how to say, I felt like I would be her... comparatively speaking, my feet were smaller. Maybe my size, 8, 9... in reality, my shoes size is also 8.5 or 9.

A theme identified by the subject:

57 Blaming yourself (Ego Ideal, Paranoia, Inhibition)

(The corresponding phrases of the theme that can be observed in the excerpt of the interview are underlined.)

Strongest Affect

Seeking (9)

Anger (7)

A theme identified by the author but not by the subject:

16 Having superior knowledge or mental ability (Grandiosity)

(The corresponding phrases are italicized and bolded.)

Major interpretation: Inhibition and concealed grandiosity

As captured by Theme 16, his grandiosity had snuck out at the very beginning of the dream series but since then was masked by his being critical against himself. His grandiosity was, as he explained, socially disagreeable.

His grandiosity could also be inferred from the last few sentences. By commenting on the ladies' heaviness, he actually cut them down to size. At the same time, he felt big.

Big feet might have sexual implications in that feet can mean genitals, from both Freudian and ancient Chinese aesthetic perspectives. Shoe is also a metaphor in colloquial Chinese. For example, the phrase wearing someone's old shoe denotes having a relationship with someone's ex-partner.

The symbolism of foot or shoe in the dream was quite evident. Subject 1 himself pointed out that the pair of expensive shoes represented the love between T and C. Their love might be "expensive" and "unnecessary." Again, this act seemed to cut people down to size. All dream events mentioned above can be summarized by the grandiose theme "having a superior status" (DMS Item 67).

Appendix B. Subject 1's Self-Interpretation of REM3

Guided Instructions

Please recall what feelings or emotions you experienced in your dream. Please try to explain why you had those feelings or emotions.

Think over: "Does anything in the dream give you familiar feelings?"

Think over: "Do this dream and every detail of it remind you of anything (people, events, objects, something about yourself)?"

Think over: "Do this dream and every detail of it make you feel anything (not necessarily the same feelings in the dream)?"

Please think about: "Do these associated thoughts and feelings inside or outside the dream have any connections with your experiences in the daytime?"

Please thoroughly mull over: "Do this dream and every detail of it have any meaning to you?"

Please thoroughly think over: "Why did you have this dream?"

If this dream had continued, what could have happened, how could it have ended?

How would you wish it to end?

Do you think if this dream helped you solve anything?

Note. Phrases that are congruent with the thematic dream analysis are underlined.

Subject's Responses

Blamed myself. I wrongly bought a pair of shoes that were without embossed words and overpriced (that was the critical requirement of the home assignment). Besides, I felt injustice and being misunderstood, because that male fellow wanted to take reference from my assignment, yet said that I needed not get it done so quickly.

The scenes all seemed to surround MTR (an underground station) and in particular the escalator, which looked like where I should pass by when I go to school in daily life.

Yes, because my classmate knew I had finished Philo Film's assignment. He seemed to be covertly jealous of me because I finished it so quickly. On another note, I think of a female fellow who is very capable, seemingly full of male characteristics.

Blame myself, remorse

Reflect that I always blame everyday wrongdoings on myself.

Reflect on myself that I should pay attention to details in everyday life. Take buying shoes as an example, I chose a wrong pair of shoes – expensive and missing the requirement of words embossed. At the same time, reflect on my problem of controlling my self-blaming emotions, and note that whether I have to compare myself with women about my ability to handle practical issues.

It feels like this is a precognitive dream. It is because I received a message this morning. Someone else wants to know my progress of doing an assignment and wants to borrow my assignment for reference.

The results of the marked assignments would release. Classmates would compare their grades.

I would obtain a grade a bit higher than other classmates, whose grades would also not be too bad.

Helps judging the direction for letting classmates borrow and take reference from my assignments.

Appendix C. Subject 1's REM4 Report

Some foreigners, Westerners... they were assassins. They were equipped with lots of killing skills and techniques. They would hurt each other. I participated in it, felt that I was one of the characters. I lost to one of the killers. There was one super killer. There were a lot of killers... because they had appeared... because I remembered in the last scene, I was in a conference room, where I and several other people sat. The best killer was a man. The worst one was... not the worst one, another super killer was a woman, to whom even I had ever lost once. ***The male killer could use some magic to push all the female killer's minions down, teleport them to another space, and lock them up. Even I had been locked up.*** At that time... as I recalled, this killer, ***as in many episodes of a movie***, was very conversant with those combat skills, strategies. Because he knew very well the others' strategies, he would never lose. I told the lady killer that ***we could not fight against him*** (in the Cantonese verbatim, he used the phrase "hit against him" to describe this), we were no match for him no matter what tactics we could think of. I had an impression that toward the end... there were shots in which they had sex. I was not in those scenes, but paradoxically, exactly because I was not in those scenes, I knew they had sex. So weird... Say, I saw him put off her clothes and then fondle her... that is it, then fondle her breasts... that is it, then I woke up. (The interviewer asked, "Do you mean the male killer was having sex with the female killer?") Yes, but the male killer, because his power (authority) was stronger... no, I should say his ability was stronger, therefore, he deprived her of her freedom, that is to say, she was actually controlled by him. But me... how to express... but they seemed to have some kind of collaborative relationship. Although the woman was unwilling, she was kind of on good terms with him. Their relationship was quite complicated... There were lots of killers, each had their own minions. If they lost, they became the winners' subordinates.

