

# Dreams and waking life connection

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**Summary.** The present study explored individual's connection between dreams and his waking life. Individuals' personal experiences of dreams, their existence, purpose, belief, and truthfulness were explored in relationship to their daily life functioning. Present study aimed at identifying the collective themes of participants with researchers' reflection. The sample of four adults (2 males, 2 females) with age range of 18-35 was recruited from different universities of Lahore. Semi-structured in-depth interviews were conducted through interview schedule regarding participants' personal demographics, schedules and hours of sleep, belief on the occurrences and fulfillment of dreams. Interpretative phenomenological analysis (IPA) was applied to analyze the data individually and collectively across all participants. Findings revealed that 10 themes were generated from the data that include curiosity about dream content, dream and real life connection, intuition about death, wish fulfillment in dreams, sense of morality in dreams, and information about personality through dreams etc. These themes help us in better understanding of dreams and waking life connection.

**Keywords:** Dreams, Waking Life experiences, Personal Experiences and Daily Functioning

## 1. Introduction

In psychology, Hobson (2002) defines dream and dreaming as "a mental processes and activity that occur during sleep". While some other definitions of dreaming explain it as an essential component relating to consciousness of an individual. Whereas Revonsuo and Tarkko (2002) explain dreaming as a subjective process of one's conscious mind created by the brain without or with minimal influences from external sensory stimulation.

Dream have biological basis of origin and happens to occur during REM-sleep, where some of the brain areas linked to social processing and problem solving get activated which allows the individual to dream about their interaction in social situations. Whereas researches also proved that reviewing social situations while dreaming helps improving the abilities of an individual to solve conflicts and problems in waking life. Many theorists claimed that an individual dreams can help him in improving his mental health which will eventually help them in adjusting and coping with things better in waking life such as dealing with intellectual, social and emotional problems (Barrett, 2007; Sayed, 2011; Franklin & Zyphur, 2005).

Dreams are often based on the content which can be highly messy, chaotic, emotional and bizarre which is considered different from waking life thoughts and emotions (Hobson, Pace-Schott & Stickgold, 2000). But recent literature has shown connection between dreams and waking life cognitions, thoughts and emotions on both phenomenological and neurobiological levels (Fox, Nijeboer, Solomonova, Domhoff, & Christoff, 2013; Wamsley, 2014; Wamsley

& Stickgold, 2010, 2011). On the phenomenological level, dream content are mainly based on the memories of waking life experiences and interaction with others (Stickgold et al., 2000; Wamsley, Perry, et al., 2010; Wamsley, Tucker, et al., 2010).

Almost every individual happens to dream or see dreams while sleeping, whereas, the content of these dreams may vary from individual to individual depending upon their life style, current circumstances, daily living patterns of sleep, past traumatic events and brain activity during the whole day and while sleeping (Bulkeley, 2008). They also happened to dream about their suppressed or hidden desires, wishes and needs that are considered taboo or against one's culture and society (Domhoff, 2003; Wegner, Wenzlaff and Kozak's, 2004; Contelmo, 2011; McNamara, Pae, Teed, Tripodis & Sebastian, 2016).

Continuity hypothesis support the findings that dreams content were mostly based on waking life experiences on many different levels such as on behavioral, cognitive, neurochemical and individual level, which integrate waking experiences, dream recalls, memory, personality, gender, continuity in between sleep and waking states (Schredl & Hofmann, 2003; Kahan & LaBerge, 2010; Horton & Malinowski, 2015). Researches has also shown that some waking life experiences or aspects are more easy to integrate in dreams than others such as emotional experiences (Horton, Smith & Proctor, 2011; Malinowski & Horton, 2014; Schredl, 2006), which indicate that dream may also serve as emotional-processing function (Hartmann, 1996; Walker & van der Helm, 2009).

