

What Do Recurring Dreams Mean?

by Amy Scholten, MPH

Dream interpretation is not a science but an art form. It involves the analysis of dream images, symbols and themes and their connection to events in our present lives. Dream interpretation may be helpful for clarifying and resolving personal issues. The true interpretation of a dream, however, rests solely with the dreamer.

Recurring dreams are believed to indicate a conflict or issue that has been ignored or unresolved. The following assessment is based on common recurring dreams. It is designed to help you understand what they might mean.

Directions: Please select any of the following recurring dreams that you have. When finished, see the chart at the bottom of the page to interpret its possible meaning.

I have recurring dreams about:

1. Being trapped (in a building, house, room, mine, box or other space)
2. Falling
3. Wading joyfully in water
4. Drowning
5. My teeth falling out
6. A trauma I endured (accident, violence, fire, etc)
7. Trying to find a bathroom, or finding a bathroom with missing or broken toilets
8. Being in a public bathroom with no stalls, no privacy
9. Flying
10. Being chased

11. Taking an exam (may involve not feeling prepared for the exam, pencil breaking during exam, exam in a foreign language, etc.)

12. Being lost or unprepared

13. Being in a situation where you're feeling helpless or abandoned

14. Being naked in public

15. Snakes

16. Crying babies, small animals, or bunnies

17. Going nowhere, not being able to move, or being stuck on a hamster wheel or stationary bike

What Your Dreams May Mean

Dream #:	Possible Meaning of This Dream
1	Something in your life may be making you feel trapped or stuck (perhaps your career, a relationship, debt, etc.).
2	You may feel a lack of control or lack of a solid foundation in some aspect of your life.
3	You may be experiencing a positive emotional change, renewal, a change in consciousness, increased spiritual awareness.
4	You may feel overwhelmed, helpless or hopeless.
5	You may have anxieties about aging, losing your attractiveness, or you may be having issues with your self-esteem.
6	If you experience recurring dreams about a real life trauma that you experienced, you are probably suffering from post-traumatic stress disorder and should seek treatment.
7	You may need to use the bathroom.
8	You may be frustrated by a lack of privacy in some aspect of your life.
9	If you're flying with ease, you may be feeling on top of a situation or that you have found a new perspective. You may also wish to express yourself freely or creatively. If you're experiencing difficulty or obstacles while flying, you may fear challenges, or feel that someone is standing in your way.
10	You may be hiding from something that you need to face, or avoiding a

	confrontation.
11	You may feel scrutinized in some way. You may be worried about measuring up or may have problems with self confidence and self-esteem.
12	You may be feeling unprepared for changes or lost about your direction in life.
13	You may need to take better care of your inner self. You may need more self-nurturing, play, recreation, creativity, self-expression, warmth and intimacy.
14	You may be afraid of being embarrassed or that a secret will be exposed.
15	Snakes can mean a number of things in dreams including strength, fear of evil, lack of trustworthiness, fear of illness, resistance to change, or repressed sexual energy.
16	As with #13, you may need to take better care of your inner self. You may need more self-nurturing, play, recreation, creativity, self-expression, warmth and intimacy.
17	You may be facing obstacles and hardships. You may feel that you're not making progress, or that you're being held back or sabotaged.

Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.