Themes identified by the subject:

- 8 Being locked up (Persecution, Inhibition)
- 15 Being tied, unable to move (Persecution, Inhibition)
- 28 Sexual experiences (Grandiosity, Erotomania, Sex)
- 77 Knives, swords, or daggers (Fighting)
- 79 Other weapons (Fighting)

(The corresponding phrases of the themes that can be observed in the excerpt of the interview are underlined.)

Strongest Affect

- Seeking (9)
- Fear, sadness, guilt, shame, urgency (6)

Themes identified by the author but not by the subject:

- 19 ***Having magical powers (other than flying, soaring, or floating through the air)*** (Grandiosity)
- 37 ***Being in a movie, fiction, or drama*** (Grandiosity, Erotomania)
- 82 ***Hitting something or someone*** (Fighting)

(The corresponding phrases are italicized and bolded.)

Major interpretation: Inhibition and concealed grandiosity

Although his REM4 dream was predominantly persecutory and negative affect appeared to be more dominant than positive affect, it showed quite a lot of grandiose characteristics and both sexually explicit content and aggressive symbols.

Besides the themes listed above, there were other motifs similar to those DMS grandiose themes, e.g., associating with prominent people – namely, the top male killer and the top female killer. In fact, he himself was also a persecutor and was the third super killer in the dream although he only implied it in the verbatim report.

Overall, this dream seemed to serve a motivating function by idealizing the male killer and imbuing him with omnipotence. In other words, the top killer in the hierarchy served as a role model for the dreamer. Lying under his manifest inferiority and ego hurt in the dream, his grandiose wishes and appetitive desires were fulfilled through the surrogate super killer.

Appendix D. Subject 1's Self-Interpretation of REM4 Dream

Guided Instructions

Please recall what feelings or emotions you experienced in your dream. Please try to explain why you had those feelings or emotions.

Think over: "Does anything in the dream give you familiar feelings?"

Think over: "Do this dream and every detail of it remind you of anything (people, events, objects, something about yourself)?"

Think over: "Do this dream and every detail of it make you feel anything (not necessarily the same feelings in the dream)?"

Please think about: "Do these associated thoughts and feelings inside or outside the dream have any connections with your experiences in the daytime?"

Please thoroughly mull over: "Do this dream and every detail of it have any meaning to you?"

Please thoroughly think over: "Why did you have this dream?"

If this dream had continued, what could have happened, how could it have ended?

How would you wish it to end?

Do you think if this dream helped you solve anything?

Please answer this question only after answering all questions about other dreams: "Do you think if there are any connections among your dreams last night?"

Note. Phrases that are congruent with the thematic dream analysis are underlined.

Subject's Responses

Helpless, because my combat power was no match for the best assassin.

Movie clips display various powers of assassins just as those stunt or action movies I previously watched.

Think of a classmate. His academic performance was very good but he had a lot of evil thoughts about harming others. However, his academic results were stronger than mine.

Feeling of being manipulated, feels like I am a pawn of the female leader's.

Maybe related to my male and female friends with whom I am familiar.

Even if someone's ability is not strong enough, you cannot obliterate their will of fighting to the end.

Perhaps, I want to be the most powerful person, so that I can satisfy my desires. That most powerful male assassin could also satisfy his evil desires because he was totally bad. I, on the other hand, have a good heart and so I would sympathize those sufferers. At the same time, I could not become a ruthless assassin, or the most powerful assassin. I need righteous power rather than fight evil with evil.

Some sexual scenes might emerge.

I wish I would occur to break their moment of sex and destroy the dark power.

I see my nature, because deep down I am not so righteous. There is a dark corner in my inner world, which puts a limit to my self-transcendence. I ought to search for spiritual encounters, search for the power of righteousness.

Yes, the two dreams are both about competition or comparison.

Appendix E. Subject 2's REM4 Report

Felt like I had no dream... I could not remember... No... I did not feel that I had a dream. Ah, no, I was wrong. I did, I did... Aha, I recalled what I dreamed. I was dreaming... dreaming that I was sleeping here. The dream was... er... At the beginning of the dream, Dr. Yu was also inside (the bedroom) ... then, er... Dr. Yu had gone, gone... then left me and... another girl (laboratory assistant) here. Then... then, I chatted with the girl. I did not, did not go to sleep. Then, we chatted... nothing more. Then, I woke up. The room was similar to this one. Er... hm... similar to this one, the one I am now sleeping at (the bedroom of the laboratory). The color, the environment... more or less the same. (The interviewer asked, "Is she someone whom you know in real life?") Yes, the girl is my classmate in the real world... (The interviewer asked, "Any more things you remember?") There was something more... er... Inside the dream, I felt like I was able to control what I said and what I thought. (The interviewer asked, "Did you know, in the dream, where the room was?") It was the laboratory.

