

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.

Certain obstacles within my business.

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 felt very calm and peaceful throughout most of the session. A large friendly turtle was my "guide", who showed up when I started diving deep into the water and was feeling afraid. The octopus that came was purple, yellow and orange with black cartoon eyes. She was very playful and was swimming around and showing me different spins, twirls, etc, almost like dancing. She morphed into a light source / cocoon like space which I retreated into and rested. It was a deeply peaceful experience, I connected to Source. After coming out I felt lighter, peaceful, joyful. She swam off and then I "awoke" into waking life.

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

Don't be afraid to try different things. Trust that I'm supported. Do my due diligence and create a solid foundation for my business. Have fun.

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

Create better systems and strengthen the foundation in my business. Say yes more often and try new things to see what lands.

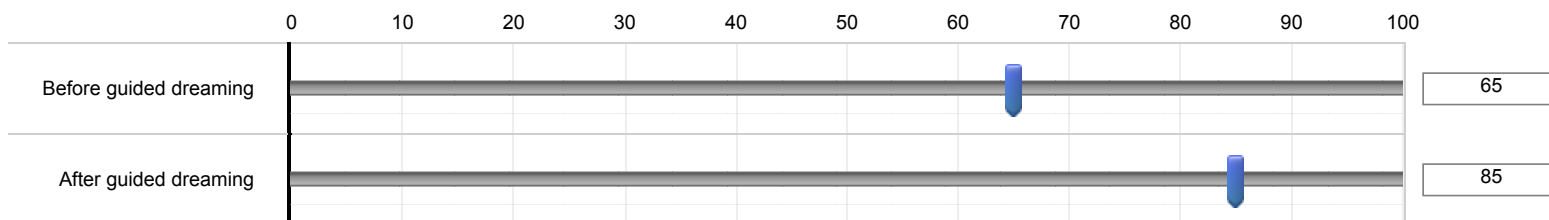
Q7. 7. Did guided dreaming provide insights to solving your problem? If so, what might that be?

- Definitely yes
- Somewhat yes
- Might or might not
- Somewhat no
- Definitely no

Possible insights from guided dreaming, if any.

It was a very interesting experience. Guided dreaming is just as relevant as sleep dreaming but maybe even more useful since it's easier to remember the details while awake.

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

