**Freudian Dream Analysis**

In his book *The Interpretation of Dreams*, Sigmund Freud suggested that the content of dreams is related to wish fulfillment and unconscious desires. Freud believed that the **manifest** content of a dream, or the actually imagery and events of the dream, served to disguise the **latent** content, or the unconscious wishes of the dreamer.

**The manifest content:** This is what, upon awakening, you would recall. If you were to describe a dream to a friend, it would be the manifest content you would tell them. It is basically the transcription (or censored version) of the true meaning of your dream. It has absolutely no meaning whatsoever, as it is only a way to disguise your underlying forbidden desires

**The latent content:** This is what your dream really means. The unconscious desires (**Id**) are included here, and may actually make appearances in the manifest content. However, if they were to do so, they would be unrecognizable and have no context – meaning you’ll forget them much more easily.



You will be analyzing a dream. You may analyze your own dream or you may analyze the dream of someone you know. The assignment consists of two parts.

1. **The Dream:** Please write out what you remember of a dream, or ask a friend of family member to describe the dream. Copy out the dream on this sheet. The more details you have the more you will have to analyze. Try describing the environment of the dream and not just the plot. Include emotions and how the dream made you feel.

**Note:** Do not put your name on this sheet of paper.

**2). Your Analysis:** Freud believed that we reenact our subconscious desires and fears in our dreams. Because these come from our subconscious, they are never shown to us directly, but rather through symbolism. You job is to look at the symbolism in the dream and decide what desires and/or fears are really being displayed. Please be specific and try to link events in the dreams to what you believe they may represent.

**Common Dream Examples**

* Being partially or completely naked in public
* One or more teeth falling out, crumbling, rotting or becoming loose.
* Flying
* Falling – usually down stairs, elevators or from the sky.
* Being chased by a person, monster, animal or “figure”- often intending to cause hurt or death.

My Dream (manifest):

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Interpretation (latent):

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