

Dreams of Recovering Alcoholics: Mood, Dream Content, Discovery, and the Storytelling Method of Dream Interpretation

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Summary. This study examined the dream content and discovery derived from dreams via The Storytelling Method of Dream Interpretation (TSM). Discovery is defined as the meaning derived from dream interpretation (e.g. dream imagery of a snake leads to discovery about waking day anxiety). The current study examined the dreams and discovery of recovering alcoholics (N=29) compared to a matched sample of non-alcoholics (N=29). The study also examined waking day mood. Findings from the study revealed that the mood and dreams of recovering alcoholics differ significantly from non-alcoholics and that the dreams provide insight into the mood of recovering alcoholics. Discovery via TSM was found to be relevant, meaningful, and helpful in terms of waking life issues. Furthermore, regression analyses provide predictive evidence of discovery from the dream content for recovering alcoholics. Analyses comparing discovery categories revealed that the major discovery categories for recovering alcoholics include: sobriety, past events, emotions, and a positive future. It appears that TSM is a useful mode of therapy for gaining insight into recovery of alcohol addiction and waking day mood. Limitations, future research, and clinical applications are discussed.

Keywords: : Recovering alcoholics; Dream therapy; Content analysis; The Storytelling Method

1. Introduction

Alcohol, drug abuse, and addictions are among the most prevalent, deadly, and costly health problems (Santora & Hutton, 2007). These disorders are major contributors to heart disease, cancer, stroke, psychiatric illness, early death, and cause major social and economic problems (Mokdad, Marks, Stroup, & Gerberding, 2000; Santora & Hutton, 2007). Given these factors, effective treatments are crucial for treating people with addictions.

In terms of treatment, recidivism rates are very high with addicts and thus interventions must provide skills and tools that are effective, user-friendly, practical, and can be used for life. One of the most widely-used international programs for treating alcoholism is Alcoholics Anonymous (AA), (Tiebout, 1961) which is a 12-Step Program founded in 1935. The program teaches the process of living without alcohol with 12-steps. The 12 steps also address the mood changes that occur throughout the sequence of abstaining from alcohol. It is recognized that alcohol is used to numb or regulate mood and therefore, working with mood is a very important part of the recovery process (Enoch & Goldman, 2002; Strowig, 2000; Tice, Bratslavsky & Baumeister, 2001; Steele & Josephs, 1990).

A second important factor related to alcoholism, recognized in both research findings and by AA, is that the dreams

of alcoholics are often of a "drinking" nature (Choi, 1973; Christo & Franey, 1996; Tracy, 1994). These dreams can occur during drinking but also for many years after the alcoholic has stopped drinking (Alcoholics Anonymous, 1975; Denzin, 1988; Mooney, Eisenberg & Eisenberg, 1992). Research has found that the alcoholics' dream patterns change after the drinking has stopped but content related to using alcohol remains a theme (Araujo, Oliveira & Piccolotto, 2004; Denzin, 1988). Drinking dreams were found to be common, guilt-provoking, and may cause craving (Christo & Franey, 1996; Denzin, 1988; Tracey, 1994).

Several studies have specifically examined substance use or drinking in dreams during the period of cessation and have found the following; unpleasantness, drinking, observing drinking, talking about drinking, craving, a repressed desire to drink, and images that are continuous of waking day preoccupations (Araujo, Oliveira & Piccolotto, 2004; Choi, 1973; Denzin, 1988; Fiss, 1980; Hajek & Belcher, 1991; Mooney, Eisenberg & Eisenberg, 1972; Scott, 1968). Research has also reported that the dreams are vivid and upsetting but are also considered harmless (Alcoholics Anonymous, 1975). In fact, little research has been conducted on the actual content of the alcoholics' dreams before or after cessation. Even less research has examined the meaning or discovery of those dreams to the dreamer. Given that alcoholics continue to have salient dream imagery related to their addiction after the cessation of drinking (For examples see: Araujo, Olivera & Piccolotto, 2004; Choi, 1973; Christo & Franey, 1996; Colace, 2004), this appears to be a very important feature to examine in terms of imagery and discovery for the alcoholic.

