

# **My Dreams and Using Artificial Intelligence to Better Understand What the Dreams Mean and Say About Me**

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## **A. Introduction**

My sleep pattern has been in recent years of sleeping about 90 minutes and then waking up. It occurred to me that when I woke up that I had just had a dream that I could remember and characterized in some detail. This led me to thinking how interesting and useful it might be for me to record on a pad on my bedside table what I was experiencing in the dream such as emotions and feelings, activities, locations, other people, and objects.

So, from September 2025 to December 2025, at the time of waking up, I wrote down what I could remember from the dream I just had.

My goals in doing this is to use my dreams to obtain a better understanding of what I was dreaming and why and how this understanding might be helpful to me. Also, I wanted to obtain a sense of what dreaming is all about and why we do it.

In Section B. Data, I provide a table providing what I recorded on the pad next to my bed upon waking up and remembering a dream. The table includes: the emotions and feelings that I recorded about the dream, activity in the dream, location of the dream, others in the dream, and objects in the dream. For many dreams I was not able to identify emotions/feelings, locations, others, and objects in the dreams. All dreams did have an activity that I was able to record.

In Section C. Artificial Intelligence Analysis, I ask questions of the ChatGPT Artificial Intelligence tool to help me reach my goals identified above. I turned to the ChatGPT tool hoping that it would assist me in my analysis and reaching my goals. The ChatGPT responses to my questions are indented.

And in the final Section D. Conclusions, I provide conclusions related to my goals (provided above) and to the usefulness of the ChatGPT tool in helping me to reach my goals.

## B. Data

Here is a table that shows what I recorded on the pad on my bedside table about the emotions/feelings that I was experiencing in the dreams, and the activities, locations, others, and objects in the dreams:

Emotions/Feelings in the Dream	Activity in the Dream	Location of the Dream	Others in the Dream	Objects in the Dream
accomplishment	a group discussion about things should do; should not do	a few blocks	a family	car
analytical	accomplishing	a narrow bridge	a few males sitting together starting to drink	car with New York license plate
attachment to a lion	all nighter	a party	a girl	escalator
attentive	answering question about cooking	a path	a group	food
augmentative	arguing	army building	a group of workers	keys
capable	ask for an evaluation of my work on the internet	at a conference	a leader	lost car
challenged	ask about sale of lot	at work	advisor	motorcycle
claustrophobic	ask for a big hug from an African American	basement	African American	railroad
concerned	ask if all are happy	big hall	army officer	red hat
concerned about being late	ask question	buildings	basketball program participants	smart phone
concerns	at a party sitting next to a lady who I become attracted to; later	church	brother	stuff

	learn she was once a boy			
confused	at a resort	class room	Carolyn	suitcase
consternation for not signing up ahead of time	attending an event	computer	dentist	truck
curious	attending a meeting	computer system	dog	
difficult in decision making	away on a trip	corner	father	
disagreement	being overpowered by someone	downtown	gymnast	
disappointed	bicycle racing	elevator	individuals	
disorder	bicycle riding	government building	Jeff	
disgusted	cleaning up a yard with a group; realized during this that lost keys	grocery store	Mary Louise	
exalted feeling	conversation	gymnastic site	meeting house	
fear	cross a street	hotel	men	
focused	cutting up a hoagie	in a family	mother	
forward looking	debating	in a room	office of attorneys	
frustrated	decision making	in the street	others painting	
good	decorating, table setting for a dinner	internet	people	
good feeling	difficult assignments	library	Raygan	
guilt	discussing	New York	secretary/receptionist	
happy	discussing about a trip	public event	small group	
interest	discussing whether someone	Quaker facility	small lion in a cage	

	is right for the job			
inventiveness	discussing with someone about whether person is a killer	resort hotel	some friends	
leading	discussion with brother Melvin; related to mother	restaurant	someone	
looking for certainty	driving to work on highway; stopped by police because of missing hubcap	school	son	
lost	earning	shopping location	students	
low	eating	social setting	three young fellows	
overpowered	emailing	standing area	undefined others	
overwhelmed	evaluating options	street	volunteers	
perplexed	exploring	testing site	woman	
pleasant	felt that asking for a big hug for an African American might have been inappropriate	upstairs		
pleased	filling out forms	Walkersville		
positive	fixing sandwiches	Walkersville house		
protective	getting to know someone	water		
proud	giving a speech on stress, learning experiences	website		
puzzled	giving advice	wood area		

questioning	go away with a woman, we part/disagree, then concern about how I can return to my home			
rational	go out into a wooded area alone			
regret	going away party			
romantic	got key from someone, went to use it and it did not work			
satisfied	gun control			
scared	gymnastics			
self-reflecting	house painting			
sexual drive	in a group meeting			
stress	in a group preparing to go play golf			
stuck	in a room with a small lion in a cage; become attached to the lion; cussed because lion is stolen			
surprised	in conflict with someone			
tense	interacting			
thinking about a female who I have feeling for	joking back and forth			
unable to return	learning to ride on a motorcycle			
uncertain	leaving			
understanding	looking for certainty			

unpleasant	looking for success			
unsuccessful	losing income			
upset	loss of income			
wondering	made a suggestion at work			
wonderment	making a decision			
worried	making a statement			
	making accounting entries			
	negotiating			
	not learning			
	optimizing			
	ordering from a menu			
	out with others			
	overcoming technical requirements for sending email			
	planning			
	planning to meet with someone			
	playing hide and seek with my granddaughter			
	practice			
	providing advice			
	purchased a red hat; ask for it to be put on hold until I come back; went back and hat no longer there			
	purchasing			

