



dREAMS

What are dreams? They are an **1)** _____ (universe) human experience that can be described as a state of consciousness **2)** _____ (characteristic) by sensory, **3)** _____ (cognition) and emotional occurrences during sleep.

But, why do we dream? Are dreams **4)** _____ (mere) part of the sleep cycle, or do they serve some other purpose? **5)** _____ (possibility) explanations include:

- representing **6)** _____ (conscience) desires and wishes
- interpreting random **7)** _____ (sign) from the brain and body during sleep
- **8)** _____ (consolidation) and processing information gathered during the day
- working as a form of psychotherapy serving the need for **9)** _____ (psychology) balance and equilibrium
- a unique state of consciousness that incorporates experience of the present, processing of the past, and **10)** _____ (prepare) for the future

11) _____ (study) show that there are over 55 **12)** _____ (occur) dreams, but a good question is “What do they mean?”. Some answers can be:

Relationships: Some have **13)** _____ (hypothesis) that one cluster of typical dreams, including being an object in danger, falling, or being chased, is related to interpersonal conflicts.

14) _____ (sex) concepts: Another cluster that includes flying, sexual experiences, finding money, and eating delicious food is associated with libidinal and sexual motivations.

Fear of **15)** _____ (embarrass): A third group, containing dreams that involve being nude, failing an **16)** _____ (examine), arriving too late, losing teeth, and being **17)** _____ (appropriate) dressed, is associated with social concerns and a fear of feeling shame.