Themes identified by the subject:

97 Seeing yourself sleeping (Convenient Dreaming)

98 Waking from sleep (Convenient Dreaming)

No additional themes were identified by the author.

(The corresponding phrases of the themes that can be observed in the excerpt of the interview are underlined.)

Strongest Affect

Caring, excitement (6)

Major interpretation: A dream of convenience

He skipped the sleeping process in the dream and explicated that he did not go to sleep and simply chatted with the assistant who was made to be his acquaintance.

This might satisfy his wish of completing the experiment and his obligation without actually going through the experimental intervention. In the dream, the "danger" had already gone and he felt being cared for and protected.

Appendix F. Subject 2's Self-Interpretation of REM4 Dream

Guided Instructions

Please recall what feelings or emotions you experienced in your dream. Please try to explain why you had those feelings or emotions.

Think over: "Does anything in the dream give you familiar feelings?"

Think over: "Do this dream and every detail of it remind you of anything (people, events, objects, something about yourself)?"

Think over: "Do this dream and every detail of it make you feel anything (not necessarily the same feelings in the dream)?"

Please think about: "Do these associated thoughts and feelings inside or outside the dream have any connections with your experiences in the daytime?"

Please thoroughly mull over: "Do this dream and every detail of it have any meaning to you?"

Please thoroughly think over: "Why did you have this dream?"

If this dream had continued, what could have happened, how could it have ended?

How would you wish it to end?

Do you think if this dream helped you solve anything?

Please answer this question only after answering all questions about other dreams: "Do you think if there are any connections among your dreams last night?"

Note. Phrases that are congruent with the thematic dream analysis are underlined.

Subject's Responses

Happy, because I felt that I could chat with friends freely after Dr. Yu left.

Yes, the room, friends, and teachers

The predicament that my friend recently suffered, and the experiment that I was undergoing.

Miraculous

I had talked about my friend's predicament before sleep.

Interpersonal relationship should be carefully handled.

I want to help my friend solve the problem.

Maybe continue to chat

My friend can get happy.

How to conduct oneself is difficult.

No.

Appendix G. Subject 3's REM4 Report

I was dreaming from the third-person perspective. But at some point, it changed to the first-person perspective. There was a couple. They left their home and went to a hospital to visit somebody else, somebody they knew. At the end, they did not go up there and so I did not know whom they visited. They said they had something for a person (a patient at the hospital) but the hospital was in fact very far away. That hospital was in fact very different from those hospitals in our life. It was relatively old-fashioned; its decor was quite old. Well, then, they carried the stuff. Well, how did I know the hospital was old? In fact, the elevators inside the hospital were still the type with a manual scissor gate. So, I was so sure that it was a very old hospital. Then, the couple was going down on the elevator. But ugh... all of the sudden, **there was a serious flood**. Right outside the hospital was a sea. What do I mean by **serious flood? The floodwater was not usual, clear water that you usually see, but muddy water, that is, super stinky muddy water. Waves caused by the sudden, super flood were so high that they could lash and submerge us. The couple tried hard to go out but no sooner had they gone out than the water raised up to the waist**. What's more, the hospital had a flight of steps leading up to its reception. Therefore, the ground floor was in fact one floor higher. But the muddy water from the sea flowed into the reception. That is, the reception was already a floor higher and the floodwater was still up to the waist when you were standing at the reception. Ugh, so, it was a very **terrifying flood**. I did not know why **the waves were so big**. When they were heading out, oh dear, the waves lashed at them and submerged the man. Because at that time, I saw things from the woman's perspective, I did not know the woman's situation. But as for that woman, I could feel that she was super embarrassed and freaked out. Actually, she had tried walking down the staircase but she was pushed back by the waves in a second. At last, she stood behind the front entrance of the hospital but her husband was still trying hard to make a way out. But he became a "muddy man" (the entire body was covered by mud) straight away. At the end of the day, he probably failed to force his way out. Because I woke up at this moment, I did not know what happened next.

I missed an episode. That was what had just happened and so I talked about it first. After arriving at the hospital and before taking something, they took an elevator, oops, but something so magical happened. They headed for the sixth floor and pressed the button for that floor. But the elevator brought them to the fifth floor as if they passed through the wall like phantoms. And then the elevator was heading back down to the ground floor. They wondered why it was so weird. Then, they went to the lobby of the ground floor and pressed the button for the sixth floor again. But this time, the elevator took them to the seventh floor. **No matter how many times they pressed the button, they did not make it to the sixth floor**. But at this moment, all of the sudden, a group of kids emerged. I guess around 5 to 7 kids. I did not count deliberately. I did not know why but somehow they were told they had to kidnap the kids in order to get to the sixth floor. But they thought they needed to take something and therefore they could not do so. Then, the kids suddenly vanished and they went to the front entrance of the hospital.