The purpose of the current study was; 1) To extend previous research on the dreams of recovering alcoholics with detailed content analysis, since this has not yet been conducted to date (Araujo, Olivera & Piccolotto, 2004; Choi, 1973; Christo & Franey, 1996; Colace, 2004). Examples of

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imagery examined were drinking, aggression, anger, and sobriety. Furthermore, since the meaning of dreams is still an underdeveloped area of research (DeCicco, 2009; 2007a) the meaning or discovery from dream interpretation for recovering alcoholics and non-alcoholics with The Storytelling Method of Dream Interpretation (TSM) (DeCicco, 2009; 2007a; 2006) was undertaken. Discovery was also compared to dream content for recovering alcoholics. 2) Since it has been reported that dreams continue to be negative and upsetting after the cessation of drinking, the dream imagery of recovering alcoholics was compared to dream imagery of non-alcoholics (Araujo, Oliveira & Piccoloto, 2004; Choi, 1973; Denzin, 1988; Fiss, 1980; Hajek & Belcher, 1991; Mooney, Eisenberg & Eisenberg, 1972; Scott, 1968), 3) Since mood is an important part of the recovery process for alcoholics (Enoch & Goldman, 2002; Strowig, 2000; Tice, Bratslavsky & Baumeister, 2001; Steele & Josephs, 1990), waking day mood of recovering alcoholics was compared to the waking day mood of non-alcoholics, 4) Analyses also assessed whether TSM could be implemented into a therapy program for recovering alcoholics as an effective tool.

1.1. Mood, Alcohol Addiction and Dreams

Research has found very important connections between mood and addictions (Enoch & Goldman, 2002; Strowig, 2000; Tice, Bratslavsky & Baumeister, 2001; Steele & Josephs, 1990), between dreams and mood (Pesant & Zadra, 2004), and between dreams and addictions (Choi, 1973; Christo & Franey, 1996; Denzin, 1988; Flowers & Zweben, 1998; 1996; Scott, 1968; Wetter & Young, 1994). These relationships are observed in both research and clinical practice, however, the connection among dream content, addiction, and mood have not been widely studied to date.

The connection between mood and addiction is particularly important as research has shown that addictions are related to negative mood and to psychiatric mood disorders (Santora & Hutton, 2007). Findings also show that people high in negative affect have higher rates of negative dream imagery (e.g. aggression, failures, misfortunes etc.) (King & DeCicco, 2007) which can also include nightmares and sleep disturbance. Though past research has found a link between dreams and addictions (Denzin, 1988; Flowers & Zweben, 1998; 1996; Wetter & Young, 1994), content analysis of these dreams is yet to be thoroughly investigated. This study will extend previous research on the dreams of recovering alcoholics by specifically measuring waking day mood and then content analyzing their dreams for mood categories which will reveal relationships among mood and dream imagery.

1.2. Dreams and Dream Interpretation as Therapy

Many studies have found that dream interpretation or dream therapy can be very valuable in that it can aid in the process of insight (Pesant & Zadra, 2004) and can provide a means to explore emotions (Goelitz, 2001). Dream therapy can also help decrease psychological distress (Crook & Hill, 2003; Pesant & Zadra, 2004), help with feelings of isolation, lack of support, life transition issues, and provide effective coping strategies (DeCicco, 2009; 2007a).

Research has also shown that dreams can be related to the dreamer's waking day concerns (Domhoff, 1996, 2000) which can provide insight into the dreamer's waking thoughts, feelings and experiences. Dreams are directly re-

lated to the dreamer's psychological well-being (Brown & Donderi, 1986; Zadra & Donderi, 2000) such that dreams of people suffering certain psychopathologies differ from those of people not suffering psychopathology. Research has also found that dreams reflect the physical health of the dreamer (King & DeCicco, 2007). Therefore, dreams can be a valuable tool for revealing important aspects of the dreamer's physical, mental, and emotional life.

