

Do the preparation exercise first. Then read the text and do the exercises to check your understanding.

Preparation

Match the vocabulary with the correct definition and write a–h next to the numbers 1–8.

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|-------------------------|---|
| 1..... a thought | a. the part of a person that lives after they die |
| 2..... a spirit | b. used again |
| 3..... a feeling | c. something you think |
| 4..... recycled | d. happening without a plan |
| 5..... random | e. something that means something more than you think when you first see it |
| 6..... the subconscious | f. not sleeping |
| 7..... symbolic | g. something you feel, e.g. happiness, sadness |
| 8..... awake | h. the part of your mind that you don't know you're using |

1. Check your understanding: true or false

Circle *True* or *False* for these sentences.

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|----|---|-------------|--------------|
| 1. | We don't know for sure if dreams mean something or not. | <i>True</i> | <i>False</i> |
| 2. | We forget more dreams than we remember. | <i>True</i> | <i>False</i> |
| 3. | Dreams speak to us in words and pictures. | <i>True</i> | <i>False</i> |
| 4. | You can't learn much from dreams because the things they show are random. | <i>True</i> | <i>False</i> |
| 5. | It's a good idea to use a computer to write your dream diary. | <i>True</i> | <i>False</i> |
| 6. | Every detail of a dream might explain something about how you're feeling about your life. | <i>True</i> | <i>False</i> |

2. Check your understanding: matching

Match the two parts of the sentence and write a–f next to the numbers 1–6.

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|--------|----------------------------|----|---|
| 1..... | People in the past thought | a. | dreams might match real life sometimes. |
| 2..... | People's | b. | dreams were messages about the future. |
| 3..... | The first modern idea said | c. | dream memories only last a few seconds. |
| 4..... | The opposite idea said | d. | dreams are messages from your subconscious. |
| 5..... | The most likely idea says | e. | dreams aren't messages at all. |
| 6..... | When you wake up | f. | dreams show us our daily thoughts as symbols. |

Discussion

Do you remember your dreams?