(The interviewer confirmed, "Going out the hospital through the front entrance came last in the dream?") Yes, I reported that first because my memories of that were clear. So, in chronological order, they headed out from home, then they went up to the hospital to visit a person, but the elevator took them to the fifth floor and then the seventh floor and **they never made to the sixth floor no matter how many times they pressed the button**. Then, a gang of kids suddenly emerged and they were told to kidnap and took the kids to the sixth floor, but they did not do so because they had to take something and then they left the kids alone and the kids disappeared. Then, they were going to fetch something but suddenly there came the **super terrible flooding**, that is, something like **tsunami**. They gave their shot to force their way out but were driven back by the muddy water. (The interviewer asked, "Were you that woman for some periods?") Yes, but I could not control that woman. I just see things from her perspective. I could not control her actions. (The interviewer asked, "How old did the couple look like?") Actually, **I felt that they looked like the landlord and landlady in Kung Fu Hustle** (a popular Hong Kong martial arts action comedy movie in 2004). But the landlord in my dream was more muscular than the landlord in that movie but the landlady looked exactly like that landlady. (The interviewer asked, "How old was the couple?") I think they were about 40 years old, 40 to 50 years old.

No themes were identified by the subject.

Strongest Affect
Seeking (7)
Disgust (7)

Themes identified by the author but not by the subject:

8 Being locked up (Persecution, Inhibition)

Floods or tidal waves (This theme was classified as Persecution in Yu's (2012a) study but was excluded from the DMS list)

37 Being in a movie, fiction, or drama (Grandiosity, Erotomania)

(The corresponding phrases are italicized and bolded.)

Major interpretation: Inhibition

In the dream, the subject got stuck inside the elevator and "stuck" inside the safe place (i.e., hospital) with a safe person (a strong, protective, mature husband) in the face of the disaster and danger outside. As such, she avoided getting "dirty" and becoming a "muddy man." This could be an inhibitory dream against taking the risk of being exposed to the danger of analysis.

In the initial interview before the sleep experiment, the subject claimed that her parents' divorce had a deep impact on her. In the dream, she was being with her husband in their middle or late adulthood. Also considering the movie-like and affectionate features described by the subject, this dream appeared to be a dramatic temporal progression whereby she was assured of a long-term committed relationship.

Appendix H. Subject 3's Self-Interpretation of REM4 Dream

Guided Instructions

Please recall what feelings or emotions you experienced in your dream. Please try to explain why you had those feelings or emotions.

Think over: "Does anything in the dream give you familiar feelings?"

Think over: "Do this dream and every detail of it remind you of anything (people, events, objects, something about yourself)?"

Think over: "Do this dream and every detail of it make you feel anything (not necessarily the same feelings in the dream)?"

Please think about: "Do these associated thoughts and feelings inside or outside the dream have any connections with your experiences in the daytime?"

Please thoroughly mull over: "Do this dream and every detail of it have any meaning to you?"

Please thoroughly think over: "Why did you have this dream?"

If this dream had continued, what could have happened, how could it have ended?

How would you wish it to end?

Do you think if this dream helped you solve anything?

Please answer this question only after answering all questions about other dreams: "Do you think if there are any connections among your dreams last night?"

Note. Phrases that are congruent with the thematic dream analysis are underlined.

Subject's Responses

It was a bit disgusting, because the hospital environment was not very good and there was muddy water.

I felt a bit similar to the uncomfortable feeling of staying in a hospital when I was a child. It made people uncomfortable.

I have had a dream of a hospital before, but it should not be the same hospital.

I felt weird: the location of the hospital, no one in the hospital, the sudden entrance of the children, plant unsuitable for the environment, the attitude of the couple (they were not surprised by the environment of the hospital)

Feeling sick: mouth filled with muddy water

Do not think of something related

I think the hospital probably refers to what I am afraid of. However, since the time of what happened to me was when I was a child, the hospital appeared to be in the old times. But at the same time, the hospital provided me protection against muddy floods. Therefore, the hospital should represent a kind of thing/person that I am afraid of but simultaneously gives me protection.

Muddy water most likely refers to something that is hindering me. What I do not like/hate is hindering me. But it seems like something I cannot solve now because even with the power of two people working together, the couple still cannot get out of the hospital.

Maybe it is time for me to look at whether what I am doing is being hindered or influenced such that I cannot embark on certain thing.

Most likely waiting for the muddy water to retreat a little, but at the same time, finding another way out.

Could leave that hospital

Did not solve any problem

They were all surrounding the future direction of how I should go ahead with my life.

