

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 new diagnosis of diverticulitis.

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.

The octopus was the color of the ocean as it was coming towards me as became a big bubble and I entered the healing bubble. The iridescent lava lamp description morphed into opalized jellyfish Aunt. Their tentacles were like shocking areas like they were trying to kind of defibrillate I guess. And then when I came out of the healing bubble, the octopus had turned opalized as well. Don't recall what I felt looking in the eyes of the octopus as my dogs had been interrupting my meditation session

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

Opals are my birthstone and probably my favorite Stone and I've always identified them as storing Aunt equalizing emotions. Getting a shock from the jellyfish and The rhythms of them have always been relaxing, but the shocking part reminded me of kind of like acupuncture in some forms and how it creates a sensation to release the area or release the emotions

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

I'm definitely going to do more dream work and maybe even Shadow work and working with my emotions journaling for sure

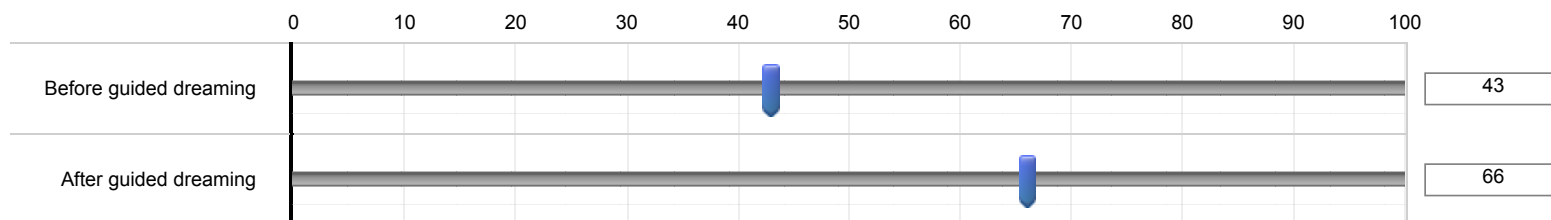
Q7. 7. Did guided dreaming provide insights to solving your problem? If so, what might that be?

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

Possible insights from guided dreaming, if any.

I need to feel my emotions to release them, no matter how uncomfortable or shocking they may be.

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:** [\(46.9763, -123.7965\)](#)

**Source:** GeolIP Estimation



The map displays the state of Washington with major cities labeled: Everett, Seattle, Tacoma, Yakima, and Ke. A yellow location pin is placed on the western coast of the state, south of Seattle and west of Tacoma, indicating the estimated location of the user. The map also shows the coastline and major roads.