

# REMEMBERING YOUR DREAMS

Read the text and use the word in capitals to form a word that fits in each space.

A team of (1) \_\_\_\_\_, who have studied the subject of dreams, have come up with some interesting conclusions. First of all, everybody, without exception, has them. Secondly, dreams can be of practical value, acting as a (2) \_\_\_\_\_ of things of (3) \_\_\_\_\_ that we need to do in our waking lives. If you dream of the punishment you may receive for not handing in your homework (4) \_\_\_\_\_, for example, this may help you to do it on time. Indeed, things we are (5) \_\_\_\_\_ about in our daily lives often feature in our dreams.

But it is hard to make sense of your dreams if you lack the (6) \_\_\_\_\_ to remember them in the first place. One (7) \_\_\_\_\_ is that you should keep a diary and pen by your bed, so you can write down your dreams as soon as they occur. You should concentrate on three aspects. Firstly, record the strongest emotion in your dream, whether it is fear, (8) \_\_\_\_\_ or whatever. Then write down anything strange or (9) \_\_\_\_\_ that happened and the names of the people who made an (10) \_\_\_\_\_ in your dream. This way, according to the experts, you will have a (11) \_\_\_\_\_ and meaningful dream record, which will make for fascinating reading.

SCIENCE

REMIND

IMPORTANT

PUNCTUAL

ANXIETY

ABLE

RECOMMEND

ANGRY

USUAL

APPEAR

RELY