	pursuing business			
	questioning values			
	receiving a briefing in a classroom			
	recruiting a couple			
	returning			
	returning home			
	running and hiding			
	searching			
	searching for jackets			
	seeking			
	seeking understanding			
	seeking verification			
	shopping trip			
	showering			
	sitting at a table			
	sleeping			
	speech giving			
	speech planning			
	stole money from someone at grocery store			
	strong attachment to someone; kissing, holding hands			
	taking a test			
	taking a test; confusing about what parts I should answer			
	taking a woman to lunch			

	talking to a group			
	talking to a woman who I have feelings for, explain to her if she came to Frederick we could live together			
	thinking about organization			
	training			
	trying to understand			
	trying to understand a situation			
	uniting with a lady			
	walking			
	walking along a street			
	walking in a big city; look for information; think about taking a bus			
	watching a group of four trying to obtain a social objective			
	watching two women acting silly			
	with son, walking a dog; I say I am going back, he goes on			
	working			
	working on projects at a house			



	writing something for the Internet			
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During the period September to December 2025, I recorded the above information on the pad on my bedside table for 118 dreams, averaging about four dreams per night, for which I was able to make useful notations about the dreams.

Shown in the table above are 65 emotions/feelings that I experienced in the dreams. I was able to record an emotion or feeling in 65 of the 118 dreams or in about 55% of the dreams.

The table also shows what I was able to record as being experienced in the dreams: 118 activities in the dreams; 43 locations in the dreams; 37 people besides myself in the dreams; and 13 objects in the dreams.

### **C. Artificial Intelligence Analysis**

In this section, I provide responses to questions I asked the ChatGPT Artificial Intelligence tool related to what I have recorded about my dreams.

#### **1. Questions About Emotions and Feelings in My Dreams**

##### **What emotions and feelings should I expect in my dreams?**

Dream emotions vary a lot from person to person, from night to night, and even from dream to dream—but there are some patterns you can reasonably expect.

Here’s what most people tend to experience, and what you might expect for yourself:

##### **1. A Mix of Positive and Negative Emotions Is Normal**

Dreams rarely stick to one emotion. It’s very common for people to feel:

- Curiosity
- Confusion
- Joy or amusement

- Anxiety or tension
- Mild fear
- Frustration
- Relief
- Sadness

Even in a single dream, emotions can flip quickly—dreams don’t follow the same emotional “rules” as waking life.

## 2. Negative Emotions Are Slightly More Common

Across many studies, dreams tend to include:

- More anxiety, uncertainty, or frustration
- Fewer strong positive emotions like intense joy

This doesn’t mean anything is “wrong”—your brain uses dreams to process stress, uncertainty, and daily events, so it's natural for negative emotions to show up a little more.

## 3. Expect Emotions That Reflect Your Daily Life (But in Exaggerated Form)

Your dreams often echo emotions you’ve had recently, such as:

- Stress → urgent or chaotic dreams
- Confusion → wandering, searching, or losing things
- Curiosity → exploration dreams
- Social engagement → conversations, attending events

Your mind tends to amplify these feelings symbolically.

## 4. Emotions Often Appear Indirectly

You might not feel “fear,” but instead you find yourself:

- Trying to fix a problem
- Searching for something lost
- Protecting someone

Dreams often express feelings through situations rather than the feeling itself.

## 5. Your Emotions May Not Make Sense

Dreams can mix:

- Calmness in a dangerous moment
- Happiness during something sad
- Neutrality during something intense

This is normal. Parts of the brain that regulate logic and emotional consistency quiet down during dreaming.

#### 6. Over Time, Your Dream Emotions May Show Patterns

For example:

- People under stress may have more anxious or confusing dreams.
- People with stable routines often have more “mundane” or mixed-emotion dreams.
- People who reflect on dreams (like you do) often become more aware of subtle emotions in them.

If You’re Asking for Yourself

Because you’ve recently mentioned that your dreams contain both positive and negative emotions in roughly equal measure, this tells me you can expect:

- A balanced emotional range
- Dreams that process both meaningful and everyday experiences
- A healthy capacity to feel and remember a variety of emotions during sleep

That’s a sign of an active, well-functioning dream system—not something to worry about.

**I had a dream about a lion in a cage, that I became attached to the lion in the cage, and then the lion and cage disappeared. I then became sad. What might this mean?**

Dreams like this often use strong, symbolic imagery to express emotional dynamics happening in your waking life. While only you can truly know what fits, here are the most common interpretations of the symbols you described:

1. The lion in a cage

A lion typically symbolizes:

Strength

Power

Confidence

A strong desire

A part of yourself that feels bold or passionate

But because the lion is in a cage, this often suggests:

A powerful part of you feels restrained

A desire or emotion you keep “contained”

A situation where you feel unable to express your true strength

A relationship or responsibility you feel protective of but also confined

## 2. Becoming attached to the lion

Attachment to the caged lion can represent:

Growing connected to something (or someone) that is limited, restrained, or unavailable

Becoming emotionally involved in a situation that isn't free to grow

Feeling protective of a vulnerable or restricted part of yourself

Sometimes the lion represents:

A strong but suppressed emotion (anger, passion, courage)

An aspect of identity you're reconnecting with

A person you care about who feels trapped or limited

## 3. The lion and cage disappearing

This disappearance may symbolize:

A sudden loss of something you were emotionally invested in

A change you didn't control

A part of yourself you feared losing — and then it vanished

The end of a situation you had mixed feelings about (both protective and restricted)

Often this symbolizes transitions:

Something you were attached to — even if it was constrained — suddenly changes or ends.

