

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 have some pressing deadlines at work and not receiving support from teammate so I am feeling stressed about that.

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.

In the dream, I encounter a giant mauve/purple octopus in the outdoor community swimming pool I used to frequent as a child. The octopus and I are alone together at the pool. Although the octopus is larger than the pool itself, we swim together under the water, which opens up with ample space for the octopus to swim comfortably. He gives me an enormous hug, swallowing me up in his many arms, and gently pinching me with his suckers. His hug is loving and reassuring. It turns to night and I see a strobe light with many colours dancing around. It's time to end the dream and we say good bye for now. I emerge feeling happy and calm.

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

The octopus is a steady source of support and would never abandon me. He encourages me to live with courage and strength.

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

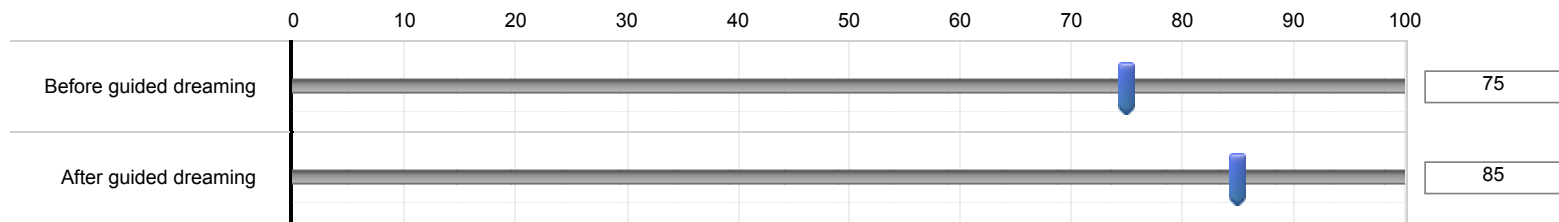
When I feel timid or abandoned, I think of what the octopus symbolizes and that gives me confidence in myself.

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.

After the dream I feel more self-assured. I'm more in touch with my inner child, which strengthens my adult self.

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