Evidence also suggest that waking life events, stressors and concerns might appear in an individual's dream, making an individual realize or give insight regarding the waking life circumstances and emotional life experiences (Edwards et al., 2013; Schredl, 2006; Malinowski and Horton, 2014; van Rijn et al., 2015), and concerns (Domhoff, 2003; Selterman et al., 2012). Above all dreams have connection with waking life as individual see dreams according to their routines, wishes, desires, impulses and what is going in their lives.

In conclusion, dreams have a significant effect on an individual waking life as it reflects an individual conscious experience. Dreaming happens to be explained as an ex-

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tension of waking conscious experiences of an individual's (Wamsley, 2014; Wamsley & Stickgold, 2010, 2011). As literature suggest that dreams have a connection with our waking life's experiences, emotions, thoughts, memories, cognitions and social interactions which help us in better functioning and adapting our lives. Dreaming is best viewed as a transparent reflection of waking thoughts, feelings, and memories (Graveline & Wamsley, 2015).

## Aim of the research

The aim of this research is to elicit the views of the individuals about dreaming and the connection of their dreams with their waking life. This research study helps out in exploring the personal experiences regarding dreams and individual or gender differences of dreams and its effects on our daily functioning by affecting our mood, thoughts, cognitions and behaviors. This study finding also helps us in exploring the function served by the dreams in the person's life by exploring its effect on the different aspect on life such as his/her defense mechanism, every day functioning, intuition, decision making, problem solving skills, mood, fears and spiritual meaning of his dreams on his life. Understanding of the dreams or extracting the hidden meaning out of the dreams helps the person in getting better insight of one's life and make his functioning more adaptable in his every day.

## Research Questions

The question addressed in this article is:

- How much our dream content is related to our waking lives thoughts, emotions, functioning and experiences?
- How our conscious functions are experienced when we are dreaming and how these experiences may be helpful to the dreamer when awake?

## Objectives

The objectives of the study are:

- To explore the personal experiences of an individual regarding their dreams existence, its purpose, occurrence, assigned meaning, truthfulness and daily life connections?
- To find out the effects of dreaming on the daily life functioning of an individual and on their conscious experiences?
- How much our dream content is influenced by our daily life stressors?
- Do dreams help us in problem solving and other executive functioning of our daily lives?

## 2. Method

### 2.1. Research Design

Qualitative approach will be used in this research paper to have the potential of exploring an individual's experiences of their dreams and its connection with their waking lives. Qualitative research methods try to gain a deep and thorough understanding of any phenomena and human nature, as well as the causes of certain forms of human behaviors (Howitt, 2010; Silverman, 2011). Therefore, most qualitative researchers work with fewer participants to be able to obtain in depth information (Maxwell, 2013; Wagner & Okeke, 2009).

For this research study, IPA (Interpretative Phenomenological Analysis) was used to study the experiences of an individual and the understanding of the connection between dreaming and waking life connections. IPA allows us to become aware of what makes the experience actually what it is. It allows us to understand the essence of the phenomenon and interpretation of that phenomena plays an important role in the ways in which people perceive and experience the world (Husserl 1931). As a result, the phenomenological analysis produced by the researcher is always an interpretation of the participant's experience and capture the quality and texture of individual experience (Willig, 2008).

### 2.2. Why IPA?

IPA was chosen for this research paper because IPA focuses on both the distinctive features of an individual/ participant and also on the pattern of meanings and theme among all the participants (Langdridge, 2007). Also, in IPA the researcher generates theme from first data set and then keep on generating more themes and sub-themes from the entire data sets. So, IPA helps the researcher in developing codes, themes and analysis of every stage of data and entire data set before moving forward (Smith, Flowers & Larkin, 2009).

### 2.3. Sample

The study aimed to explore the connection between dreams and waking life world, as explained by the participants. Therefore, a sample of four adults aged between 18-35 years from both the genders i.e. 2 male and 2 females were selected, using purposive and convenience sampling techniques. The participants were recruited on the basis of occurrence of dreams, its frequency, who keep record of their dreams (dream diary), give significance to dreaming and being able to remember and narrate them properly, while in the initial screening interview for the selection of the participants for research. Participants in the study reported to be part time students and part time employees.

