DREAMEVALUATOR

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Being Chased

The classic avoidance dream. The pursuer stands for something in waking life that wants your attention.

THE THREE MAIN READINGS

1. Avoidance

A problem, a deadline, an emotion, or a truth you would rather not face. The dream turns it into a pursuer because that is what it feels like at 3 a.m.

2. Who is chasing you is the clue

A person you know often points at a situation tied to them. A threat you never quite see tends to track general anxiety, with no single source.

3. The shadow reading

In Jungian thought, the chaser can be a part of yourself you have pushed aside. It keeps coming back until you turn and face it.

IN YOUR DREAM

Legs that will not move, or hiding while you hold your breath, usually means you feel stuck as well as scared. Turning to face the chaser is the version people report right before the dream stops coming back.

A QUESTION TO SIT WITH

If the chase stopped and you could ask the pursuer one thing, what would you ask?

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