Dream therapy can be a valuable tool for allowing the dreamer a venue for self-exploration and for providing effective coping strategies (Hill, 1996; 2003). This study will specifically explore discovery from dreams via The Storytelling Method of Dream Interpretation (DeCicco, 2007a) for people recovering from alcohol addiction and compare findings to a matched sample of non-alcoholics.

1.3. The Storytelling Method of Dream Interpretation

The Storytelling Method of Dream Interpretation (TSM) is an interpretation technique that has been proven useful for discovery and insight (DeCicco, 2009; DeCicco & King, 2007). This method uses associations of major images and words while guiding the dreamer to create a story with the associations. The method has been found to lead to significant discovery and does so above word association alone (DeCicco, 2006; 2007a). Furthermore, TSM leads to discovery about one's waking life significantly more than a control design (DeCicco, 2006; 2007a; DeCicco & King, 2007).

1.4. Hypotheses

1. Since previous research has reported that the dreams of recovering alcoholics contain negative imagery (Araujo, Oliveira & Piccoloto, 2004; Choi, 1973; Denzin, 1988; Fiss, 1980; Hajek & Belcher, 1991; Mooney, Eisenberg & Eisenberg, 1972; Scott, 1968), it is expected that when examining the dreams of recovering alcoholics with content analysis many negative images will be found, including drinking in dreams. Furthermore, when comparing the dreams of recovering alcoholics to non-alcoholics, they will differ significantly in terms of dream imagery.

2. Since the meaning of dreams is still an underdeveloped area of research (DeCicco, 2009; 2007a) the meaning or discovery from dream interpretation for recovering alcoholics and non-alcoholics with The Storytelling Method of Dream Interpretation (TSM) (DeCicco, 2009; 2007a; 2006) was undertaken. It is expected that the discovery for each group will be relevant and meaningful to their waking day circumstances, as per the continuity hypothesis (Schredl & Hoffman, 2003) (e.g. alcoholics dream of drinking and non-alcoholics dream of everyday events).

3. Since mood is an important part of the recovery process for alcoholics (Enoch & Goldman, 2002; Strowig, 2000; Tice, Bratslavsky & Baumeister, 2001; Steele & Josephs, 1990), it is expected that the waking day mood of recovering alcoholics will be significantly different than the waking day mood of non-alcoholics. Furthermore, the dreams of recovering alcoholics will have significantly more negative mood than non-alcoholics.

4. Since The Storytelling Method of Dream Interpretation (2006) has been found to be useful for finding meaning with several adult samples (DeCicco, 2009; King & DeCicco, 2007), it is expected that it will also be useful for adults recovering from alcoholism for finding meaning in their dreams.

2. Method

2.1. Participants

This study examined the dreams of 29 community dwelling adults who were recovering from alcoholism and a matched sample who had no reported addictions. Both groups consisted of 10 males and 19 females, with a mean age of 46 years (SD=9.69) for the recovering alcoholics and a mean age of 46.2 years (SD=9.73) for the non-alcoholics. All participants recovering from alcoholism were actively involved in an AA program and reported having an alcohol addiction while 6 also reported a drug addiction, 4 also reported a food addiction, 4 also reported a cigarette addiction, and 1 also reported a sugar addiction. The range of abstaining from alcohol addiction was from 5-39 years.

2.2. Measures

2.2.1 Demographics

A demographics sheet reporting age, gender, and education level was given to each participant. A demographics sheet for addictions was also given which included; substances used, length of addiction, length of abstinence, and treatments.