### 2.4. Research Instruments

The research instruments used include the following:

**Demographics.** The demographic characteristics of the participants were also asked. These included their name, age, gender, education, the number of hours slept, whether they had dreams and whether they remember their dreams enough to narrate them. It provided a clear explanation of the selected sample and their characteristics.

**Semi-structured Interview.** Semi-structured interviewing was used as a research instrument to collect data in qualitative research. It provides an opportunity to the researcher to extract detailed information from the experiences narrated by the participants, usually focusing on a particular aspect of their life. The interview protocol consisted of 42 questions which are based on previous researches, research questions/gaps and literature. To validate the interview questions mock interviews were conducted to check the generated information, lacking aspects and suggestions from the participants. Then the mock interviews and suggestions were revised with the help of literature and professionals in the given field. Then the questions were bringing together in their final form to obtain elaborate details about the content of the dreams and their connection with the waking/ daily life functioning (See Appendix for the Interview Protocol).

2.5. Procedure

Before conducting the research, permissions were taken from the respective department ethics board and from the participants. Demographic sheet was constructed by the researcher to get information from the participants regarding his name, age, religion, education etc. The participants were informed about the purpose of the study and the research further ensuring the privacy and confidentiality of the participants. After getting permission from the institute and from the participants, semi-structured interview were conducted with the selected participants. The interviews were recorded with the consent of the participants. Then the interviews were transcribed and repeatedly reading the transcripts helped generate the themes. The interviews take usually around 30-45 minutes from each participant to complete.

2.6. Data Analysis, Theme Generation and verification Checks

Once the interview has been conducted, the verbatim of each participant was transcribed word to word. The transcripts were read and reread again in order to gain the complete understanding of the verbatim and understanding of the meaning and psychological processes going on in the individual mind. The transcripts were analyzed using principles of Interpretative phenomenological analysis (IPA). Interpretative phenomenological analysis (IPA) technique was developed by Jonathan Smith. It was designed to explore in detail how participants make sense of their personal and social world (Smith & Osborn, 2003).

After transcribing, the text and meaningful pauses or repression during the interview and other bodily cues were used to generate themes from the data. Then the entire data was thoroughly read and reread to generate more themes and to check the generated themes. These themes were then again checked by the professionals and then revision was made. In order to avoid the researcher bias and for verification check, more individual were invited to check the generated themes by the researcher such as peers who are expert in qualitative research, then forwarded to intermediate expert reviewers such as visiting faculty members who can make better suggestions keeping in view the rich thick descriptions. Then the revised results were forwarded to experts and supervisors for review and to comment about the generated themes and results. Then the final themes were clustered under sub themes and master themes. The master themes were interpreted by keeping in view the verbatim of the participants. Interpretation led toward results about the connection of dreams with daily life functioning of an individual.

2.7. Ethical Considerations

Ethical considerations refer to the integral part of the research, keeping in view the rights of the participants. The ethics considered included:

- The privacy and confidentiality of the participants was ensured. They were informed that their provided information would not be used for any other purpose, except for the research.
- The participants were informed about the research purpose.
- They were given the right to withdraw.
- Their consent was taken for the audio recording of the interview. They were told that nobody apart from the interviewer would hear the information provided. As for this, 3 out of the 4 participants allowed for the audio recording, while the forth participant did not allow. So, keeping in view the ethical guideline, his interview was not recorded.

