

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've had much trauma and grief consume me in my life and especially in the last 5 years. I'm slowly clearing the negative emotions from my body so this session was an extension of that clearing.

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.

I started by meditating on the edge of water pool that was at the bottom of an amazing waterfall in my area. I emerged into the pool, swimming through a cave that brought me a lighted path that lead me to the ocean. My companion that was always with me in this dream was my cat that I lost over 2 years ago. She laid on my chest the entire time. She gave me much comfort. One of my spirit animals is the dolphin family. There were dolphins and whales swimming around me which also made me feel at peace and safe. The octopus was very large. It was a reddish rose color and it was playful and let me cuddle with it, it let me BE with it surrounding me. Once in the bubble and letting go of some of the negative emotions was very freeing. The emotions escaped my body and were in the form of a liquid like oil in the water with a rainbow-like color to it. Slowly moving up to the surface of the ocean and dissipating into the air. I felt a tiny sadness when the octopus left but was left with it being a very relaxing positive experience.

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

I've had much trauma, abuse and grief in my life. Through that experience I've gotten so much closer to God. I think the octopus was God surrounding me and holding me telling me he will guide me, love me and show me the way. The sadness of the octopus leaving was reiterating my love for him but the relaxing positive feeling was knowing he will always hold my hand.

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

Make this a practice I do more often. Especially when I get overwhelmed with the past or fear of the future. This will help me continue to purge and to be more present.

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

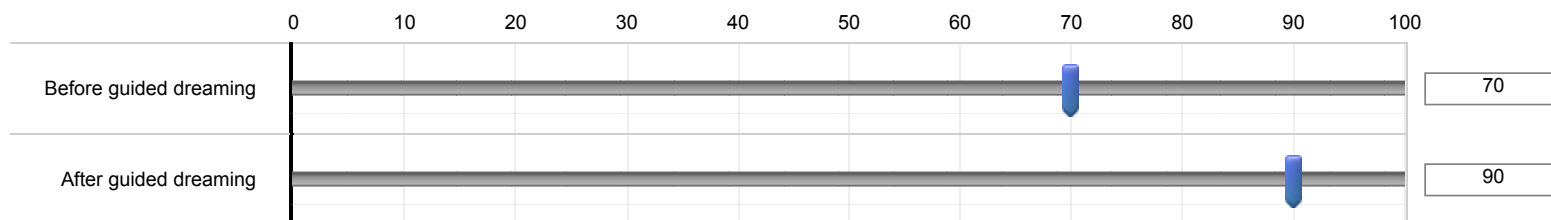
Somewhat no

Definitely no

Possible insights from guided dreaming, if any.

That I'm moving in the right direction of my healing journey.

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: [\(48.799, -122.4499\)](#)

Source: GeolIP Estimation

