

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.

I wanted to see if change in jobs would be a good move at the moment.

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 little overwhelmed with the huge underwater cliff, but when I looked to my right hand side I saw my late father smiling at me and that made me feel better. Once I was hugged by the red octopus, I felt like everything is going to be ok. I felt cozy and safe in the big bubble where I was floating, like a baby in the womb.

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

It felt like no matter what decision I make I'll supported by others. The cliff will mostly always be there and I will get overwhelmed and stressed. It depends how I view it.

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

I did interview for another job opportunity, but didn't get it. I'm actually feeling better that it ended up like that, because me leaving my current employment felt more like running away instead of make changes for the better and communicate with my manager.

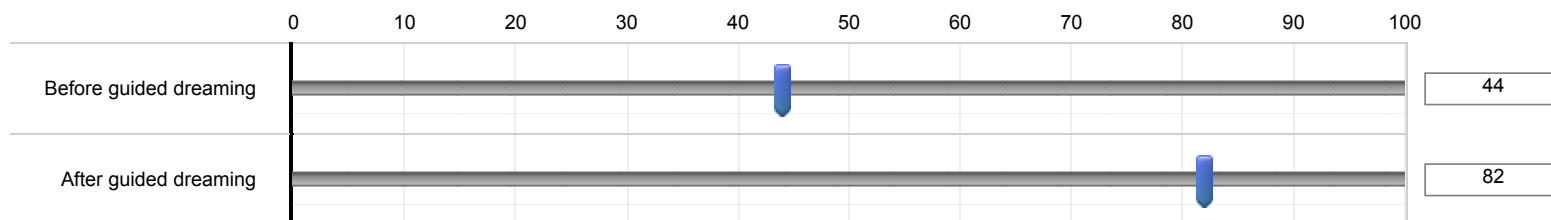
Q7. 7. Did guided dreaming provide insights to solving your problem? If so, what might that be?

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

Possible insights from guided dreaming, if any.

I felt at ease going for it and just see what happens knowing I have support and not waiting for the right time, because that time might never come.

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

Location Data

Location: [\(49.3351, -123.1981\)](#)

Source: GeolP Estimation

