



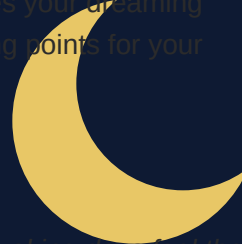
Pregnancy Dream Journal Prompts

*Ten gentle questions for the vivid dreams
that come with growing a person.*

DREAMEVALUATOR

A DreamEvaluator worksheet

Hormones, broken sleep, and a mind full of enormous change: pregnancy gives your dreaming brain a lot to work with. These prompts are not interpretations. They are starting points for your journal, one per dream, in whatever order feels right.



FIRST TRIMESTER

1. What was the strongest feeling in the dream, and does anything in your waking days feel the same way?

FIRST TRIMESTER

2. If the dream had a baby in it, what did the baby feel like: familiar, strange, fragile, funny? What might that mirror?

FIRST TRIMESTER

3. Did anything in the dream feel hidden or hard to see? What are you still processing about the pregnancy itself?

SECOND TRIMESTER

4. Who appeared in the dream besides you? What were they playing: helper, obstacle, witness?

SECOND TRIMESTER

5. Was there water, a house, or a journey in the dream? What in your life feels like it is in transit right now?

SECOND TRIMESTER

6. Did the dream have a frightening moment? Name what felt threatening, then name one thing that feels steady in waking life.

SECOND TRIMESTER

7. If you could ask one character from the dream a question, what would you ask? Write the first answer that comes to mind.

DREAMEVALUATOR

THIRD TRIMESTER

8. What were you preparing for in the dream? How does that compare to what you are actually preparing for?

THIRD TRIMESTER

9. Did the dream end resolved or unfinished? What feels unfinished in your waking preparations?

THIRD TRIMESTER

10. Write the dream a one-line thank-you note. (Your brain worked the night shift for you. It appreciates the acknowledgment.)



Use this table for the next week. Patterns usually show up by day three or four.

Date	Dream in one line	Feeling
	DREAMEVALUATOR	

Read the full guide to pregnancy dreams and browse the dream dictionary for the symbols that keep showing up in yours.

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