
Dream Poll Questions

by

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Introduction

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You dream. I dream. We all scream in our dreams. Or, do we?

After ten years of recording my dreams on audio and in a dream journal, I decided to find out. Last week, I started asking my family members questions based on my own experiences with dreams and sleep disturbances.

Did they dream like I did? Am I a huge weirdo?

The results of these polls are private and will be shared only with my family. But, I felt that these questions could help others to discover how different or alike they are in comparison with their family members and friends.

This process has been very rewarding. I've learned that others are interested in recording their dreams, too. For this reason, I encourage you to not just answer these questions for yourself, but to share with your family members as well.

If these questions trigger a memory of either a dream or a real-life event, please encourage your family members to journal about it, or otherwise record it.

For the purposes of these poll questions, assume that a negative response (no) means "Not that I know of," as no one can be sure that they have NEVER dreamed of a specific event.

I still have 562 audio files to transcribe for my dream journals, so there will be more questions forthcoming. I will issue a second edition of these polls when I'm nearer to the finish line. I wouldn't hold your breath. I'm looking at at least a year, maybe two before I'm done. Until then, please enjoy these questions.

-Patricia Brewer

Dream Poll Questions

Regardless of your gender, have you dreamed of being pregnant or giving birth?

Yes No

Have you dreamed that you were an only child when you aren't in reality?

Yes No N/A

Have you dreamed that you have more siblings than you do?

Yes No

Have you ever dreamed of being the opposite gender?

Yes No

Dream Poll Questions

Have you ever dreamed that you died?

Yes No

Have you ever dreamed of someone who died before you were born?

Yes No

Have you ever dreamed there was an intruder either trying to break in or already in your house?

Yes No

Have you ever dreamed in color?

Yes No

Do you often dream of being late?

Yes No

Do you like dreaming?

Yes No

Do you often remember your dreams in detail?

Yes No

Have you ever had someone (besides yourself) die in your dreams?

Yes No

Were you ever aware that you were actively dreaming (lucid dreaming)?

Yes No

Have you ever attempted to change your dreams while you were fully aware that you were actively dreaming?

Yes No

If you have succeeded in changing your dreams from within (while aware of an active dream state), what is most often true of these dreams?

I am, more often than not, able to change the dreams to my benefit.

I am, more often than not, likely to accidentally make the dreams worse rather than better.

Most of the time, if I try to change a dream, I am ejected rather roughly and startle awake.

Other

N/A

Have you ever dreamed about your to-do list?

Yes No

Have you ever dreamed about an apocalyptic event?

Yes No

Have you dreamed a resolution to a problem you were experiencing in reality?

Yes No

Have you eaten or drunk anything in a dream that you find gross to think about?

Yes No

Dream Poll Questions

How many recurring themes do you have in your dreams, that you can recall?

1 2 3 4 5 or more

Have you ever failed to do something, in reality, because you dreamed you had done it already?

Yes No

Have you ever dreamed you were another race?

Yes No

Have you ever dreamed you were an animal?

Yes No

Have you ever dreamed you were living somewhere you've never been before?

Yes No

Do you hear songs in your dreams?

Yes No

Have you ever met the so-called person of your dreams—in your dreams?

Once Occasionally All the time Never

Do you ever cry in your dreams?

Rarely More often than I'd like I'm not sure No

Have you ever dreamed that the role of YOU was being played by someone else?

Yes No

Is there someone you dream about (against your will) more than you'd care to admit?

Yes No

Have you had dreams within dreams (false awakenings)?

Yes No

Does your dream self act as you would...

Rarely More often than not Most of the time

All of the time Never

Does your dream self try on different careers?

Yes No

Do you ever have dreams you wish you could forget, but can't shake the memories?

Yes No

Have you ever discussed a memory only to find out it wasn't real, that it was something you only dreamed about?

Yes No

Are you ever altruistic in your dreams?

Sometimes Mostly Always Definitely not

Not that I recall

Have you ever dreamed that you were in someone else's dream or vice versa?

Yes No

Dream Poll Questions

Have you ever had an irrational urge to stay mad at someone (in real life) who wronged you in a dream?

- Yes, I do understand it was irrational.
- Yes, but deep down, I had valid reasons to be upset.
- I don't think so.
- No, never.

Have you ever made lifestyle changes based on a dream you had?

- Yes No

Have you ever created something based on a dream you had?

- Yes No

Do you have more dreams than nightmares?

- Yes, I recall more dreams than nightmares.
- No, I recall more dreams than nightmares.
- They're about even.

Have you ever been aware of the sense of touch in your dreams? Meaning, have you felt, within your dream, any of these sensations: cold, hot, warm, pain, etc.?

- Yes No

Do you do things in your dreams that you'd be scared to do in reality?

- Yes No

Are you able to read numbers or do math in your dreams?

Rarely Most of the time Always Never

Do you ever wake up from your nightmares screaming? To be clear, I mean screaming in real life.

Yes No

Who screams better, dreamYou or you you?

DreamMe I do

N/A. Neither of us scream, or neither of us scream well.

Have you ever dreamed you had a skill you wish you had in reality?

Yes No

Have you ever played the role of narrator in your dreams?

Yes No

Have you ever had an out-of-body type experience in your dreams?

Yes No

Have you ever tasted or smelled something in your dreams?

Yes No

Have you ever had a sense of danger inside a dream that carried over and impacted your waking hours?

Yes No

Have you ever dreamed of what frightens you the most?

Yes No

Dream Poll Questions

Have you ever time traveled in your dreams?

Yes No

Have you ever been a superhero in your dreams?

Yes No

Have you ever been a villain in your dreams?

Yes No

In your dreams, have you ever been presented with two or more paths that you were forced to choose from?

Yes No

In your dreams, have you ever visited another planet?

Yes No

Do you dream of blank faces...

Rarely?

Not too often?

Most of the time?

All of the time?

Never?

Do you dream about aliens or other fictional creatures?

Yes No

Have you ever been kidnapped in a dream?

- Yes No

Is your dream-self fair or quick to judge?

- Fair more often than not
- Quick to judge more often than not
- Both, equally
- Always fair
- Always judgmental
- Not sure

If you binge-watch a show or movie series, do you find that you dream more about the story-line or the characters/actors?

- I dream more about the story.
- I dream more about the characters or actors who portray them.
- I dream about them equally.
- I never dream about a show I've just binge-watched.

In your dreams, can you get where you want to go?

- Rarely
- Often
- Always
- Never

Dream Poll Questions

If you have bathroom related dreams, are they... (Choose all that apply)

- Always indicative that you need to wake up and relieve yourself?
- Sometimes eerily real, so much so that you feel you might wet yourself?
- Sometimes so disturbing and you cannot find a clean stall or any bathrooms at all?
- Always pleasant and never disturbing?
- N/A. You don't have bathroom related dreams.

In your dreams, have you ever been a/an: (Choose all that apply)

- Musician Writer Crime Scene Investigator
- Private Detective Plumber Vampire Slayer
- Doctor Nurse Fireman Teacher Dentist
- Actor Nun Genealogist Coder Astronaut
- Pilot Psychic Bus Driver None of these

Have you successfully planned what you were going to dream before falling asleep?

- Somewhat. I decide what I want to dream about and the results have been mixed.
- Yes. If I decide what I want to dream about, I am successful.
- No. I've tried, but it never works.
- N/A. I've never tried to plan my dreams.

Have you ever dreamed you (and your city/state/country) were being attacked by aliens or terrorists?

Yes No

Do you often have pets in your dreams that you don't have in reality?

Yes No

Do your pets, or other people's pets, ever make appearances in your dreams?

Yes No

Which do you dream of more often?

I dream more of me at my current age.

I dream more of young me.

I dream of myself at various ages with no clear favorite.

I don't know. I don't see myself in dreams.

Has your dream vehicle ever operated in an extraordinary way? For example: the car shrinks to fit tight spaces, or to fit in your pocket for easy parking; perhaps it flies.

Yes No

Do natural disasters frequent your dreams?

Yes

Not often

Never

Dream Poll Questions

Do your dreams about food...

- Center around having an abundance for you and your loved ones, including good crops, harvesting and other positive food-related issues?
- Center around never having enough for you and your loved ones, including famine and other negative food-related issues?
- Have mixed messages? Sometimes you have an abundance of food, other times you have a shortage.
- Other
- N/A. You don't dream about food.

Which do you dream about more often?

- Puppies
- Clowns
- Both, equally
- N/A. I don't dream about puppies or clowns.

Have you ever dreamed about... (Select all that apply)

- Demons Angels Werewolves Vampires
- Shape-shifters Zombies Body-snatchers
- Combative artificial intelligence
- Friendly artificial intelligence
- Changelings None of these

Do you find yourself taking a lot of detours in your dreams?