Appendix I. Subject 4's REM2 Report

I dreamed of driving a car, which jumped, fell down into the sea. I could not haul the car back to the shore. Then, *my girlfriend* and I exchanged our seats. ***She took the driver's seat and drove the car back to the shore.*** Shortly afterwards, we arrived at the downstairs of our home. (The interviewer asked, "Does the car exist in real life?") No. (Does your girlfriend in your dream exist in real life?) Yes.

A theme identified by the subject:

29 Losing control of a vehicle (e.g., car, aircraft, etc.) (Persecution)

(The corresponding phrases of the theme that can be observed in the excerpt of the interview are underlined.)

Strongest Affect
Excitement (6)
Fear (2)

Themes identified by the author but not by the subject:

81 Rescuing somebody (Grandiosity, Erotomania)
93 Encountering the person that you like or you want to see (Erotomania, Appetite-Instinct, Object Relation)

(The corresponding phrases are italicized and bolded.)

Major interpretation: Object relation

At the projective-metaphorical level, the subject was on the same boat (a vehicle in the sea) with his girlfriend. Losing control of the car therefore alluded to his losing control over his temper or perhaps over his persecutory anger in his relationship with his girlfriend. Although he lost control and did something that might destroy the relationship, he still felt safe because his girlfriend would "rescue" and repair the damage he had done. A little fear in this persecutory dream had indeed brought about the pleasure of excitement.

Appendix J. Subject 4's Self-Interpretation of REM2 Dream

Guided Instructions

Please recall what feelings or emotions you experienced in your dream. Please try to explain why you had those feelings or emotions.

Think over: "Does anything in the dream give you familiar feelings?"

Think over: "Do this dream and every detail of it remind you of anything (people, events, objects, something about yourself)?"

Think over: "Do this dream and every detail of it make you feel anything (not necessarily the same feelings in the dream)?"

Please think about: "Do these associated thoughts and feelings inside or outside the dream have any connections with your experiences in the daytime?"

Please thoroughly mull over: "Do this dream and every detail of it have any meaning to you?"

Please thoroughly think over: "Why did you have this dream?"

If this dream had continued, what could have happened, how could it have ended?

How would you wish it to end?

Do you think if this dream helped you solve anything?

Please answer this question only after answering all questions about other dreams: "Do you think if there are any connections among your dreams last night?"

Note. Phrases that are congruent with the thematic dream analysis are underlined.

Subject's Responses

The dream had people I am most familiar with. I felt the feeling of peace of mind.

Parents, girlfriend

Parents, girlfriends, downstairs, sitting for a driving license exam

Excited, I very much wanted to push the car ashore.

I am taking a driving license exam and hope to drive. Also, I have a girlfriend.

Family time is precious, and I have never tried driving before.

Maybe I have not tried driving, and so the dream reminded me to drive carefully.

Continue driving to an unfamiliar place where I have fun with my girlfriend.

I hope that I could have continued driving and travelling around every corner of the world.

No

No

Appendix K. Subject 5's REM7 Report

This is a story about the Earth. The Earth split into two: one was a hollow sphere and the other one was an exterior island. I saw the main character, who was not me. She was on the Island of Inner World. For a certain reason, she had once ventured to the Outer World but at the end, was caught and brought back to the Inner World. Afterwards, as I remember, she changed into a dog. She was very skinny. She wore a nursing uniform because originally she did some nursing-related job but I did not know why she fell into the Outer World. The Inner World was facing an imminent apocalypse. A group of people felt the need to reorganize this world and so they rebuilt the Inner World. That is to say, they erected a wall, isolating people from the Outer World and rebuilding a new world in the Inner World. So, the Outer World people were people who were abandoned. There were lots of people as the Inner World was so complicated. The main character was so boney. In fact, her actual appearance was not like that. Her actual appearance was like this: she wore clothes when she was working, the clothes that made her look normal, just very much like human beings nowadays. But in fact, her real self was very thin as if she were a skeleton.

(She said the following in the follow-up:)

I remember that the hierarchy in the Inner World was absolute. There were nobles and people of the lowest class. The people of the lowest class were frozen. The main character, as a person... who dressed up like a nurse, was supposed to take a person from the lowest rank and throw him/her, like throwing food, to the group of people of the middle rank. However, ultimately the nurse did not do so and then fell into the Outer World... The person being tossed to the middle class would die. I remembered that rapes happened in the dream. Those people being thrown to the middle class would be raped. They were stored inside a freezer vault and on a regular basis, one of them was tossed to the middle class.

Themes identified by the subject:

- 1 Being chased or pursued, but not physically injured (Persecution, Sensorimotor Excitement)
- 2 Being physically attacked (e.g., beaten, stabbed, raped, etc.) (Persecution)
- 9 Dragons, tortoises, or snakes (Animal symbolism)
- 11 Flying, soaring, or floating through the air (Persecution, Sensorimotor Excitement)
- 37 Being in a movie, fiction, or drama (Grandiosity, Erotomania)
- 43 Being an animal (Unusual Creature)
- 47 A flying object crashing (e.g., aircraft) (Fighting)
- 64 Dogs (Animal symbolism, Object Relation)
- 71 Searching for a certain place (Ego Ideal, Appetite-Instinct, Sensorimotor Excitement)
- 81 Rescuing somebody (Grandiosity, Erotomania)
- 85 Balls or globoid (Fighting)

(The corresponding phrases of the themes that can be observed in the excerpt of the interview are underlined.)