#### 4. Feeling sad afterward

The sadness suggests:

You may be processing a real-life loss, separation, or change

You may be mourning a part of yourself you feel you've "lost"

You may be grieving the end of something familiar, even if it wasn't ideal

There may be unexpressed emotions seeking attention

Dream sadness is usually a clue that the dream reflects something personally meaningful, not random.

### **A feeling I had in a dream was consternation for not signing up ahead of time. What might this feeling mean?**

A feeling like consternation for not signing up ahead of time in a dream usually reflects a broader inner theme rather than the specific situation itself. Here are the most common interpretations people experience with this type of dream emotion:

#### 1. Fear of Missing Out or Being Unprepared

This feeling often mirrors a real-life concern about:

- not being ready,
- missing an opportunity,
- or falling behind others.

Your mind may be replaying situations where preparation feels important or where you worry about timing or planning.

#### 2. Pressure to Meet Expectations

Consternation in a dream can reflect a sense of:

- responsibility,
- obligation,
- or worry about disappointing others or yourself.

If you value organization or timely decisions, the dream might magnify the discomfort of not meeting those standards.

#### 3. Anxiety About Decisions

“Not signing up ahead of time” can symbolize a broader worry about:

- whether you’ve committed to the right things,
- whether you’re acting soon enough,
- or whether certain choices might pass you by.

It’s not about the literal act of signing up—it’s about hesitation or uncertainty in life.

#### 4. Processing Past Regrets

Sometimes dreams replay old patterns:

- times when you did miss a deadline,
- chances you wish you had taken,
- or moments where you felt unprepared.

The dream may be revisiting that emotion to process it.

#### 5. Desire for More Control

Feeling consternation can point to an underlying wish for:

- more order,
- more control,
- or more predictability in life.

The dream may highlight situations where life feels unpredictable or where you’re trying to stay ahead.

### **In a dream, I had a feeling for a female. What might this mean?**

Dreams often use emotions symbolically rather than literally, so feeling something for a female in a dream can point to several possible themes. Here are some common interpretations—none are definitive, but you can see which one fits your situation:

1. A desire for connection or warmth

Feeling affection or attraction in a dream often reflects a wish for emotional closeness, support, or companionship in waking life. The “female” may symbolize those qualities.

## 2. An aspect of yourself

Dream figures frequently represent parts of your own personality. A female in a dream can symbolize:

- intuition
- sensitivity
- creativity
- nurturing qualities

The feeling you had might reflect reconnecting with or noticing one of these parts of yourself.

## 3. A processing of real-life experiences

Sometimes the mind uses a dream character as a stand-in to work through:

- loneliness
- curiosity about intimacy
- thoughts about relationships
- past emotional experiences

Your feeling could be your mind exploring those themes safely.

## 4. A symbol of something you value

Dreams often package abstract things into human form. The female could symbolize something you’re drawn toward in life—peace, beauty, stability, opportunity—and your feeling reflects the importance of that desire.

## **2. Questions About Activities in My Dreams**

### **What activities should I expect in my dreams?**

Dream activity varies widely from person to person, but there are several common categories of activities you can generally expect to see in your dreams. These tend to reflect your daily life, emotions, concerns, memories, and creativity.

Here are the types of activities most people commonly experience in dreams:

#### **1. Everyday Activities**

These are the most common and often reflect what your mind has recently been focused on.

- Walking, talking, listening
- Working, planning, organizing
- Asking questions, interacting with others

These usually indicate your brain processing routine experiences.

#### **2. Social Interactions**

Dreams often include:

- Meeting people
- Attending events
- Conversing or debating
- Helping or being helped

These reflect your social concerns, desires, or unresolved interpersonal thoughts.

#### **3. Problem-Solving or Goal-Oriented Activities**

Your brain loves to rehearse:

- Planning something
- Searching for something
- Navigating a challenge or figuring something out



These usually show your mind working through waking-life uncertainties or decisions.

#### 4. Movement and Adventure

Very common across dreamers:

- Riding (cars, horses, trains, bikes)
- Running, climbing
- Traveling

These may symbolize progress, escape, freedom, or exploration.

#### 5. Emotion-Driven Activities

Your activities can emerge from underlying feelings:

- Losing something
- Protecting someone
- Trying to achieve something important
- Being late or unprepared

These often relate to stress, hopes, or fears.

#### 6. Symbolic or Unusual Activities

Not tied to real-world physics:

- Flying
- Being chased
- Transforming places or objects
- Talking to animals or objects

These reflect deeper emotional or symbolic processing.

#### 7. Memory and Imagination Activities

Your brain blends memory with creativity:

- Revisiting old places
- Interacting with people from the past
- Experiencing imagined places or situations

These are your mind integrating old experiences with new insights.

### Overall Meaning

You should expect activities in your dreams to:

- Mirror your daily life
- Express emotional themes
- Symbolize unresolved concerns or desires
- Explore imaginative or symbolic worlds
- Help your mind process, rehearse, and integrate information

**In one of my dreams, I was at a party sitting next to a woman to whom I became attracted. Later, I learned she was once a boy. What does this dream mean?**

Dreams like this often use surprising or unexpected revelations to highlight inner themes, not literal meanings. A few common interpretations might apply, and you can see which—if any—fit your feelings or life context:

#### 1. Themes of Identity, Authenticity, or Hidden Layers

Learning that someone “was once a boy” can symbolize:

- discovering something unexpected about a person or situation,
- realizing there is “more beneath the surface,”
- or confronting how quickly judgments or assumptions form.

