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Dream Levels Exercise

Pair this exercise with Gottman Date 8. Read through the list of deep dreams to see if they relate to your own deeply held dreams or inspire you to think of a dream you have or perhaps spark a dream you have forgotten about.

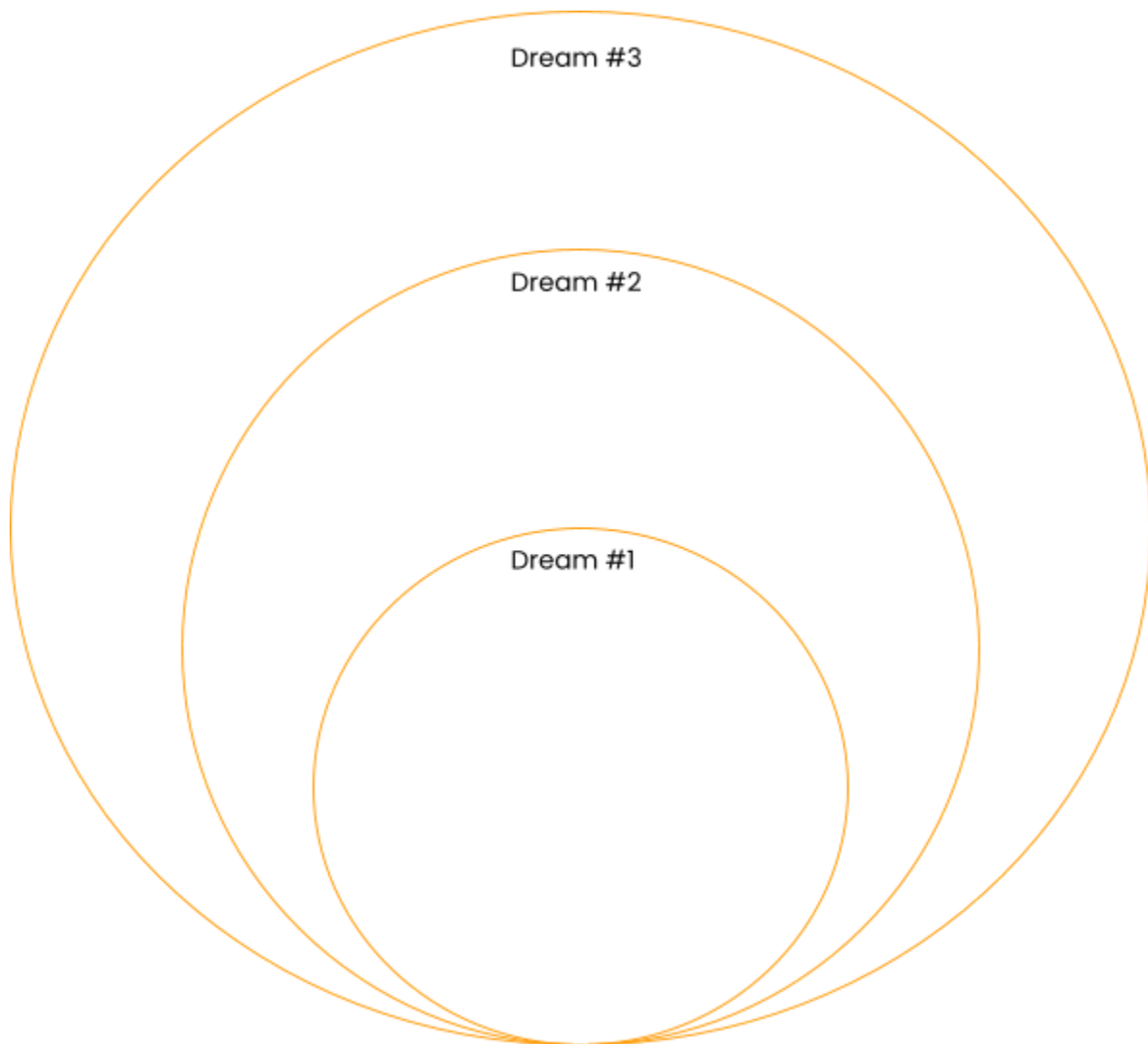
1. Circle the dreams on the list that are dreams you have or write in some of your own in the spaces provided. Be prepared to share this list with your partner on your date.
2. In the circle diagram on page 210, name a dream (or up to three dreams) you have and put it in the center circle (Dream #1). This should be the dream that matters the most to you. In the middle circle (Dream #2) write a dream you have that matters, but isn't as important to you. In the outer circle (Dream #3) write down a dream that would be great to fulfill, but is more a "take it or leave it" kind of dream. Circle three dreams below that are most important to you.

- To have more freedom
- To experience peace
- To experience unity with nature
- To explore who I am
- To go on great adventures
- To undertake a spiritual journey
- To fight for justice
- To create honor
- To heal my past
- To be a healer of others
- To create a family
- To fulfill my potential
- To be powerful and influential
- To age gracefully
- To explore my creative side
- To help others
- To develop mastery
- To explore an old part of myself I have lost
- To conquer a fear
- To have a sense of order
- To be more productive
- To be able to truly relax
- To reflect on my life
- To finish something important
- To explore the physical side of myself or become an athlete
- To compete and win
- To travel the world
- To make amends or ask God or another person for forgiveness
- To build something important
- To end a chapter in my life—say goodbye to something

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Add other dreams here:

- _____
- _____
- _____



Adapted from: *Eight Dates: Essential Conversations for a Lifetime of Love*. By: John Gottman, Julie Schwartz Gottman, Doug Abrams, and Rachel Carlton Abrams