2.2.2 Profile of Mood States (POMS-SF)

The Profile of Mood States POMS (Shacham, 1983) was used to measure mood state which is composed of 37 adjectives and descriptive phrases rated on a 5-point likert scale. The POMS-SF measures 6 factors over the course of the past week: Tension/Anxiety, Depression/Dejection, Fatigue/Inertia, Vigour/Activity, Confusion/ Bewilderment, and Anger/Hostility. A Total Mood Disturbance (TMD) score can also be calculated by summing all subscale scores of the POMS-SF. Lower scores on the POMS-SF indicate more stable moods, while higher scores indicate more mood disturbance. The POMS has been deemed both reliable and valid (Grove & Prapavessis, 1992; Jianping, Haiyong, & Wenliang, 2004).

2.2.3 The Storytelling Method of Dream Interpretation

The Storytelling Method of Dream Interpretation Worksheet (DeCicco, 2007a; 2006) (See Appendix A) was provided to each participant and participants completed the worksheet for one of their own dreams which occurred in the past week. The Worksheet has been found to significantly lead to discovery for one's own dream (DeCicco, 2006; 2007a; King & DeCicco, 2007).

2.2.4 Content Analysis

Each participant was asked to complete the Storytelling Worksheet for one dream that they experienced in the last week. These dreams and the discovery passages (DeCicco, 2007b) were analyzed using the Hall and Van de Castle (1966) system of Content Analysis. Content Analysis is a scoring system for dream content used to identify the frequency of a large variety of dream and discovery images, figures, actions, emotions, and conflicts. Content Analysis has been deemed reliable and valid by multiple studies (Krippner & Weinhold, 2002). The categories to be scored were chosen based on the content measured by the POMS-

SF, and imagery/issues related to alcoholism. For example, addiction, drinking alcohol, gambling, and sobriety were additional categories added to the analyses. See Table 1 for a list of all categories.

Statistica 6.0 was used for all statistical analyses. All dream reports and discovery passages were scored for frequency by the Hall and Van de Castle guidelines for content analysis. That is, each occurrence of a dream theme or discovery theme was marked, counted, and summed, culminating in totals for each category across all dreams (DeCicco, 2007). Inter-rater reliability was tested between raters and found to be greater than .90. Following previous research (Domhoff, 2000a) only dreams with a word count between 50 and 300 were included in the study. When examining word count between the two samples, there was no significant difference between the dreams of recovering alcoholics and non-alcoholics.

2.3. Procedure

Participants who were actively involved in an AA program were asked to volunteer in the study. All participants were informed of the purpose of the study and complete anonymity was assured. Participants were provided with a package of surveys including a consent form, the demographics sheets, the POMS-SF, and the TSM. They were also provided with 2 self-addressed envelopes and were asked to mail their consent form in a separate envelope from their questionnaire package. A matched sample was recruited and they filled out the same questionnaires as the recovering alcoholics group. All participants were asked to fill out the TSM for a dream they had in the past week.

3. Results

3.1. Relationship among Dream Content Categories and Discovery Categories for Recovering Alcoholics and Non-Alcoholics

In order to test hypotheses 1 and 3 content analysis of the dreams of recovering alcoholics was undertaken. Hypothesis 1 stated that the dreams of recovering alcoholics would have many negative images and hypothesis 3 stated that they would have negative moods. Both hypotheses were supported with content analysis as the dreams of recovering alcoholics had images of apprehension, confusion, aggression, anger, misfortunes, sadness, and drinking in dreams. It was found that 31% of the dreams had imagery related to drinking, for example, a young man dreams that he is in a bar with his drinking friends and they are all drinking beer together.

Hypotheses 1 and 3 also stated that when comparing the dreams of recovering alcoholics to non-alcoholics, they would differ significantly in terms of dream imagery. This was also supported (Table 1) in that recovering alcoholics reported more total emotions in dreams and more happiness than non-alcoholics. Recovering alcoholics also reported more characters in their dreams. Hypothesis 2 stated that the discovery for each group would be relevant and meaningful to their waking day circumstances. This was also confirmed when examining the meaning or discovery from dream interpretation for recovering alcoholics and non-alcoholics with The Storytelling Method of Dream Interpretation (Table 2). In fact, the largest difference between the recovering alcohol-

Table 1. Means, standard deviation and t-tests comparing the dream content and mood categories for recovering alcoholics and non-alcoholics.

	Recovering Alcoholics	Non-Alcoholics	t-test ¹	
	<i>M ± SD</i>	<i>M ± SD</i>	<i>t =</i>	<i>p =</i>
Dream Category				
Sadness	0.05 ± 0.23	0.21 ± 0.41	-1.48	.14
Apprehension	0.42 ± 1.02	0.21 ± 0.49	0.98	.33
Anger	0.16 ± 0.37	0.28 ± 0.45	-0.93	.35
Confusion	0.21 ± 0.54	0.11 ± 0.31	0.88	.38
Happiness	0.36 ± 0.68	0.10 ± 0.31	1.82	.05
Emotion	1.21 ± 1.75	0.76 ± 0.95	2.16	.05
Sex	0.15 ± 0.50	0.10 ± 0.31	0.47	.63
Friendliness	1.63 ± 1.90	1.41 ± 1.32	0.50	.64
Aggression	1.05 ± 1.54	0.83 ± 1.02	0.61	.54
Characters	2.94 ± 2.60	0.45 ± 0.82	4.78	> .01
Animals	0.26 ± 0.73	0.27 ± 0.80	-0.05	.95
Misfortunes	1.05 ± 1.08	1.20 ± 1.61	-0.37	.71
Good fortune	0.68 ± 1.11	0.24 ± 0.43	1.94	.06
Mood Category				
Fatigue/Inertia	14.5 ± 4.9	10.4 ± 3.4	3.49	> .01
Vigour/Activity	17.1 ± 4.4	20.2 ± 5.2	-2.41	.02
Tension/Anxiety	18.0 ± 5.5	13.4 ± 5.2	3.23	.01
Depression/Dejection	19.0 ± 7.8	13.4 ± 6.5	2.98	> .01
Anger/Hostility	16.6 ± 7.8	12.3 ± 6.2	2.27	.03
Confusion/Bewilderment	13.1 ± 5.6	11.4 ± 3.7	1.35	.18
Total Mood	67.4 ± 28.6	42.6 ± 27.4	3.38	> .01

Note. **Bold** indicates significant findings.

ics and non-alcoholics was found in the discovery passages with TSM.

It was found that 28 of the 29 recovering alcoholics reported discovery from their dream when using TSM. These 28 participants also reported having direct discovery/insight to their waking day life with the 4 major themes being: addiction/sobriety, past life events, emotional discovery, and a positive future. Discovery of emotions was the largest reported discovery for the recovering alcoholics.

For the non-alcoholics, all 29 participants in the group reported discovery and 28 of the 29 reported a direct connection to their waking day life. The major themes of discovery for the non-alcoholics were: discovery about friends/peers, waking day worries, love, and family members. These discovery categories differ completely from those of the recovering alcoholic group where there was more focus on their addiction, their past, their future, and on emotional discovery. Hypothesis 4 stated that since The Storytelling Method of Dream Interpretation (2006) has been found to be useful for finding meaning with several adult samples that it would also be useful for adults recovering from alcoholism. Hypothesis 4 appears to be confirmed in that discovery was relevant for the waking day concerns of recovering alcohol-

ics (e.g. addiction/sobriety, emotions) and non-alcoholics (e.g. waking day relationships and worries).

3.2. Relationship among Dream Content, Discovery Content, and Mood for Recovering Alcoholics

As per Hypothesis 3, it was expected that the waking day mood of recovering alcoholics would be significantly different than the waking day mood of non-alcoholics and this was indeed confirmed (Table 1). Recovering alcoholics were higher in Fatigue/Inertia ($t=3.49$, $p<.01$), Tension/Anxiety ($t=3.23$, $p<.01$), Depression/Dejection ($t=2.98$, $p<.01$), Anger/Hostility ($t=2.27$, $p<.03$), and in total mood scores ($t=3.38$, $p<.01$). Non-alcoholics were higher in Vigour/Activity than non-alcoholics ($t= -2.41$, $p<.02$). Confusion/Bewilderment was not significantly different between the two groups. These findings strongly suggest that the waking day emotional profile for recovering alcoholics is very different than that of non-alcoholics which may be an important consideration for any treatment program. Furthermore, since the largest discovery category was that of emotion, it appears that waking day mood, dream emotions and discovery about emotions are all important in the recovery process.

Table 2. The discovery categories for recovering alcoholics and non-alcoholics.

Group	N	Number of Reporting Discovery	Four Major Discovery Categories	%
Recovering Alcoholics	29	28	Emotional Discovery	42
			Addiction/Sobriety	8
			Past Life Experience	7
			Positive Future	7
Non-Alcoholics	29	29	Friends/Peers	36
			Waking Day Worries	9
			Love	8
			Family Members	7

3.3. Regression Models: Dream Content Categories that Predict Discovery for Recovering Alcoholics

A series of regression analyses were performed in order to test whether dream categories would predict discovery. When dream categories were entered into a regression model predicting discovery of addiction, it was found that dream content of aggression predicted discovery of addiction (Table 3).

This suggests that dream content of aggression for recovering alcoholics may lead them to discovering something about their addiction with TSM. Implications for clinical practice from these findings suggest that further research is warranted.

A second regression model predicting discovery of one's emotions found that the dream content of animals and happiness predicted this discovery (Table 4).

This finding suggests that working with the dreams of alcoholics with TSM may lead to discovery of their emotions when the dreams have happiness or animals in the imagery. A third regression model testing dream content categories predicting discovery of sobriety did not yield significant results. It appears that content categories can predict discovery of one's addiction more so than one's sobriety. Interestingly, a regression model predicting discovery of gambling (Table 4) revealed that the dream content of anger predicts

Table 3. Dream content categories predicting discovery of addiction for recovering alcoholics.

Variable	beta
dc Apprehension	.30
dc Confusion	.05
dc Emotions	-.01
dc Sex	.26
dc Aggression	.40*
dc Characters	.19
dc Misfortunes	-.04

Note. * $F(7,11)=12.60, R=.94, p<.05$

discovery of waking day gambling. This finding should be further explored in terms of the emotions related to gambling addiction and any implications for treatment that may result.

4. Discussion

This study confirmed all four hypotheses and revealed many important findings in terms of dreams and discovery for recovering alcoholics as compared to non-alcoholics. As was found in previous research (Araujo, Oliveira & Piccoloto, 2004; Choi, 1973; Denzin, 1988; Fiss, 1980; Hajek & Belcher, 1991; Mooney, Eisenberg & Eisenberg, 1972; Scott, 1968) the dreams of recovering alcoholics had many negative images and emotions. When comparing the dreams of recovering alcoholics to non-alcoholics they differed significantly in terms number of characters, total emotions, and happiness. It appears that recovering alcoholics dream about other people and emotions more than non-alcoholics. The fact that happiness was higher in recovering alcoholics may reflect the fact that all recovering alcoholics were attending Alcoholics Anonymous and were working on their mood state in recovery.

Since drinking in dreams is often reported in the recovery process this imagery was content analyzed for recovering alcoholics. It was found that 31% of the dreams had imagery related to drinking so it appears that recovering alcoholics do in fact continue to dream about their addictive behaviour (Choi, 1973; Christo & Franey, 1996; Tracy, 1994).

Since the meaning of dreams is still an underdeveloped area of research (DeCicco, 2009; 2007a) the meaning or discovery from dream interpretation for recovering alcoholics

Table 4. Dream content categories predicting discovery of Emotions and Gambling for recovering alcoholics.