Table 1. Demographic Characteristics of the Sample (N=4)

Variables	f(%)
<b>Gender</b>	
Male	2(50%)
Female	2(50%)
<b>Age Categories</b>	
18-22	2(50%)
23-29	2(50%)
30-35	0
<b>Education</b>	
Bachelors	2(50%)
Masters	2(50%)
<b>Sleep schedule during the day</b>	
Yes	3(75%)
No	1(25%)
<b>No. of hours slept during night</b>	
5-6	1(25%)
6-7	1(25%)
7-8	1(25%)
8 and above	1(25%)
<b>Do you have dreams?</b>	
Yes	4(100)
No	0(%)
<b>Dreams Recall/ Dream Diary</b>	
Yes	4(100)
No	0(%)

Note. N= sample, f: Frequency

3. Results and Discussion

After going through the responses of the research participants using interpretative phenomenological analysis 10 major themes were interpreted, this helped us in understanding the connection between dreams and waking life.

3.1. Content related to Waking Life

First theme came out of data was the content which is based on the waking life activities of daily life of an individual. People are preoccupied with thoughts about the daily routine, evaluating one's self and his/her performance throughout the day and his behavior all day or to anyone. In continuity hypothesis it is mentioned that our waking life is merged into our dreams and likewise our dreams are merged or carried into our waking lives (Schredl & Hoffman, 2003). Similarly, another study reported that individual's day to day life activities, events, stressors and work are often part of our dreams. Whereas, our interpersonal daily activities and events are more of the content of our dreams (Roussy, 2000; Roussy et al., 1996). One of the participants reported that:

*"I usually dream about my daily life activities, Chain of thoughts regarding my everyday life events, happenings and behaviors"*

### 3.2. Curiosity about interpretation of dreams

Other theme interpreted from the data was the curiosity one have about the dream content and meaning behind it. Other participants also revealed that they all tried to interpret their dreams somehow either by reading any book or by sharing dreams with their mothers, friend and someone who have knowledge of interpreting dreams. They also reported that they usually avoid talking about their dreams with people who are not trustworthy. A participant cited that:

*"I usually share my dreams with my mother so she can interpret them for me and to soothe me, whenever she does that I feel a lot more comfortable than before"*

*A dream which is not interpreted is like a letter which is not read – The Talmud*

Another study reported that individuals usually assign meaning to those dreams which have correspondence with their preexisting beliefs regarding their lives and activities (Morewedge & Norton, 2009).

### 3.3. Message conveyed to us through dreams

Another important theme interpreted from data was that dream is a way of conveying important and divine messages to us. Dreams are always about important things even if we are unable to interpret them. There is a common belief that dreams convey different messages which might be coming from Divine Energy or a way our unconscious is revealing itself. A stereotypical belief was reported by a participant that

*"Dreams can come true if precautions are not taken beforehand"*

Another research study reported that participants from western and eastern cultures believed that dreams are meaningful and an important source of information for us (Morewedge & Norton, 2009).

### 3.4. Revealing an Individual's fears

One of the most revealing themes interpreted from interviews was revealing an individual's fear. All participants reported that their dreams depicts their fears such as get trapped, finding escape from the current life, cat crossed their way (superstitions), escape, about past heart aching events and loss in future. One of the participants cited that:

*"I saw I'm with my friends in restaurant and suddenly He came and I recognize him, and in that very moment I just want to go away as soon as possible. I don't want to face him and like to have any more difficulties in the future, then I already have"*

### 3.5. Facing Insecurities in dreams

Another important theme interpreted was to face their insecurities in their dreams and acknowledge them as part of one self. One of the participants reported that:

*"I usually saw my parents, families and friends to love me and have a strong bond with me, like they have with others. I want to have a partner or intimate relationship because I sometimes feel so lonely and miserable at times. I just want to be loved"*

They reported that they want to be valued and loved by their families and important ones. They wanted to feel important. Their need to belong to someone, loved by someone and to be attached to someone strongly depicts in their dreams often and they accept it as they want these things in their lives.