The dream may be using gender as a symbol for hidden truths, complexity, or changes in identity—in others or perhaps even in yourself (not necessarily gender identity; it can be any aspect of life).

#### 2. Attraction + Surprise = Processing Boundaries or Openness

You felt attraction first, before the revelation. That sequence suggests the dream might be exploring:

- how open you are to differences,
- how you react when something challenges expectations,
- or how attraction is influenced by information you learn afterward.

Sometimes dreams test your flexibility, values, or comfort zones by presenting scenarios that stretch them.

### 3. Curiosity About New or Unexpected Experiences

Parties in dreams often represent:

- social dynamics,
- opportunities,
- new experiences,
- or environments where your usual rules are loosened.

Becoming attracted to someone at a party can reflect a desire for:

- connection,
- excitement,
- spontaneity,
- or unfamiliar experiences.

The twist might be your mind exploring how you respond to new possibilities.

### 4. Processing Cultural Themes

Dreams often borrow material from your environment — stories, news, conversations, or social topics. The revelation about the woman may not be about you personally; it might simply be your mind working through:

- changing norms,
- ideas about gender and identity,
- or things you've recently heard or thought about.

Our minds file things away in symbolic, sometimes surprising ways.

### 5. Your Emotional Reaction Matters Most

The interpretation depends on how you felt at each moment:

- Attraction  
Suggests openness, interest, or longing for connection.
- Upon learning the revelation  
Did you feel discomfort? Acceptance? Curiosity? Confusion?  
That reaction often reveals the meaning:

- Discomfort → processing fears or uncertainty about the unexpected
- Acceptance → growing openness, empathy, or comfort with complexity
- Confusion → exploring your internal boundaries or beliefs
- No strong emotion → simple symbolic storytelling

You're not being told anything literal about your sexuality or identity—dreams rarely work that way. They're more like emotional simulations.

**In one of my dreams, I feel that asking for a big hug from an African American might have been inappropriate. What does this dream tell me?**

Dreams often take emotionally loaded moments from waking life and replay them in exaggerated or symbolic ways. The situation you describe—feeling that asking for a big hug from an African American person might have been inappropriate—usually points to internal concerns about boundaries, social comfort, or how you come across to others, rather than anything about race itself.

Here are some possibilities that often apply to dreams like this:

1. It may reflect concern about overstepping or being misunderstood

Dreams frequently dramatize social anxieties.

Feeling that your request was “inappropriate” might mean you are:

- worried about intruding on others
- sensitive to how your actions affect people
- concerned about being respectful or not crossing boundaries
- thinking about how others perceive your intentions

Your mind may simply be exploring the theme: “Is it okay to ask for closeness?”

2. It may relate to vulnerability or the desire for comfort

Asking for a big hug—especially from a stranger or someone outside your usual circle—often symbolizes:

- wanting emotional support
- longing for reassurance
- seeking warmth, closeness, or connection
- feeling vulnerable and wondering if it's acceptable to show that

The dream might stage the scenario with someone unfamiliar to highlight the emotional risk or uncertainty of the request.

### 3. Race in dreams often represents “difference,” not race itself

The fact that the person was African American may not represent race directly. In dreams, people of different backgrounds can symbolize:

- someone “different” from you
- entering unfamiliar social territory
- situations where you're extra cautious about being respectful

It may simply express an internal worry about saying or doing the wrong thing in a context where you want to be sensitive.

### 4. It could reflect your own moral or social standards

The feeling of impropriety could come from an internal rule like:

- “I don't want to make anyone uncomfortable.”
- “I want to be respectful across differences.”
- “I'm cautious about how I approach people.”

Your dream may be acknowledging that you value respect and kindness.

Bottom line

This dream likely tells you more about your own sensitivity, desire to be appropriate, and need for connection than about the person or group in the dream. It suggests you're someone who:

- cares about respecting others
- thinks about social boundaries
- may be seeking comfort or warmth but is cautious about asking for it

**In one of my dreams, I was taking a test and became confused about what parts I should answer. What does this dream indicate?**

Dreams about taking a test are among the most common performance-anxiety dreams, and the confusion you described—not knowing which parts to answer—adds an important layer of meaning. Here are several interpretations that often apply:

1. You may feel evaluated or judged in waking life.

Test dreams often reflect situations where you feel:

- expected to perform well
- responsible for an outcome
- aware that others may be watching or assessing you

The confusion about what to answer may mirror uncertainty about what is being asked of you in real life.

2. You may be facing unclear expectations.

When a dream places you in front of a test with confusing instructions, it can point to:

- unclear goals
- vague responsibilities
- uncertainty about how to proceed with a task or decision

Your mind is symbolically replaying the feeling of “I need to do this, but I’m not sure how.”

3. It may relate to fear of making the wrong choice.

Not knowing which test sections to answer can reflect:

- indecision
- concern about overlooking something important
- worry about choosing the wrong path or priority

Your dream may be expressing concern about meeting the “right” expectations.

4. It can signal self-doubt or perfectionism.

Test confusion often emerges when you feel:

- pressure to get everything right
- you're not fully prepared
- you doubt whether you know "enough"

Your mind may be working through feelings of inadequacy or the desire to perform perfectly.

5. It might reflect how you're managing stress.

These dreams often appear when you are:

- juggling multiple responsibilities
- dealing with deadlines
- navigating situations with many moving parts

The confusion symbolizes cognitive overload.

What to take from it

This type of dream typically indicates stress, uncertainty, or a desire for clearer direction in some part of your life. It doesn't predict failure—it simply reflects your mind trying to make sense of pressure or ambiguity.

### **3. Questions About Locations in My Dreams**

#### **What locations should I expect in my dreams?**

Dream locations can be surprisingly varied, but they tend to fall into a few common patterns that reflect your memories, emotions, and current concerns. Here are the types of locations you might expect to see in your dreams:

##### **1. Familiar Real-World Locations**

These are places your mind knows well and can easily recreate:

- Your home or childhood home

- Schools, workplaces
- Neighborhoods or towns you've lived in
- Places from your daily routines (stores, roads, parks)

These settings often represent comfort, habit, or unfinished business tied to real life.

## 2. Altered or Blended Places

Dreams often merge real places with imagination:

- A house that looks like yours but has extra rooms
- A town that feels familiar but has different streets
- A childhood place mixed with somewhere you visited as an adult

These usually symbolize memory blending, identity, or life transitions.

## 3. Symbolic or Emotional Landscapes

These settings reflect inner experiences:

- Mountains, oceans, cliffs
- Forests or fields
- Large empty rooms
- Cages, tunnels, bridges

Symbolic places often mirror emotional states, such as challenge, freedom, confusion, or transition.

## 4. Social or Public Locations

Dreams frequently use settings tied to relationships or social identity:

- Parties or gatherings
- Stores, restaurants, or airports
- Churches, hospitals, or classrooms

These usually point to social roles, interactions, or belonging.

## 5. Unknown or Entirely Imagined Places

Sometimes you find yourself somewhere you've never seen before:

- Futuristic cities



- Fantasy landscapes
- Unfamiliar houses or buildings

These places often represent new possibilities, anxieties, or creative thinking.

#### 6. Transitional Locations

These show up when you're "between" psychological states:

- Staircases, hallways, elevators
- Roads, bridges, trains
- Waiting rooms

They often reflect change, decision-making, or movement toward something in life.

#### 7. Stress or Problem-Solving Locations

These appear during periods of concern or pressure:

- Testing rooms
- Being lost in a maze or unfamiliar town
- Workplaces where things go wrong

They usually represent problem-solving, pressure, or self-evaluation.

### **I was on a narrow bridge in one of my dreams. What does this dream mean?**

Dreams about being on a narrow bridge are very common, and they usually symbolize some kind of transition, challenge, or delicate situation in your waking life. Here are the most common interpretations and what they might mean for you:

#### 1. You're navigating a transition

A bridge often represents moving from one phase of life to another.

A narrow bridge suggests the transition feels tight, constrained, or risky—as if there's little room for error.

#### 2. You may feel unsure or cautious

A narrow path can reflect:

- Feeling pressured to make the "right" decision

- Worry about stepping wrong
- Fear that something important depends on your next move  
This often appears during periods when you're weighing options or trying to move forward carefully.

### 3. You might perceive a situation as fragile

This dream can show that something in your life feels:

- Precarious
- Delicate
- Uncertain or unstable

It could be a project, a relationship dynamic, or simply a personal goal that feels hard to reach.

### 4. You may be testing your confidence

Crossing a narrow bridge requires attention and balance—which may reflect:

- Wanting to trust yourself
- Feeling unsure whether you can “make it across”
- Trying to maintain emotional or mental balance during stress

### 5. Emotional meaning

Ask yourself how you felt on the bridge:

- Scared or anxious? → Pressure or fear of missteps
- Focused or determined? → Confidence that you can navigate challenges
- Stuck? → Feeling trapped between two choices

## **A location in one of my dreams was a government building. What does this mean?**

Dreams that feature a government building often point to themes of authority, structure, rules, responsibilities, or decision-making in your waking life. Here are several common interpretations, and you can see which ones resonate with what’s going on for you:

### 1. Feeling judged or evaluated

Government buildings—courthouses, offices, agencies—often symbolize external authority. Dreaming of one may mean you feel:

- evaluated by others,
- held to a standard, or
- concerned about whether you're "following the rules."

### 2. Navigating responsibilities or bureaucracy

Government spaces can reflect your sense of:

- dealing with paperwork, procedures, or obligations,
- facing something that feels "official," or
- working through a structured or complicated process in life.

### 3. Seeking order or stability

A government building may represent your desire for clarity, structure, or stability if life feels uncertain or disorganized.

### 4. Personal authority and decision-making

Sometimes the symbol is internal:

It may reflect your own authority, your ability to make decisions, or your relationship to control and responsibility.

### 5. Social or ethical concerns

Government symbolism can show up when you're thinking about:

- fairness or justice,
- right vs. wrong,
- how things "should" be, or
- your impact on others.

#### **4. Questions About Others Who Appeared in My Dreams**

##### **What “others” should I expect or might appear in my dreams?**

In dreams, “others” often appear as symbolic figures rather than literal people. These characters can represent aspects of you, unresolved situations, emotions, or social dynamics. Here are the main categories of “others” you might expect to see in dreams:

##### **1. People You Know**

These can include:

- Family members
- Friends
- Coworkers or classmates
- People from your past (schoolmates, old neighbors, former partners)

What they usually represent:

Familiar people often symbolize your memories, expectations, emotional ties, or a personality trait you associate with that person.