Strongest Affect
Seeking (6)
Fear, sadness (7)

No additional themes were identified by the author.

Major interpretation: Persecution

Subject 5's REM7 was clearly a persecutory dream. Many dream elements were metaphorically represented. The terms she used to describe the two worlds – *Inner World and Outer World* – were likely to represent her inner world and people surrounding her in the outer world. This dream seemed to follow up the issue left over in her REM5, in which she dreamed about being chased and blamed by many of her acquaintances, including those close ones (see Yu, 2016e, for details).

Through the metaphorical form of expression and the third-person perspective, the dreamer could take a more active role. She became a messiah dressing up like a nurse – a symbol of healing and saving. To heal the inner world, which according to her, was so complicated and messed up, she acted as an executioner of the inner world, devouring the most despicable part of the self, which was frozen deep inside the vault, and fortifying the defense and self-boundary against the outer world.

Nonetheless, she could somehow relate to and therefore attempted to protect even the most despicable part of the self. Despite her skinny body, which symbolized her fragile mind, she saved the underprivileged, abused in the inner world. This dream completed her story of ambivalence.

Appendix L. Subject 5's Self-Interpretation of REM7 Dream

Guided Instructions

Please recall what feelings or emotions you experienced in your dream. Please try to explain why you had those feelings or emotions.

Think over: "Does anything in the dream give you familiar feelings?"

Think over: "Do this dream and every detail of it remind you of anything (people, events, objects, something about yourself)?"

Think over: "Do this dream and every detail of it make you feel anything (not necessarily the same feelings in the dream)?"

Please think about: "Do these associated thoughts and feelings inside or outside the dream have any connections with your experiences in the daytime?"

Please thoroughly mull over: "Do this dream and every detail of it have any meaning to you?"

Please thoroughly think over: "Why did you have this dream?"

If this dream had continued, what could have happened, how could it have ended?

How would you wish it to end?

Do you think if this dream helped you solve anything?

Please answer this question only after answering all questions about other dreams: "Do you think if there are any connections among your dreams last night?"

Note. Phrases that are congruent with the thematic dream analysis are underlined.

Subject's Responses

I was disheartened by the world, but in the end, there was hope.

No

Apocalypse, hierarchical society, TVB, utopia, slaves, beautiful mirage, survival of the fittest, universe

I was desperate for survival. I hoped there was humanity.

I want to read *The Three-Body Problem* (a novel). I had once lost trust in everyone in the world. I was so depressed and miserable.

I am hopeful.

I want to read *The Three-Body Problem* (a novel). I had once lost trust in everyone in the world. I was so depressed and miserable.

The protagonist would escape from the dark inner world, separating the inner world from the outer world.

The outer world is beautiful; there is a balance between man and nature. There will be no end times; only people and nature will change along with the change in the world. People are kindhearted.

No

No

Appendix M. Subject 6's REM3 Report

Er... I remember... er... the last part was **a movie story**. I remember, at the outset, I was chatting with two secondary school classmates. We touched on a movie, then, er... **the movie story emerged in my mind**. Er... in the beginning, it was a secondary school peer gathering at a.. er... restaurant... a setting like a restaurant. We caught up on each other's news. Then, I noticed one of the news about my secondary school friends was like a movie about bad luck. Then, the story began. Er... She was on a plane... it was about a flight attendant **trying endlessly**... The flight attendant was so unlucky. She was on the plane and stained costumers' clothes, pissed them off. Er... my impression was like I had watched a similar movie story, which was however not on a plane... (The interviewer clarified, "Did you become the flight attendant? Or was the flight attendant another person?") Another person. (How old was the flight attendant?) She was around 30 years old, wore a pink suit jacket and a white skirt.

(She said the following during the follow-up questions about sensory experiences:)

I felt I was being chased and running. (The interviewer followed up, "When did you feel you were being chased and running?") When that flight attendant was running. She stormed out the aircraft and ran on the street... because she pissed the customer off. She spilled some beverages (chocolate, orange juice) over him, which made him mad and yell at her. While he was scolding her, oh boy, she dropped other stuffs on him. She was so careless to drop some food (and ketchup) on him, which irritated him even more. He was so mad that he ran after her.

(She said the following during the follow-up questions about chatting with characters at the restaurant:)

I remembered I wore a hat, pink in color. Er... the hat was like those flight attendant caps.