- Yes No

Once you realize you are having a nightmare, do you try to fix it so it has a happy ending, or do you try to wake yourself up?

- It depends on the severity of the nightmare.
- I try to wake myself up.
- I try to fix it so it has a happy ending.
- N/A. I never know when I'm actively having a nightmare.
- Neither. I never try to manipulate my dreams or to wake myself up. I like this roller coaster and want to see where it goes.

Who is a better dancer, dream you or you you?

- I am a better dancer.
- DreamMe is a better dancer.
- We're the same, we are.
- N/A. I don't dream about dancing.

Do you write about your dreams?

- A few
- More often than not
- Every dream I remember
- Never

Dream Poll Questions

Have you ever had a walking-on-clouds or similar cloud dream?

- Yes No

This next question is sponsored by my all-time favorite dream: If you dream about leprechauns, are they.. (Select all that apply)

- Based on Irish legends? Mischievous? Lucky?
- Cute and cuddly? Short? Tall? Unlucky?
- Anywhere near a rainbow? Villainous? Other?
- Flaunting gold in some manner?
- N/A. I have never dreamed about leprechauns.

Is dreamYou an introvert or an extrovert?

- Introvert
- Extrovert
- Both

Have you dreamed that you were fluent in a language you don't speak or understand in reality?

- Yes No

Who is more competitive, dreamYou or you you?

- I'm more competitive.
- DreamMe is more competitive
- We're the same, we are.

Do your driving dreams include any of these scenarios? (Select all that apply)

- The car is out of control and I can't stop it.
- The light disappears to complete darkness as I'm driving.
- The road suddenly stops as I'm driving, but that's okay, now I'm walking.
- I'll be driving, but my eyes are closed, or I'm wearing the wrong glasses (prescription or sunglasses), and I can't see the road.
- I'm driving, but I get to an area where cars aren't allowed, so I pick it up and heft it over obstacles.
- Other
- N/A. I don't have driving dreams.

Have you ever had a NEAR death experience in your dreams?

- Yes No

Have you experienced any of the following in your dreams? (Select all that apply)

- Backstory, or flashbacks to a previous event that never happened in real life.
- The ability to rewind your dream.
- Prediction of the future of your dreamscape.
- None of these.

Dream Poll Questions

Who is an all-around better person, your dream self or you?

- I am better.
- My dream self is better.
- I'm not sure.
- We are equally good, we are.

Has your dream self ever suffered from amnesia?

- Yes No

Have you ever had this happen to you? You wake up to find things on your bedside table, shelves or desk are noticeably disturbed, but you're either alone, or no one will admit to messing with it. If you can't blame a pet, you come to the conclusion that you did it in your sleep.

- Yes, this happened to me at least once.
- No, this has never happened to me.

Have your dreams ever been cartoonish?

- Yes No

Has your dream self ever been a character/avatar in a video game style dreamscape?

- Yes No

Have you ever dreamed you were a passenger in a car where the person/pet at the wheel should not be driving (under age, um it's a pet, blind, ill, drunk, etc.) and you cannot get them to stop?

- Yes No

Who's funnier, dream you or you you?

- Me, me! I'm funnier.
- DreamMe is funnier.
- We're the same, we are.
- Neither of us is funny.

Which of the following happens to you more frequently?

- I don't get to see the end of my dreams because I'm usually ripped from them by something external, like an alarm clock.
- I usually get to see the conclusion of my dreams.
- Both happen with equal frequency.

Have you ever described a dream to someone the morning after it occurred, only to find out that they had an eerily similar dream?

- Yes No

Have you ever dreamed that SOMEONE ELSE was kidnapped and you were trying to rescue them or get them help?

- Yes No

Have you had dreams about genius infants who normally wouldn't be able to talk, but they do?

- Yes No

Have you had dreams about creepy, evil talking dolls, including ones that look, act and feel like real babies?

- Yes No

Dream Poll Questions

Have you ever found your dream self yelling "9-1-1!" (or other emergency number) for any reason at all?

Yes No

Assuming you aren't a twin in real life, have you ever been a twin (or multiple, replica, etc.) in your dreams?

Yes No

I've asked about dreams within dreams already (false awakenings), but more specifically, have you ever had a dream within a nightmare, or vice versa?

Yes No

If you can remember, approximately how many false awakenings (dreams within a dream) do you think you've had?

