

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.

Staying awake! haha Open my chakras Open my Claire's

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.

It was a very relaxing experience for me. I felt my crown chakra tingle when we were connecting and dropping into our chakras. I put myself at the side of the ocean as I used to love to swim in the waves when I was younger . I'm glad you said it was safe to go into the ocean. That allowed me to go in the water. I saw tons of colours, blues, greens, reds. The colours might have been my octopus. My strongest Claire is claircognizance (clear knowing) and I felt I was a baby in utero in the ocean. I didn't think I was completely 'under hypnosis' but I must have zoned out or fell asleep at some point because I recall you talking about coming out of the healing bubble but I don't remember going into it. My emotions were freedom and elation.

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

I think my dream means I'm starting a new endeavour into my dream life.

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

Yes...I would meditate more in the day rather than just the night. Right when I wake up so I don't fall asleep.

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

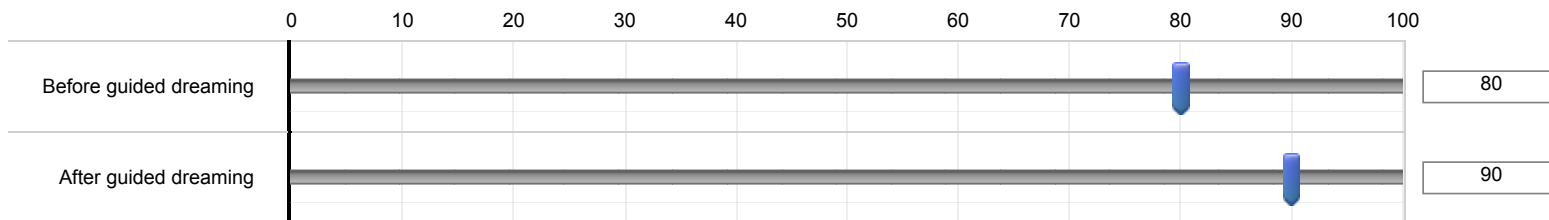
Somewhat no

Definitely no

Possible insights from guided dreaming, if any.

Opening my intuition/psychic abilities

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