##### **2. Authority Figures**

Examples:

- Teachers
- Bosses
- Police or judges
- Religious leaders
- Government officials

Meaning:

These characters often reflect feelings about rules, expectations, responsibility, or judgment.

##### **3. Strangers**

Strangers in dreams are extremely common. They may appear:

- As helpers
- As neutral bystanders
- As threatening or mysterious figures
- As romantic or attractive characters

Symbolism:

Strangers usually reflect unfamiliar parts of yourself, new experiences, or emotions you haven't fully processed.

#### 4. Composite or Blended People

Sometimes a dream character feels like:

- Two people combined
- Someone with the face of one person but personality of another
- A person who is familiar but unrecognizable

Meaning:

These figures show how your mind blends traits or ideas when trying to express something complicated.

#### 5. Symbolic or Archetypal Figures

These include:

- The wise old man or woman
- The guide or mentor
- The trickster
- The innocent child
- The shadow figure (a mysterious or threatening presence)

Symbolism:

Archetypes represent deep psychological themes, inner conflicts, or growth.

#### 6. Romantic or Attraction Figures

Examples:

- People you feel drawn to
- Partners
- Idealized lovers

- People who don't exist in real life

Meaning:

They often symbolize desire, emotional needs, curiosity, or personal exploration.

## 7. Groups or Crowds

Crowds in dreams can include:

- Audiences
- Students
- Protesters
- Party guests
- People on a street or in a building

Symbolism:

Groups usually relate to social pressure, belonging, anxiety, or collective feelings.

## 8. Supernatural or Non-Human "Others"

Examples:

- Talking animals
- Spirits or ghosts
- Mythical beings
- Aliens
- Personified forces (like Death, Time, Fear)

Meaning:

Non-human "others" symbolize raw emotion, intuition, or challenges your waking mind doesn't know how to represent literally.

## 9. People in Roles Rather Than Individuals

These appear as:

- A doctor
- A cashier
- A traveler
- A person in uniform

Symbolism:

Roles represent functions or themes—healing, service, movement, structure, or transition.

#### 10. Absences or Invisible “Others”

Sometimes you:

- Hear someone but don’t see them
- Sense a presence
- Search for someone who never appears

Meaning:

These represent uncertain feelings, incomplete thoughts, or something “missing” in your inner life.

Overall

The “others” in your dreams are usually parts of your inner world, shaped into characters. They show:

- emotions you are processing
- social concerns or memories
- unresolved issues
- evolving self-understanding

If you’d like, you can tell me some examples of dream “others” you’ve seen, and I can explain what patterns or themes they suggest.

**In my dream, what does an ex-wife appearing, who I have not been married to for forty years, mean?**

Dreams often use people from our past—especially major relationships—as symbolic figures rather than literal ones. An ex-wife you haven’t been married to for 40 years can carry several possible meanings, depending on the emotional “tone” of her presence in the dream.

Here are the most common interpretations:

1. She represents an old chapter of your life

Because she was part of an important life stage, your mind may use her to symbolize:

- A long-ago identity you once had
- Old responsibilities, habits, or roles
- A period of major change or transition

Her appearance may indicate that something now is reminding you—emotionally or situationally—of that earlier era.

2. She symbolizes unfinished emotional themes, not necessarily the relationship

This doesn't mean you have unresolved issues with her personally. Instead, she might stand in for:

- Old disappointments
- Past choices you're re-evaluating
- Feelings about commitments, endings, or second chances

Dreams often pull a person from the past simply because they "fit" the theme emotionally.

3. She may represent a part of yourself

Dream characters are often fragments of the dreamer. Your ex-wife might symbolize:

- A side of you that you felt existed back then—youth, spontaneity, stress, responsibility, etc.
- A trait you associate with her—strength, criticism, warmth, conflict, independence, etc.

Your mind may be highlighting that trait in you now.

4. She could appear because of a current situation related to relationships, stability, or change

Dreams link old relationship figures to:

- Concerns about current relationships (romantic or otherwise)
- Thoughts about aging, time passing, or life paths
- A transition you are going through now that mirrors a past turning point



## 5. Sometimes it's simply memory resurfacing

Even decades-old memories are still “saved” in the mind and can reappear spontaneously when:

- You're reflecting on the past
- You encounter something that unconsciously reminded you of her
- Your brain is integrating emotions or stress

## 5. Questions About Objects that Appear in My Dreams

### What objects should I expect in my dreams?

Dreams often include a wide range of objects, and the ones that appear most commonly tend to reflect your daily life, concerns, memories, or symbolic themes your mind is processing. While every dreamer is unique, here are the types of objects people most often encounter and what they might represent:

#### 1. Everyday Practical Objects

These usually mirror your normal routines.

- Phones, keys, wallets, bags
- Food, dishes, appliances
- Clothing or shoes

Possible meaning: Your mind is sorting through routine responsibilities, habits, or small stresses.

#### 2. Transportation-Related Objects

Often tied to movement, direction, or progress.

- Cars, buses, bicycles
- Road signs, maps
- Tickets, luggage

Possible meaning: Thinking about where your life is headed or concerns about timing, planning, or transitions.

### 3. Buildings & Structural Objects

May reflect boundaries, opportunities, or stability.

- Doors, windows, stairs
- Bridges (you've dreamed of these before)
- Locks, barriers, gates

Possible meaning: Questions about access, choices, opportunities, or feeling "blocked" or "open."