Variable	beta
dc Happiness	.47*
dc Animals	.47*
dc Anger	.54**

Note. * $F(2,16)=6.19, R=.66, p<.01$; ** $F(1,17)=7.16, R=.54, p<.01$

and non-alcoholics with The Storytelling Method of Dream Interpretation (TSM) DeCicco, 2009; 2007a; 2006) was undertaken. It appears that discovery from dream content via TSM for alcoholics is an important process for learning about one's addiction. The other important discovery category that emerged from the findings was discovery about one's emotions. Another significant finding was that discovery about gambling was associated with high anger in the dream. This particular finding should be explored further especially with a group of individuals who have been diagnosed with an addiction to gambling. Insight into the association with anger to this addiction may prove very insightful for understanding and treating the addiction.

It was expected that the discovery for each group would be relevant and meaningful to their waking day circumstances, as per the continuity hypothesis of dreams (Schredl & Hoffman, 2003) (e.g. alcoholics dream of drinking and non-alcoholics dream of everyday events). This was in fact the case for both groups which supports the continuity hypothesis.

Previous research has found that mood is an important part of the recovery process for alcoholics (Enoch & Goldman, 2002; Strowig, 2000; Tice, Bratslavsky & Baumeister, 2001; Steele & Josephs, 1990). The findings from the current study confirm that recovering alcoholics and non-alcoholics significantly differ in waking day mood. Furthermore, they also differ in dream emotions which again support the continuity hypothesis.

Perhaps one of the most important findings of this study appeared when comparing the discovery categories between a group that was recovering from alcohol addiction and a group that was not. This revealed that discovery via TSM is very relevant to addiction and recovery since the two groups did not have any of the same categories of discovery. For example the non-alcohol addicted group had discoveries such as family (e.g. I need to work on my relationship with my daughter) and worries (e.g. this dream relates to my worries about money). In contrast, the alcohol addicted group had discoveries relating directly to the addiction (e.g. I drank because it numbed out the pain of rejection) or emotions (e.g. I have found happiness since I quit drinking). The two groups had very different and significant discovery categories. These findings certainly warrant further investigation, especially in terms of clinical implications.

Previous research has found that regression analyses with dream content can be used to predict discovery (DeCicco, 2007a). Discovery of addiction in this study was predicted by the dream content of aggression while discovery of one's emotions was predicted with happiness and animals in dreams. Future research should include a more extensive examination of content categories in order to better explain the finding that one can have discovery of emotions based on these images. Also, path analyses in future studies will help explain any possible mediating effects between emotions, dream imagery and discovery. Further investigations into dream content and discovery of gambling should be conducted since dream content of anger predicted discovery of gambling.

The results from this study imply that TSM is useful for people in the recovery process of alcohol addiction. TSM appears appropriate for recovering alcoholics because they can gain direct insight into their addiction and their emotional life from their dream images. TSM provides a method that is effective, user-friendly, practical, and can be used

for life. TSM is also valuable since it can be used in groups (DeCicco & King, 2007), with adults (DeCicco, 2006; 2007a; DeCicco & King, 2007), in therapy, and also as self-directed therapy for individuals (DeCicco, 2009; DeCicco & King, 2007).

There are however, several limitations to this study which need to be addressed. There were a relatively low number of participants in this study so a larger group should be examined in the future. Also, the study has both male and female participants and since it has been shown in past studies that there are gender differences in dreams, the dreams of female alcoholics should be studied independently of male alcoholics. Another limitation is the range of cessation of drinking which was 5-39 years. A sample consisting of people who are just recent to cessation (e.g. 1-5 years) as compared to long-time abstinence (e.g. more than 10 years) may show different results. Also, other addictions should be taken into consideration as this study focused only on alcohol addiction though participants reported having other addictions such as drugs or sugar.

Future studies should include examination of other addictions which may co-occur with alcohol such as drugs, food, gambling, or sex. The dreams of these individuals may reveal a more complicated relationship among emotions, dreams and discovery. Further investigations into waking day emotions, dream content, and discovery are certainly warranted from the findings here. Closer examinations will likely aid in a better understanding of alcohol addiction recovery but also allow for self-guided dream therapy such as TSM to help individuals get insight into their own process of recovery and abstinence.

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