

Q0. This is a 15-question survey for assessing the efficacy of guided dreaming in stress reduction and problem-solving. It is part of the thesis research by MA candidate Bei Linda Tang, who developed guided dreaming. By clicking the button below, you acknowledge that you have read the [Informed Consent](#), that your participation in the study is voluntary, and that you can choose to terminate your participation at any time for any reason.

- I have read the informed consent and agree to begin the questionnaire
- I do not consent and do not want to participate

Q1. 1. Did you feel safe during guided dreaming?

- Definitely yes
- Somewhat yes
- Neutral
- Somewhat not
- Definitely not

Q2. 2. Did you feel less stressed after guided dreaming than before?

- Definitely yes
- Somewhat yes
- Neutral
- Somewhat not
- Definitely not

Q3. 3. Please describe the challenge you sought to resolve through guided dreaming.

I asked to be shown possibilities to further my career.

Q4. 4. Please describe your dream from the guided dreaming workshop in as much details as you can recall and the emotions you felt during the dream.

Visually, I see a lot of black, but it's a warm and cozy space. I feel weightless and calm. I think I fell asleep for a large part of it but felt relaxed and refreshed after.

Q5. 5. What do you think your dream means, and how may it be related to your life?

The black space feels like endless possibilities. The feeling of warmth and coziness is encouraging me to look for opportunities that make me feel that way in real life.

Q6. 6. Would you make changes in your waking life because of your dream? If so, please elaborate.

Yes, this would influence me to modify my job search to look for jobs that give me this sensation, or to simultaneously pursue other hobbies or passions that give me this feeling

Q7. 7. Did guided dreaming provide insights to solving your problem? If so, what might that be?

Definitely yes

Somewhat yes

Might or might not

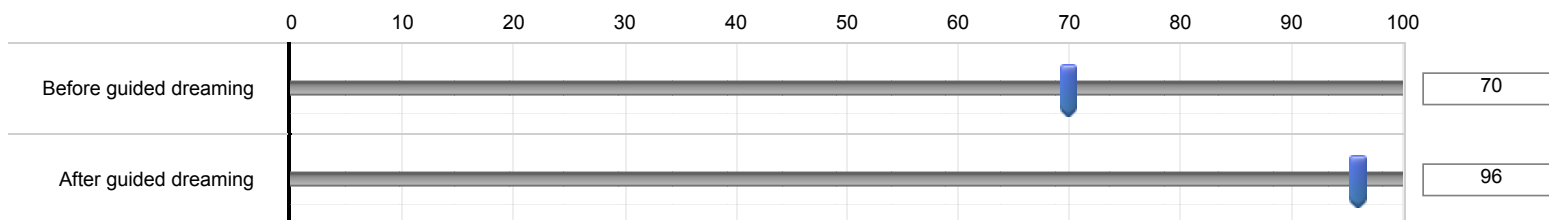
Somewhat no

Definitely no

Possible insights from guided dreaming, if any.

Seek out things that make me feel like I have endless opportunities to be creative, feel warmth and happiness

Q8. 8. Move the scale between 0-100 to self-assess your mental outlook before and after your last guided dreaming session (0 being extremely bad and 100 being extremely good)



Q9. 9. What is your age group?

Under 18

18-40

- 41-60
- 61-80
- Over 80

Q10. 10. What gender do you identify with?

- Male
- Female
- Non-binary
- Other (please specify)

Q11. 11. What religion do you identify with?

- Christianity
- Islam
- Judaism
- Buddhism
- Hinduism
- Spiritual
- Non-religious
- Other (please specify)

Q12. 12. What ethnicities do you identify with?

- White
- Black
- Indigeneous
- Asian
- Mideastern
- Other (please specify)

Q13. 13. What is your relationship status?

- Single
- Casual
- Committed
- Married
- Separated or divorced
- Other (please specify)

Q14. 14. What is your education level?

- High school and less
- College

- Masters
- Professional degree
- Doctorate


Q15. 15. How often do you engage in mindfulness activities, such as yoga or meditation?

- Frequently
- Sometimes
- Sparsely
- Rarely
- Never

Location Data

Location: [\(53.5417, -113.5005\)](#)

Source: GeolIP Estimation



The map displays a geographical area in Alberta, Canada. A yellow location pin is placed over the city of Edmonton. Other labeled locations include Lloydminster to the east, Wetaskiwin to the south, and Red Deer to the southwest. The map uses a color-coded system where green represents forested areas, blue represents water bodies, and tan/brown represents urban or developed areas. Major roads are shown as red lines.