### 3.6. Intuition regarding future events

Another theme interpreted from the data is intuition about future events and majorly about the death of the loved ones. It revealed that people often tend to dream about death of family member and that incident if actually happens in real life makes their beliefs more firm about dreams serving as messages or intuition. One of the participants stated that:

*"I saw a dream of my father's death, which later comes true, if I had taken the precautions or interpreted my dream beforehand, maybe I could avoid these consequences"*

### 3.7. Assistance on Decision making

One of the themes arise from the data was assistance provided on the decisions that are difficult to make in waking life. Individual reported that they sometimes faces challenges on making a decision regarding some events but in their dreams they got help in making it and follow it. Research reported that individual's from different cultures and backgrounds tend to believe that dream provides some meaningful insight into their self and the world around them (Morewedge, 2009). One of the participants stated that:

*"I once was so stressed about making decision regarding some event I need to make, while sleeping, in my dream I made the decision and stand on it without any fear and hesitation. It proves to be good"*

While some researches claim that during sleep some parts of the brain that are linked with problem solving get activated and helps the individual in adopting better coping ways to solve conflicts and problems in waking life (Sayed, 2011; Franklin & Zyphur, 2005).

### 3.8. Seeing Moral and restrictions free dreams

Theme interpreted from the data was sense of morality and values in dreams, revealed that some of the participant experience discrepancy in their waking life moral values and the activities they find themselves doing in their dreams. As one of the participants reported that she had sexual and unethical dreams while other saw herself living carefree life as her moral values wouldn't allow her to do that in waking life. While others reported that they maintained their moral values in their dreams.

She stated that:

*"In my dream, I'm having some sexual activity which is unethical in our culture and likewise some other activities which are considered wrong"*

Table 2 (to be continued). Showing major themes, sub-themes and sub-ordinate themes

Major Themes	Sub-Themes	Sub-ordinate Theme
Content related to Waking life	Worries and stressors of daily life	Thoughts about daily life Planning of future tasks Thoughts about things happened in day time Self-evaluation (Being rude/ mean to others)
	Thoughts about daily routine and events	Chain of thoughts regarding everyday life events Over-thinking of events Stress of busy life and daily routine Events cancellation Work related dream
	Worry about one's future	Concern about confidentiality Thoughts about things happened in day time Dreams about daily happening Dreams about daily life Thoughts about daily life Dreams are about daily routine Dreams are about important things. Dreams related to routine life. Dreams about waking life events/situations. Dreams about daily happening
Curiosity about interpretation of dreams	Sharing dreams with significant ones	Sharing terrible dreams to mother to seek comfort and meaning of dreams Sharing dream with the person who have knowledge of interpreting dreams Difficulty in interpreting meaning of dreams
	Curiosity about interpretation of meaning	Sharing dreams that have some meaning Happy dreams indicated sadness and vice versa Comfortable in sharing selective information with friends
Message conveyed to us through dreams	Dreams is a message conveyed to us	Preoccupation with sad content Dreams have meaningful significance Dreams are a way of our mind conveying messages Dreams are messages from divine energy
	Have special meaningful significance	Curiosity about dream content Preoccupation with dream content Messages conveyed through dreams Finding meaning about repetitive dreams
Revealing an individual's fears	Dreams are a way of projecting fears a person have	Fear of the Unknown Fear of dreams coming true Fear of being trapped in dream Presence of cat (superstitions) Thought avoidance
	Revealing an individual's fears	Finding Escape Finding escape in dreams Separation in past Fear of losing things Escape from waking life
	Belief that dreams have connection with waking life	Belief in the connection of dreams with waking life Believe in dreams and are linked with waking life Relating dreams with real life happenings
	Belief that dreams can come true	Belief on the stereotypes related to the occurrence of the dreams Belief that dreams can come true if not taken precautions beforehand.
Facing Insecurities in dreams	Wish fulfillment in dreams	Need for belongingness and love Unfulfilled desires getting filled in dreams
	Facing Insecurities in dreams	Lonely and need intimate relationship Dream about something desirable
	Need for belongingness and attachment	Need for belongingness/ security/ attachment Need for strength and autonomy Need for strength and identity confusion
Intuition regarding future events	Dreams come true	See things that will happen in future and it did in waking life (Intuition) Intuition of death which later become true Take cues or warnings from dreams (Precautions based on dream content)
	Seeing death of the loved one's	Anticipation of future negative events Precautions to avoid the dream coming true Belief about dreams coming true. Repetition of father's death in dream.
	Prediction of loss of a family member in dreams in the near future	Seeing illness of grandfather. Death of family member. Death in the family. The setting and the environment of the death Dreams often come true Intuition about death
Assistance on Decision making	Difficulty in decision making in waking life shown in dreams	Dreams about difficulty in decision making Dreams about decisions not able to make Making decision based on dream content (Wish fulfillment in dream.) Dreams about decision making. Making decision based on dream content

