

## What do our dreams really mean?

Meet Tom. Like everyone, Tom likes to get a good night's sleep. And like us all, Tom has about five separate dreams every night. These dreams can last between fifteen and forty minutes. According to experts, our dreams tell us who we are, what we need, and what we believe in, so, for Tom and for everyone else, here is a guide to the most common dreams and their meanings.

### **Dream one: someone is running after you.**

If you have this dream, it means something is worrying you in real life. Something like a difficult decision or a difficult situation with a friend or a colleague. People often have this dream again and again until they make the decision or deal with the situation that is worrying them.

### **Dream two: you can't find something you need.**

Dreaming about losing something and trying to find it again is surprisingly common. It usually means that you're worried about something stressful that you need to do soon, like going on a long journey or giving a talk in public. In these situations, people sometimes dream about losing their passport or tickets, or losing their notes or memory stick.

### **Dream three: you're unprepared for an exam.**

This one is common for young adults or children who are under stress, and it can feel very real – sometimes you can wake up sure that you've just failed an important exam or test. If you're not doing any exams in real life, this dream could mean that you don't have enough confidence in your ability to do something.

### **Dream four: you're flying or falling.**

Another very common dream is the flying dream. Sometimes people dream that they are in control. If you feel in control, it means that your life is successful – perhaps you've just passed an important exam, or your boss has given you a promotion. But usually, people dream that they're out of control, and falling. This means the opposite – your life isn't going well, and you're worried about what's going to happen in the future.

### **Dream five: you're underwater.**

If you dream that you're underwater, but you're feeling happy and comfortable and you can still breathe, it could mean you have very strong feelings for someone. You're probably in love!

### **Dream six: you're in an out of control vehicle.**

A dream about cars is a dream about your direction in life. If you dream that you're driving, and you lose control of your car, you probably feel that your life is out of control. If somebody you know is driving, then perhaps you feel that they have problems in their life, and need your help.

### **Dream seven: you find a new room in your house.**

This dream means that you're having an exciting time in your life, and you're discovering new possibilities. If the room is white, it means you want to make a new beginning in your life.

### **Dream eight: You're late for a meeting or appointment.**

Dreaming that you're late for a meeting represents your worry about taking a different direction in your life. Perhaps you're not one hundred per cent confident about making a change. This dream can also mean that you feel like you don't have enough time to get something done. Sometimes, dreams come true, but more often, they don't. Sweet dreams!

## Watch again. Complete the meaning of each dream.

**Dream 1** Something is worrying you, for example a difficult \_\_\_\_\_ or a difficult situation with a \_\_\_\_\_ or a colleague.

**Dream 2** You're worried about something stressful, like going on a long \_\_\_\_\_ or giving a \_\_\_\_\_ in public.

**Dream 3** If you aren't doing exams, this could mean that you don't have enough \_\_\_\_\_ in your \_\_\_\_\_ to do something.

**Dream 4** If you feel in control, it means your life is \_\_\_\_\_. If you're falling, this means that you're worried about the \_\_\_\_\_.



**Dream 5** If you're feeling happy, it could mean you have very \_\_\_\_\_ feelings for someone. You're probably in \_\_\_\_\_.

**Dream 6** If you lose control of your car, it means your \_\_\_\_\_ is out of control. If someone else is driving, they need your \_\_\_\_\_.

**Dream 7** You're having an \_\_\_\_\_ time in your life and are discovering new \_\_\_\_\_.

**Dream 8** You're worried about taking a different \_\_\_\_\_ in your life, or you don't have enough \_\_\_\_\_ to do something.