

☾ NOCTISIGN

The Dream Journal

*A free look inside.
The full journal is 37 pages.*

How to use this

Six small rules. None of them are about interpreting anything.

01 Write before you are properly awake.

The details go first and they go fast. Keep this by the bed, not in a drawer.

02 Write what happened, not what it means.

Meaning comes later, from patterns. Guessing at it on night one usually gets in the way.

03 Name the feeling before you explain it away.

The feeling is the most reliable part of a dream. The plot is the part your mind edits.

04 A fragment counts.

One image, one word, one room. You are not failing at this if you only got a doorway.

05 Do not write every night.

Patterns need gaps to be visible. Three or four nights a week is plenty.

06 Come back on Sunday.

The weekly pages are where this stops being a diary and starts being useful.

This journal never tells you what a dream means.

It is built to help you notice what keeps coming back — which is the part no dictionary can do for you.

Last night

date _____

THE FIRST THING I REMEMBER

WHO OR WHAT WAS THERE

HOW IT FELT — BEFORE I EXPLAINED IT AWAY

calm · afraid · watched · rushing · heavy · relieved · far away

circle one, or write your own: _____

ONE IMAGE I CANNOT SHAKE

WHAT IN WAKING LIFE RHYMES WITH IT?

**The full journal has 28 of these,
plus 4 weekly pattern pages.**

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