

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.

My wife and I sought to resolve issues related to stress and communication in our relationship through guided dreaming. Over the past few months, we both experienced heightened levels of stress due to work and personal commitments, which began to affect our interactions and overall emotional connection. We hoped that guided dreaming would provide us with a unique and effective way to understand and address these underlying stressors, improve our communication, and strengthen our bond by exploring our subconscious minds together.

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.

This is the summary of our experience during the dream experience and all or most of what each of us experienced during his dream during the experience. For me, the place I chose was a beach, located on the Arabian Gulf in Abu Dhabi, United Arab Emirates. It is the place I often went to relax during my time in the United Arab Emirates. I sat in a high place that enabled me to see the sea better. I was enjoying the movement of the blue sea waves, as if I felt harmony between myself and the movement of these waves. When you asked us to take someone or something with us, my wife immediately came to mind, but for a moment I thought about trying to take something else with me, and my understanding of that inside the dream was that my wife is a part of me, or as if she were myself, which means that if I took her with me, I would not have a new experience. Or different, but my attempt failed for myself, as she was with me and I could not bypass her for something else, and at last I was convinced with myself to take her with me. We were swimming to the bottom of the sea in harmony, and we were having a lot of fun. We reached the depths of the sea, where we saw bright, colorful fish in different colors, very beautiful, and their appearance was a source of inner peace. When the octopus appeared to us, its color was light blue, and we felt in harmony with it. At one point, I felt that my wife and I were merging with the octopus so that we all became in one body, which is the body of the octopus, but our heads remained there, as if it were an octopus with three heads. We kept moving together in harmony on the seabed, enjoying the seaweed and some coral reefs around us. At the end of the dream, my wife and I returned to the surface of the sea and we were swimming happily and harmoniously until I woke up.

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

I believe my dream symbolizes several key aspects of my life and relationship with my wife. The beach on the Arabian Gulf in Abu Dhabi represents a place of relaxation and peace for me, reflecting my desire for tranquility and harmony in my life. The waves of the sea symbolize the natural ebb and flow of life's challenges and joys, and my ability to find balance and peace amidst them. The presence of my wife in the dream, despite my initial attempt to bring something else, signifies the deep connection and unity we share. It suggests that she is an integral part of my life and experiences, and that our bond is unbreakable and essential for my sense of completeness. Our harmonious swim to the bottom of the sea and our interaction with the colorful fish and the light blue octopus represent our shared journey and mutual support. The merging with the octopus, symbolizing unity and adaptability, highlights our ability to navigate life's depths together, finding beauty and peace even in the most profound and challenging situations. Overall, the dream emphasizes the importance of my relationship with my wife, our shared experiences, and our ability to support and complement each other. It reflects our deep bond and the harmony we strive to maintain in our lives, suggesting that together we can face and embrace the depths of life with joy and peace.

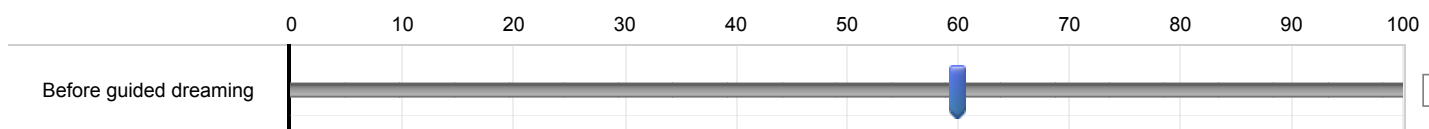
Q6. 6. Would you make changes in your waking life because of your dream? If so, please elaborate.

Yes, I would make changes in my waking life because of my dream. In my waking life, I plan to prioritize spending more quality time with my wife, engaging in activities that bring us closer and foster our connection. This dream experience reminded me of the value of shared experiences and mutual support. I also realized the significance of creating peaceful and joyful moments together, just like we did in the dream. Additionally, the sense of calm and inner peace I felt during the dream encourages me to seek out more tranquil and relaxing environments in my daily life. Whether it's spending time by the water or finding other serene settings, I want to incorporate more opportunities for relaxation and mindfulness.

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)



60

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: [\(45.4153, -75.6894\)](#)

Source: GeolP Estimation

