

# Continuity? Yes, emotional continuity

Commentary on “The continuity and discontinuity between waking and dreaming: A Dialogue between Michael Schredl and Allan Hobson concerning the adequacy and completeness of these notions”

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I have been asked to contribute a brief article to the discussion on continuity-discontinuity. Actually I will restrict myself to just a few sentences with references.

First of all, I believe that continuity between dreaming and waking is clearly established. It has been supported by any number of studies. It should be noted that this refers to continuity of “concerns,” “interests,” “worries” and “psychological issues” (these terms are taken from Domhoff, 2003). All these words refer to what is emotionally important to the dreamer.

Discontinuities of many kinds appear to be present. However, these are formal discontinuities referring to such things as scene-shifts, condensations and bizarreness. These are not absolute discontinuities. I have argued elsewhere that even these formal aspects do not show complete dreaming vs. waking discontinuity; there is a great deal of overlap between the forms of mental functioning – for instance between dreaming and day dreaming/fantasy/ reverie (Hartmann, 2007; 2010a & b; 2011).

Overall my most important point is that there are NOT discontinuities at the level of emotions or emotional concerns. And in fact, how could there be? The dreamer/sleeper/waker is one person with one set of underlying emotions, which influence all forms of mental processing, but the influence is most clear towards the dreaming end of the continuum (Hartmann 2011). I have shown elsewhere the importance of the Central Image of the dream, which measures and pictures the underlying emotion (Hartmann, 2008; Hartmann, 2010b; Hartmann 2011). The imagery of daydreams, fantasies and reveries is also very obviously influenced by the person’s underlying emotion.

## References

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