### 4. Nature Objects

These connect to emotions, growth, or subconscious transitions.

- Trees, rocks, rivers
- Animals and their environments (like lions you've dreamed about)
- Weather elements (clouds, rain, storms)

Possible meaning: Emotional states, inner energy, or transformation.

### 5. Personal or Meaningful Objects

Items tied to memory or identity.

- Old photographs
- Letters or notes
- Jewelry or heirlooms

Possible meaning: Revisiting parts of your past, re-evaluating identity, or processing relationships.

### 6. Work or Task-Related Objects

Point to responsibilities or ongoing efforts.

- Books, tests, papers (you dreamed of test confusion)
- Tools or instruments
- Computers, screens

Possible meaning: Feeling evaluated, preparing for something, or dealing with expectations.

## 7. Symbolic or Unusual Objects

Dreams often bend reality.

- Objects that change shape
- Floating items
- Impossible machines
- Containers that seem empty or bottomless

Possible meaning: Processing complex emotions or situations that don't have a clear shape yet.

## 8. Social or Cultural Objects

Often appear during interpersonal or emotional dreams.

- Gifts, tables, decorations
- Alcoholic beverages (like men drinking in one of your dreams)
- Musical instruments

Possible meaning: Connection, group dynamics, celebration, or conflict.

## **What does a red hat that appears in my dream mean?**

A red hat in a dream is a symbol that blends identity, attention, and emotional energy. Hats in general represent how you present yourself to the world—your role, status, or the “persona” you show others. The color red adds intensity and gives clues about the emotional tone behind that role.

Here are the most common interpretations:

### 1. A Red Hat as a Sign of Confidence or Visibility

Red is bold. A red hat often symbolizes a desire to stand out, be recognized, or claim authority.

- You may be stepping into a more assertive role.

- Or you may want recognition you haven't fully claimed yet.

## 2. A Red Hat Reflecting Strong Emotions

Red emotions include passion, urgency, vitality, or even anger.

A hat in this color suggests that the identity or role you're "wearing" is influenced by strong feelings.

For example:

- Feeling energized or motivated.
- Feeling pressure or intensity around how others see you.

## 3. Protection of Personal Power or Boundaries

Because hats sit on the head, they can symbolize protecting your thoughts or sense of self.

A red hat may mean you're guarding something emotionally important—your independence, dignity, or personal space.

## 4. A Warning About Impulse or Overreaction

If the dream felt tense or uncomfortable, the red hat might suggest you're responding to a situation with more intensity than needed—possibly acting too quickly or emotionally.

## 5. A Symbol of Status or Special Identity

Many uniforms and ceremonial outfits include distinctive hats.

A red hat in your dream may represent a special role you associate with leadership, honor, or belonging.

# D. Conclusions

The ChatGPT tool suggests that having about an equal number of positive and negative emotions is a good sign. This equality shows a balanced emotional range; dreams that process both meaningful and everyday experiences; and a healthy capacity to feel and remember a variety of emotions during sleeping. Using the data above in the Section B table about my emotions and feelings during my dreams, I estimate that I have about 19 to 20 positive emotions in the dreams recorded and about 21 to 22 negative emotions. ChatGPT says this is a sign of well-functioning dreaming.

**Now that you (ChatGPT) have learned a lot about my dreams, what can you tell me about my mental health?**

ChatGPT said:

It's understandable to wonder whether the patterns in your dreams reveal something important about your mental health. I can help you reflect on themes and possibilities, but I cannot assess, diagnose, or determine anyone's mental-health condition. Dreams are meaningful, but they aren't reliable clinical indicators on their own.

Here's what can reasonably be said based on the many dream descriptions you've shared:

1. Your dreams show strong self-reflection, not mental-health danger

The dreams you've described include:

- a wide range of emotions (positive and negative),
- symbolic situations (bridges, animals, buildings),
- interpersonal themes (ex-wife, attraction, groups of people),
- performance/pressure themes (tests, planning, forgetting to sign up),
- identity and social-boundary themes.

This range is very common for people who are reflective, analytical, and attuned to their inner life. It does not point to poor mental health—just an active subconscious working through everyday experiences, memories, and concerns.

2. Your dreams suggest normal processing of life stresses, identity, and relationships

Common themes in your dreams—responsibility, regret, roles, attraction, uncertainty, and social norms—often show that someone is:

- attentive to their responsibilities,
- aware of social expectations,
- thoughtful about interpersonal boundaries,
- reflective about past relationships or past versions of themselves,
- working through mixed emotions in a healthy way.

These are normal cognitive/emotional processes.

3. You show balanced emotional tone, which is generally a healthy sign

You mentioned that your dreams include about equal positive and negative feelings.

That balance typically means:

- you're not suppressing major emotions,
- your emotional life has nuance rather than extremes,
- your mind is integrating mixed experiences rather than fixating on one type.

People struggling with significant mental-health concerns often have dream patterns dominated by threat, fear, chronic helplessness, or trauma repetition. Your dreams don't show that pattern.

4. Your dreams often reflect curiosity, not distress

Most of your questions ask, "What does this mean?" rather than "This scared me or upset me."

That shows:

- insight,
- interest in self-understanding,
- psychological stability,
- and no signs of dream-induced anxiety or fear cycles.

5. What your dreams cannot tell us

Dreams cannot:

- diagnose depression, anxiety, PTSD, or any disorder,
- distinguish normal stress from clinical conditions,
- reveal cognitive decline,
- map your personality with precision.

