

Finding Your Dreamer Style from Your Scores On the Dreamer Development Scale

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Although the four dream process scores --Reflectiveness, Interaction, Role/Status Change and Constructive Behavior -- from a single dream may be interesting and instructive, your pattern of scores over time reveals even more information about you as a dreamer and as a waking person. In fact, your pattern of scores over a period of a week or longer may indicate a characteristic dreamer style that probably corresponds closely to the strengths and weaknesses in your waking personality, as well. Before you can analyze your own dreamer style, you will need to record and score your dreams over a period of at least a week. A month would be even better, especially if you recall only one or two dreams a week.

In using these scales in previous research studies, I became aware of several distinct dreamer styles which probably had a close relationship with the dreamer's waking personality. Let's review a couple of the possible dreamer styles that might emerge from the Dreamer Development Scores. Please note that when I speak of "high scores," I mean a score of "3" or more on that particular scale.

THE UNACTUALIZING DREAMER: A tendency toward low scores on all scales. Whether your low scores are simply due to poor recall or not, the indication is that you haven't yet tapped your dreaming potential. The good news is that you have the entire inner universe to explore, and that now is a good time to start!

THE OBSERVER: Frequent high scores on reflectiveness, but mostly "2's" or "1's" on the other scales. This dreamer style is characterized by a high degree of questioning and critical thinking, but a lack of activity (Interaction and Constructive Behavior) or flexibility (Role Change). A potential exists for change, since Reflectiveness is the single most important catalyst for development on the dream level or in waking life. But the dreamer holds back, resists or postpones a more active involvement in the inner drama. Until the dreamer gets more involved, development is retarded. Taking action in your waking life over some postponed issue might bring about a similar "activation" of the dreamer as well.

THE SLEEPING ACTIVIST: High scores on interaction (and even constructive behavior, too), scores of "1" or "2" on reflectiveness and role change. From my observation, this style is rare, since reflectiveness usually precedes, or at least accompanies, the other developmental qualities. In other words, if reflectiveness is low, then the other measures are usually low, as well. However, if this pattern fits your profile, then one might say that you're acting in your dreams without a commensurate amount of forethought. So even though you're involved in the dream drama, there is a lack of

questioning or critical thinking that might take the dream further along to a better conclusion. Meditation and lucid dream induction can be effective ways to increase dreamer reflectiveness.

THE MAINSTREAM DREAMER: Scores that hover around "2" on all four scales. This is not a separate dreaming style, but simply accounts for the majority of dreamers. If you're in this category, then you're doing fairly well in your dream life but could improve with some concerted effort. This effort might include regular dream recording, more meditation, and/or periodic lucid dream induction.

THE SELF-ACTUALIZING DREAMER: A regular pattern of high scores on three or more of the scales. This outcome is, of course, the most desirable. It says something about your personality development, and it paints a favorable picture of your capacity to encounter willingly the emerging "newness" in your dreams and waking life, and to integrate this newness into your personality. The message to you from this outcome is to keep up the good work!