



# The Recurring Dream Decoder

*The same dream keeps knocking. This worksheet helps you answer it, in about fifteen minutes.*

**DREAMEVALUATOR**

A DreamEvaluator worksheet

Recurring dreams are usually one message being resent. Work through the four steps below with your most recent version of the dream. There are no wrong answers, and nothing here is a diagnosis.



*Keep it simple. Just what happened, in order.*

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*How did the dream feel while you were in it? Circle every word that fits.*

|           |            |         |          |             |
|-----------|------------|---------|----------|-------------|
| Terrified | Uneasy     | Sad     | Angry    | Embarrassed |
| Calm      | Fascinated | Hopeful | Confused | Numb        |

Your dream's feeling matters more than its plot. The same chase scene means something different when it feels terrifying versus thrilling.

*Answer in a sentence or two each.*

1. What repeats exactly every time? (the place, the person, the thing chasing you)

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2. What was different this time? (even a small change can show the situation shifting)

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3. What in your waking life feels the same as the dream's feeling? (this is usually where the answer lives)

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*Recurring dreams tend to retire once you act on what they're pointing at. The action can be tiny: a conversation, a boundary, a decision you've been circling.*

This week, I will:

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## DREAMEVALUATOR

Look up the symbols from your dream in the free DreamEvaluator dream dictionary, and grab **The 50 Most Common Dream Symbols** guide for the quick-reference version.

[dreamevaluator.com/dream-meanings/](https://dreamevaluator.com/dream-meanings/) | [dreamevaluator.com/free-dream-symbols-guide/](https://dreamevaluator.com/free-dream-symbols-guide/)