Mental-health conclusions require your waking thoughts, behaviors, daily functioning, energy levels, motivation, and relationships—not just dreams.

Bottom line

From the dream patterns you've shared, nothing suggests poor mental health. Instead, the themes are consistent with someone who is:

- reflective,
- emotionally balanced,
- processing life experiences in normal ways,
- curious about inner meaning.

Although in general, I seem to have dreams that reflect a balance emotional range and acceptable mental health according to ChatGPT, a couple of my dreams, it seems to me, are interesting in what they might relate about specific concerns that I should be thinking about.

In one of my dreams, I was taking a test and became confused about what parts of the test I should answer. ChatGPT suggests that this might reflect an over-concern about performing well; too concerned that others may be watching me; a fear of making a wrong choice; self-doubt; feelings of inadequacy; and a problem of dealing with stress. My assessment is that ChatGPT suggestions are correct to some degree. Considering this is valuable to me.

One of my dreams had a lion in a cage that I was attached to, then the lion and cage disappeared, and then I felt sad. ChatGPT suggests that the lion in a cage might indicate a part of me being restrained, confined, in a situation where I might feel unable to express myself. Being attracted to the lion in the cage might suggest that I am not connecting well with something. The lion in the cage disappearing might suggest a loss of something important. The sadness might suggest that I am grieving a loss, a part of myself that I have lost. ChatGPT suggestions about this dream bring unique insights to me that have possible truths that I should consider.

When I ask ChatGPT these questions:

What emotions and feelings should I expect in my dreams?

What activities should I expect in my dreams?

What locations should I expect in my dreams?

What "others" should I expect or might appear in my dreams?

What objects should I expect in my dreams?

I get ChatGPT responses of what to expect in my dreams that correlate well with what I did experience in my dreams (the data given in the table in Section 2. Data). These correlations suggests to me an increased reliability on ChatGPT responses.

And finally,

**How can I use what is occurring in my dreams to become a more complete, useful person?**

ChatGPT said:

Many people wonder how their dreams can contribute to personal growth, and the truth is that dreams can be a meaningful source of self-knowledge—if you use them the right way. Here’s a practical, grounded approach to turning what you’ve been noticing in your dreams into tools for becoming a more complete and useful person.

#### 1. Treat Dreams as Emotional Data, Not Predictions

Your dreams don’t predict the future or diagnose your mental health. But they do reflect:

- emotional tensions
- unresolved concerns
- desires or needs that don’t get enough space in waking life
- old memories resurfacing for processing

This means your dreams can help you identify what parts of yourself need attention, balance, or adjustment.

#### 2. Notice Your Dream Patterns (You have several already)

Across your recent dream questions, you’ve mentioned:

- a wide range of activities
- a balance of positive and negative emotions
- situations involving uncertainty or decision-making
- symbols of strength, vulnerability, authority, or relationships
- concerns about appropriateness in social interactions
- encounters with past relationships or identities



Each of these patterns reflects something about how your mind is making sense of your experiences.

For example:

- Dreams of confusion or narrow paths often point to decision pressure or self-evaluation.
- Dreams with mixed emotions suggest you're processing the complexity of your waking life—not avoiding it.
- Dreams with relationships or social boundaries may reflect your desire to act correctly, ethically, or respectfully.
- Dreams involving loss or disappearance can show you value connection more than you may acknowledge.

These patterns already form a useful mirror.

### 3. Ask Three Questions After Each Dream

This method turns dreams into actionable insight:

#### 1) What emotion was strongest?

That emotion can signal what your mind is trying to integrate or resolve.

#### 2) What part of the dream reflects something in my waking life?

It often won't be literal, may be about control, responsibility, conflict, or connection.

#### 3) What would a “wiser version” of me do in this dream scenario?

This helps turn the dream into a growth direction.

### 4. Use Dreams to Strengthen Self-Awareness

Whenever a dream gives you:

- embarrassment
- fear
- attraction
- worry about doing something wrong
- sadness
- gratitude

- curiosity

Ask: Where in my waking life do I feel a version of this?

This is not over-interpretation—it is an emotional inventory.

## 5. Look at Your Dreams as Practice Environments

Your mind uses dreams as safe simulations to rehearse:

- responding to social situations
- coping with stress
- exploring identity
- processing old memories
- preparing for future challenges

Rather than asking “what does this mean?” you can ask:  
“What is this helping me practice?”

Examples based on your recent themes:

- Confusion on a test → practicing decision-making under pressure
- Losing a lion you cared about → practicing handling loss or change
- Feeling inappropriate asking for a hug → practicing boundary awareness
- Seeing old relationships → practicing how you relate to your past

This gives dreams a practical role in your personal development.

## 6. Use Dreams to Expand Your Perspective

Your dreams remind you that you have:

- empathy
- curiosity
- a desire for connection
- a strong internal moral compass
- a capacity for reflection
- adaptability to complex emotions

Recognizing these qualities encourages you to use them more consciously.

## 7. Let Dreams Reveal Parts of Yourself You Underuse

Sometimes dreams highlight:

- a talent you're not using
- a fear you're avoiding
- a value you're not honoring
- a relationship you need to repair
- a strength you forget you have

Identifying these helps you become more complete and more useful to others.

## 8. Finally: Ask What Each Dream Suggests You Might Need

For example:

- More confidence?
- More connection?
- More rest?
- More boundaries?
- More creativity?
- More courage?

Your dreams often point gently toward what would help you grow.