Dream Journal

The Surrealists were interested in using dreams as a way to explore the unconscious, hidden thoughts, emotions, and desires. Use this practice to try to understand or capture even your most bizarre and confusing dreams.

Surreal Meter

- as real as Realism
- fairly normal
- average
- a little bizarre
- straight out of a Surrealist painting

Dream Theme

Try Out a Title

Capture the feeling, imagery, colours

Who: 

Where: 

Feeling: