



# 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.