Themes identified by the subject:

- 1 Being chased or pursued, but not physically injured (Persecution, Sensorimotor Excitement)
- 12 Falling (Sensorimotor Excitement)
- 51 Being blamed or punished (Ego Ideal, Inhibition)
- 52 Blaming others for doing something wrongly/ making troubles/ committing mistakes (Ego Ideal, Paranoia)
- 74 Reuniting with a long-lost schoolmate (Object Relation)
- 91 Flying into a rage, getting into a temper, or cursing (Ego Ideal)
- 95 Eating candies, ice-cream, or sweetmeat (e.g., lollipop, Chupa Chups, chocolate, ice pop, cake, etc.) (Appetite-Instinct)

(The corresponding phrases of the themes that can be observed in the excerpts of the interview are underlined.)

Strongest Affect
Playfulness (8)
Bother (4)

Themes identified by the author but not by the subject:

- 3 Trying again and again to do something** (Persecution, Sensorimotor Excitement)
- 37 Being in a movie, fiction, or drama** (Grandiosity, Erotomania)

(The corresponding phrases are italicized and bolded.)

Major interpretation: Ego-ideal

In REM3, although she claimed that she was not the flight attendant, she could feel the rush of being chased. Moreover, she dressed like a flight attendant while she was chatting with old friends at the restaurant. As in three other REM dreams, the themes of blaming and being blamed dominated this dream. Persecutory and inferiority issues transpired in both Subject 5's and Subject 6's dreams. In contrast to Subject 5, however, regressive, paranoid superego played a more significant part in Subject 6's issues and Subject 6 exhibited a tendency to find solace in her previous object relations.

Appendix N. Subject 6's Self-Interpretation of REM3 Dream

Guided Instructions

Please recall what feelings or emotions you experienced in your dream. Please try to explain why you had those feelings or emotions.

Think over: "Does anything in the dream give you familiar feelings?"

Think over: "Do this dream and every detail of it remind you of anything (people, events, objects, something about yourself)?"

Think over: "Do this dream and every detail of it make you feel anything (not necessarily the same feelings in the dream)?"

Please think about: "Do these associated thoughts and feelings inside or outside the dream have any connections with your experiences in the daytime?"

Please thoroughly mull over: "Do this dream and every detail of it have any meaning to you?"

Please thoroughly think over: "Why did you have this dream?"

If this dream had continued, what could have happened, how could it have ended?

How would you wish it to end?

Do you think if this dream helped you solve anything?

Please answer this question only after answering all questions about other dreams: "Do you think if there are any connections among your dreams last night?"

Note. Phrases that are congruent with the thematic dream analysis are underlined.

Subject's Responses

Happy, excited, because the story was very funny

Yes

Secondary school

Excited, unwilling to leave

I have watched a very funny movie before.

Even if you are living a hard life, you must find something happy.

Maybe I want to meet and watch a movie with my secondary school classmates recently.

Watch a movie together

Play and enjoy fully with the secondary school classmates.

No

Also related to learning or emotions

Appendix O. Subject 7's REM2 Report

Wait... Oh, I remember! Can I tell the whole story? (The interviewer answered, "Yes, please tell as detailed as possible.") Okay, hmm... I... Don't laugh at me! I saw some celebrities. Who were they? They were some members of KPB (pseudonym of a Korean pop band). It's, It's a footage mode. In the so-called footage, one of them was a girl, who was, who was eating. All four of them were eating. There were four persons. Except the girl, the rest three were KPB members. The girl was talking about... The other three were having a feast... watching her while having a feast. They were laughing and teasing, "Hey, are you on diet?" The girl said, "Yep, nothing good to eat!" Then, she pressed her lips together (made a face), sat down, and stared at her tray. Then, she was daydreaming and talked to herself, "Let me eat a strawberry dessert." Wow, it was super delicious! While thinking over and over, she suddenly discovered, "Wow, how come all other people's trays are full of that dessert?" Then, the girl had another daydream, like a daydream. Just before waking up from sleep, something happened to one of the boys, KPB members. **He had a crush on that girl but it was impossible for them because that girl...** They had known each other for many years. For some reasons, now talking about his family. His father had died in 2010, left his family behind, leaving the boy, his mom and sister. **For some reasons, afterwards, he met his father again.** Er... anyway... On another day, **he found a diamond**. Oh... the boy's... the boy's daddy used... Was it really his daddy? Probably a woman. Yep! It was the woman... who picked up **a whip, used that whip to beat the boy up**. His father stayed on the sidelines and watched. Just for a while, only a few seconds (spoke in a guilty tone)

Just waking up from sleep... someone **dropped a diamond** (she repeated the story in more detail). **The boy found it** and was spotted by other people. He was accused of being lazy and fooling around. Then, he was chased and ran around... to a restaurant or a bakery. After being chased for some time, the boy stopped, watched out the window. I assumed he dropped the diamond on the street, through the window. Then, a woman behind, one of the people chasing him, had **a whip, gave him a lash**. I did not know which part of the body she beat him because the boy did not show any painful facial expression. The boy's daddy was standing very close, right behind the woman and watched. And I... do not know why I had a thought, "Wow! Why?! Why did the daddy not have any reaction? The woman beat your son!"

