

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.

Feeling stuck and powerless

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.

On this session the dream was focused on finding ease in the environment. Feeling the water flowing through me rather than against me. Being able to direct the flow of water to move freely.

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

I think there is a connection to feeling exhausted and frustrated by fighting the "currents" in my work and relationships.

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

Yes, I think so. I want to be able to recreate the feeling of ease I felt in the water in my professional and personal life.

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

Definitely yes

Somewhat yes

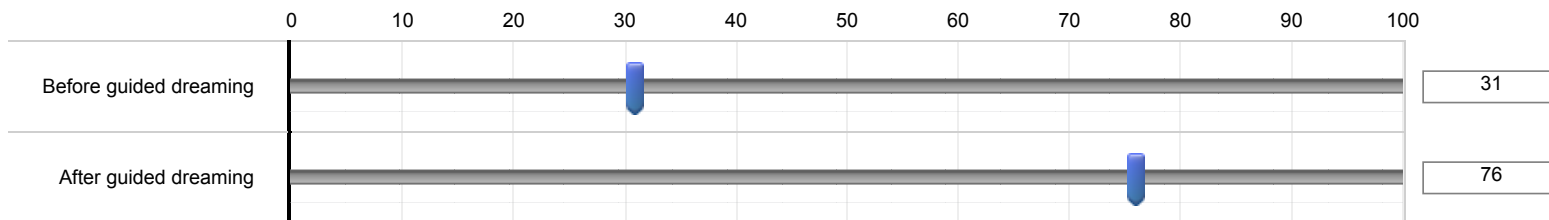
Might or might not

Somewhat no

Definitely no

Possible insights from guided dreaming, if any.

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

