

DREAMS

Discuss the questions:

- How often do you dream?
- Do you dream in color or black and white?
- Have you ever had a flying dream?
- Have you ever been falling in a dream and just when you are about to hit the ground you wake up?
- Do you think dreams have meanings?
- Do you think dreams can tell the future?
- Have you ever been dreaming and woken up and couldn't move?
- What was the best or worst dream you can remember? Don't share your dream if it's too personal or too intense.
- Why do we forget dreams so quickly?
- Have you ever kept a dream journal?
- Why do we dream? What is the purpose of dreams?
- Do you think animals dream, too? What kind of dreams do you think they have?
- What does your country's culture traditionally believe about dreams?
- Have you ever had déjà vue?
- Do you play video games? Do you think it has any effect on the way you dream? Do you think it has any positive or negative effects on you?
- Do you think sleeping in two shorter periods is a better way of sleeping? Do you think it would suit you and your lifestyle?
- Have you ever sleepwalked or do you know anyone who sleepwalks? What do they do when they sleepwalk? Where do they go? Does anyone try to wake them up?
- Would you like to gain more control over your dreams? Have you ever practiced lucid dreaming?

