

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..... random | a. a prediction about the future |
| 2..... a prophecy | b. a moment of accurate and deep understanding |
| 3..... illegible | c. awake, thinking and aware of what is happening around you |
| 4..... conscious | d. happening by chance or without a deliberate plan |
| 5..... the subconscious | e. representing a deeper meaning |
| 6..... an insight | f. the part of your mind that you're not completely aware of or in control of |
| 7..... to hold on to something | g. impossible to read |
| 8..... symbolic | h. to continue feeling or remembering something |

1. Check your understanding: true or false

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

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|----|--|-------------|--------------|
| 1. | There's no conclusive evidence to prove whether dreams are meaningful 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. | that we can control the events in our dreams. |
| 2..... | Old people's | b. | dreams contained messages from the subconscious. |
| 3..... | Freud's theory said | c. | dreams contained messages about the future. |
| 4..... | The opposite theory said | d. | dreams show us our daily thoughts as symbols. |
| 5..... | The most likely theory says | e. | dreams might have matched real-life events at some point. |
| 6..... | Lucid dreaming shows | f. | dreams aren't messages at all. |

Discussion

Do you think dreams are important?