

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.

SCIENCE

REMIND

IMPORTANT

PUNCTUAL

ANXIETY

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.

ABLE

RECOMMEND

ANGRY

USUAL

APPEAR

RELY