Table 2 (continued). Showing major themes, sub-themes and sub-ordinate themes

Major Themes	Sub-Themes	Sub-ordinate Theme
Seeing Moral and restrictions free dreams	Breaking ones moral, religious and societal values in dreams	Committed yet unfulfilled religious act Carefree life, with no restrictions. No moral values Seeing unethical sexual activity and immoral activities Unethical and sexual dreams. Going against values and Roaming around. Carefree life, with no restrictions.
	Life without restrictions	
Reveal's ones personality aspects in dreams	Revealing different aspects of personality	Realization of ego acting up Self-realization Revealing of unconscious desires Getting to know unconscious and personality through dreams Information from unconscious. Information from unconscious awareness. Change in personality as a result of not fulfilling other's demands Separation in past Repetitive impulses under stress of Unfulfilled desires
	Revealing one's unconscious desires, impulses and oneself	
Wish fulfillment in dreams	Wish fulfillment in dreams	Wishes come true in dreams. Viewing my marriage with the loved one. Dream about something desirable Dreams of being famous. Surrounded by people.
	Seeing closed family members and friends	Seeing and helping familiar people. Spending time with friends and family Seeing close blood relatives Seeing the friends which she is missing Repetitive impulses under stress of Unfulfilled desires

Another participant reported that:

*“In my dreams I have care free life, in which I have no restrictions and responsibilities, like in waking life”*

Literature showed that individuals happened to dream about their suppressed or hidden desires, wishes and needs that are considered taboo or against one's culture and societal norms (Contelmo, 2011; McNamara, Pae, Teed, Tripodis & Sebastian, 2016)

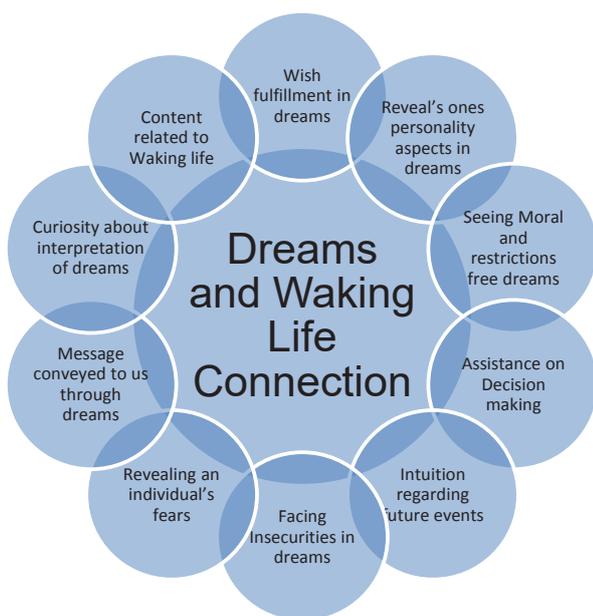


Figure 1. Representing 11 master themes emerging from the study

### 3.9. Reveal's ones personality aspects in dreams

One theme was about personality, people get information from their unconscious while dreaming they tend to get information regarding their personalities and attitudes. Sometimes an individual fails to understand emotions, thoughts and their own behaviors in particular stimulus. Therefore, this helps them in understanding the real meaning behind them and helps them in understanding their own selves. Schredl, Nurnberg and Weiler in 2003 conducted a research study to examine the relationship between personality and dreams. They found that there is a stronger relationship between personality and dreams we saw. This shows that the participants found their selves revealing in the dreams have strong positive correlation.

