MY DREAM JOURNAL

HORIZON
Grief Resource Center

Dreams can actually be a big part of our grief journey. Sometimes our people who die come to us in a dream, other times we may dream about how our person died or other possible deaths. We may relive vivid memories or may even dream about things in our grief that are weighing on our minds.

While there is no one reason that our people or our grief can enter our dreams, here are some aspects that might be influencing our dreams:

We may not take time during the day to allow our grief to be heard and seen. If we ignore it for too long, our brains will try to process our grief when we have trying to take less control - during sleep. Our brains really want to and need to process this experience.

Sometimes we need comforting, so our minds will remember good memories and replay them in our dreams to help us find those small moments of comfort and joy.

There are a lot of other unexplained reasons that our brains will bring these things ups for us. but many times, we may need to process what we dreamed - if we remember it. We hope this journal will be a helpful tool to help you write down your dream and even take time to write down your thoughts and feelings around it. Taking time to help process these things in our waking mind can help us to increase the quality of our sleep and give our brains the processing it is looking for.

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