

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..... conscious | a. when two things happen at the same time without an explanation |
| 2..... the subconscious | b. a ghost |
| 3..... a spirit | c. awake, thinking and aware of what is happening around you |
| 4..... a coincidence | d. happening without a plan or decision |
| 5..... to make sense | e. having a deeper meaning |
| 6..... symbolic | f. the part of your mind that you're not completely aware of or in control of |
| 7..... a plot | g. to be clear and easy to understand |
| 8..... by chance | h. a story |

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. | Dreams speak to us in words and pictures. | <i>True</i> | <i>False</i> |
| 3. | You can't learn much from dreams because they're totally random. | <i>True</i> | <i>False</i> |
| 4. | It doesn't matter what method you use to keep your dream diary. | <i>True</i> | <i>False</i> |
| 5. | Every detail of a dream might reveal something about how you're feeling about your life. | <i>True</i> | <i>False</i> |
| 6. | Lucid dreams tell us the most about our subconscious. | <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 have matched real-life events at some point. |
| 2..... | Old people's | b. | that we can control the events in our dreams. |
| 3..... | The first modern idea said | c. | dreams aren't messages at all. |
| 4..... | The opposite idea said | d. | dreams contained messages from the subconscious. |
| 5..... | The most likely idea says | e. | dreams contained messages about the future. |
| 6..... | Lucid dreaming shows | f. | dreams show us our daily thoughts as symbols. |

Discussion

Are dreams important?