(The subject said the following during the follow-up:)

(The interviewer asked, "Were you one of the characters in the dream?") I was not. (The Interviewer clarified, "Did you have any interaction with any characters?") No. Wait! I missed a scene. In the beginning of the story about the boy, **the boy said he had indeed loved the girl for a very long time** but it was impossible for him to have a relationship with her. Then, started talking about his daddy and mommy... Then, the shot jumped to somewhere before the bakery. There was a... a corridor, where had lots of doors. One of the doors was open. There was... something like a bed. Then... just a flash, just one flash, the shot flashed only once. **There were probably two pairs of legs, I assumed, possibly having sex**. That's it. Aha! To begin with, in that shot, I only heard the boy's voice. I did not, did not see him. He was standing and speaking. I heard his voice, which was like his self-talk in his inner mind. So to say, he was not actually speaking, it was his thoughts, felt like I heard his thoughts. Something like that.

Themes identified by the subject:

5 Eating delicious foods or having a rich meal (Appetite-Instinct, Convenient Dreaming)
 37 Being in a movie, fiction, or drama (Grandiosity, Erotomania)
 86 Coming into contact with an important person or a celebrity (Grandiosity, Erotomania)
 93 Encountering the person that you like or you want to see (Erotomania, Appetite-Instinct, Object Relation)
 95 Eating candies, ice-cream, or sweetmeat (e.g., lollipop, chocolate, ice pop, cake, etc.) (Appetite-Instinct)

(The corresponding phrases of the themes that can be observed in the excerpts of the interview are underlined.)

Strongest Affect
 Seeking (8)
 Fear, shame, urgency (2)

Themes identified by the author but not by the subject:

31 A person now dead as alive (Object Relation)
79 Other weapons (Fighting)
82 Hitting something or someone (Fighting)
28 Sexual experiences (Grandiosity, Erotomania, Sex)
10 Finding money, winning a lottery, or becoming rich (Grandiosity, Appetite-Instinct)
87 Having a love affair with an important person or celebrity (Grandiosity, Erotomania)
88 Having a sexual relationship with an important or celebrity (Grandiosity, Erotomania, Sex)

(The corresponding phrases are italicized and bolded.)

Major interpretation: Appetite-Instinct

Appetitive, grandiose, and erotomaniac wishes were directly fulfilled through a surrogate in this early REM dream. This paved the way for the subsequent REM dreams, in all of which she took the first-person perspective and fulfilled similar wishes. For example, in her next dream (REM3), she dreamed herself meeting a celebrity and in her last REM episode (REM6), she dreamed herself living with a boy in a big house. Her waking mind was defensive against certain wishes that she dreamed. She emphasized in her REM6 report "just living together," implying that that boy was not a boyfriend. Likewise, her defense and secondary revision tendency could be observed in this dream report: 1) sexual desire was met through a surrogate, 2) sexual act was represented by implication ("seeing a bed and two pairs of legs"), 3) the sexual scene was minimized ("just one shot, very fast," "whipped him just for a while, just once"), and 4) she omitted some of them when she was asked to recognized themes occurring in her dreams.

Appendix P. Subject 7's Self-Interpretation of REM2 Dream

Guided Instructions

Please recall what feelings or emotions you experienced in your dream. Please try to explain why you had those feelings or emotions.

Think over: "Does anything in the dream give you familiar feelings?"

Think over: "Do this dream and every detail of it remind you of anything (people, events, objects, something about yourself)?"

Think over: "Do this dream and every detail of it make you feel anything (not necessarily the same feelings in the dream)?"

Please think about: "Do these associated thoughts and feelings inside or outside the dream have any connections with your experiences in the daytime?"

Please thoroughly mull over: "Do this dream and every detail of it have any meaning to you?"

Please thoroughly think over: "Why did you have this dream?"

If this dream had continued, what could have happened, how could it have ended?

How would you wish it to end?

Do you think if this dream helped you solve anything?

Please answer this question only after answering all questions about other dreams: "Do you think if there are any connections among your dreams last night?"

Note. Phrases that are congruent with the thematic dream analysis are underlined.

Subject's Responses

I felt a bit wronged because of being laughed at by others that I had to lose weight. However, because they were friends and I knew that they were merely joking, I did not care. In addition, I felt sorry for the boy in the dream. It was because his father just stood by and watched and did not intervene in, even though the boy was beaten by his mother.

No

May want someone to have a crush on me or want to be cared for by a heterosexual friend.

A little warm feeling, hungry

I have talked with a tutee about love affair. That might be related to the dream.

I want to have a love relationship or someone to take care of me.

I want to have a love relationship or someone to take care of me.

The girl would find that the boy had a crush on her.

A girl and a boy get together, falling in love.

No

The only thread that linked all the dreams together was my family. I could see my dad or some characters who would take care of me in the dreams. It was probably as if someone knew that I want someone to take care of me.