### 3.10. Wish fulfillment in dreams

Last theme interpreted from the data was wish fulfillment in dreams. Participants reported that they tend to dream about familiar people and places. They see people that are known to them, missing them or want to see them in waking life.

Dreams serve as a places where often those desires and wishes are fulfilled that don't seem to be part of reality. As one participant revealed the fulfillment of desire of *getting married to her lover* in dream, while another participant viewed himself as *getting famous and helping familiar people*. As according to McNamara (2016) people see dreams in order to fulfill their wishes and desires.

## 4. Conclusion

In the nutshell, it is concluded that dreams have a significant connection with our waking life activities such as decision making, personality, stressful events etc. and they somehow influence ourselves and our ways of dealing with things. Dreams also affect us in a different way as well in which we assign meaning to them, changing our thoughts, moods,

behaviors, and change our ways of dealing with them. As it is also stated in literature that dream have a connection with our waking life such as connection of thoughts, memories and cognitions which help us in better functioning and adapting our lives. This study finding also helps us in exploring the function served by the dreams in the person's life by exploring its effect on the different aspect on life such as his/her defense mechanism, every day functioning, intuition, decision making, problem solving skills, mood, fears and spiritual meaning of his dreams on his life.

## 5. Implications

- The research results will help dream researchers, individuals in better understanding the connection between dreams and waking life.
- Present research reveals some of the major waking life factors that constitute of one's dream which needs to be understood.
- After getting results from the research, it will help us in bringing the attention of researchers to pay attention towards the connection dreams have with an individual personality, functioning, and behaviors.

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## Appendix: Interview Protocol

1. Name
2. Age
3. Education
4. Occupation
5. Religion
6. How many hours you usually sleep?
7. What's your sleeping routine?
8. Do you like to sleep at day time also?
9. If yes, then how many times in a day and for how long?
10. What do you like to think mostly before falling asleep at night?
11. Do you fall asleep immediately after going to bed?
12. If not, then what do you like to usually think or do?
13. How often you are able to remember your dreams?
14. Explain any of your dreams that you remember in full details?
15. Have you ever saw a dream in day time?
16. What kind of dreams do you see usually?
17. What kind of people, things or places specifically do you see in your dreams?
18. Do you share your dreams with others?
19. What do you feel when you wake up while you were dreaming?
20. Do you easily get back asleep after waking up during the dream?
21. To what extent do you believe in the reality of your dreams?
22. If not, then why don't you believe in your dreams?
23. And if you do believe in dream, then to much extent?
24. Do you think your dreams have connection with your waking life?
25. Do your dreams have effect on your waking life?
26. Have you ever felt that your dreams negatively affect your life?
27. Do you like to interpret your dreams?
28. After interpreting the content of your dreams, do you still think that your dreams have connection with your waking life?
29. Does your dreams are mostly about your daily life? Explain in detail
30. Do you ever saw dreams according to your wishes? Explain in detail
31. Do your dreams have an effect on your mood?
32. If yes, then explain in what aspects like daily mood, social and academic functioning?
33. Do you happen to see dreams that are against your moral, ethical and societal values?
34. Have you ever been thinking about your dreams during the whole day?
35. Is there any specific thing, person or place that repeated comes into your dreams?
36. If yes, then why it is happening?
37. What kind of the content was that you saw repeatedly in your dream? (Probing question)
38. Did you ever get any information about your personality of which you weren't consciously aware of?
39. If yes, then please explain it?
40. Do you see dreams about your wishes that can't be fulfilled in waking life?
41. Do you ever happen to see things that are bothering you or stressful for you in waking life in your dreams?
42. Any additional information you want to tell about your dreams?