1 2 3 4 5 or more None that I can recall

If you remember, what is the most number of false awakenings (dreams within dreams) you've had within a single dream?

1 2 3 4 or more N/A

In your dreams, have you ever been a... (Select as many as apply)

Lawyer Social Worker Spy Musketeer

Salvage Diver Navy Seal Librarian Professor

Baker Surfer None of the above

Has dream You ever served in the military?

Yes No

Have you ever had dreams that featured a serial killer who was on the loose?

Yes No

In your dreams, have you ever been trapped in a foreign country?

Yes No

Has dreamYou ever served on a bomb squad?

Yes No

Who is more honest, dreamYou or you you?

I'm more honest.

DreamMe is more honest.

We're equally honest.

We're both liars; you can't trust either of us.

Has dreamYou ever been set up for a crime you didn't commit?

Yes No

Who's a better sportsman, dreamYou or you you?

I am a better sportsman.

DreamMe is a better sportsman.

We are both good sportsmen/women.

We are both bad sportsmen/women.

I'm not sure.

Dream Poll Questions

Has dreamYou ever been a cheerleader?

Yes No

Has dreamYou ever run up (or down) a staircase like this one from "Gone With The Wind?"

Yes No



Who is a better friend, dreamYou or you you?

I am a better friend.

DreamMe is a better friend.

We're equals when it comes to being a friend.

Neither of us are good friends.

I'm not sure.

Have you ever dreamed you were blind?

Yes No

Has dreamYou ever forgiven someone in your dreams that you weren't sure you were ready to forgive in reality?

Yes No

Do you ever get inspiration for artwork, jewelry or clothing from your dreams?

Yes No

Have you dreamed about knights, royalty and/or dragons?

Yes No

If you have dreamed about zombies, have you ever BEEN one in a dream/nightmare?

Yes No

Have you ever dreamed of witches or that you were a witch?

Yes No

Have you ever dreamed that someone, unbeknownst to you, was living in your house for days (or longer) before you discovered them?

Yes No

Have you ever dreamed that you had the wrong change or the wrong currency for payment?

Yes No

Have you ever dreamed that you had awesome powers of control over the elements?

Yes No

Has dreamYou ever traveled through a wormhole?

Yes No

Dream Poll Questions

Have you ever dreamed about "Jake" from State Farm or any other character from advertisements?

Yes No

Has dreamYou ever had a quickie marriage?

Yes No

In your dreams, has your spouse/significant other ever had a sudden personality change, so much so that you feel like you're married to/dating Jekyll AND Hyde?

Yes No

Have you ever had a Matrix-esque dream?

Yes No

I shouldn't assume that this will resonate with genealogists or antique enthusiasts, but I just think it might. Have you ever dreamed that you inherited, or found, other people's stuff - memories, pictures, etc. - and immediately made it your mission to track them down and return it?

Yes

No

Sort of. I dreamed I inherited or found other people's stuff.

Has dreamYou ever taken the controls of a vehicle you've never operated in reality?

Yes No

Do you dream about people you miss around their birthdays, holidays and/or other special occasions?

Rarely Sometimes Often

Every single time Never

Has dream You ever been in an alternate reality? What I mean is this: Have you ever acknowledged within a dream that you understood you were in an alternate reality? Or rather, a parallel universe. Perhaps that's a better way of putting it.

Yes No

If you have school/work dreams are they... (Select all that apply)

About a missing assignment/important documents?

About not knowing what's on your schedule or to-do list because you can't find or read it?

About hallways or exterior setting?

About having to get there?

About missing a meeting?

About classmates/coworkers?

About teachers/employers?

About rival companies/schools?

About your desk not being where it's supposed to be?

About other?

N/A. You don't have school/work dreams.

Dream Poll Questions

In your dreams, has dreamYou ever met your parents or grandparents when they were younger?

Yes No

Do your daydreams ever follow you into your dreams?

From time to time.

More often than not.

Rarely.

Never.

I don't daydream.

Have you ever dreamed you were a... (Select all that apply)

Reporter Dentist Deejay Professional Dancer

Coach Therapist None of the above.

Has the role of anyone in your life been played by someone else? *The roll of my mother is now being played by...* Just to clarify... Sometimes my mother is my mother. Sometimes my father is my father. But, at least once, everyone in my life has been played by someone else. Sometimes they aren't even people I recognize, though I'll "recognize" them to be my mom, dad, aunt, whatever.

Yes No

Have you ever dreamed that you (or someone else) was digging in your yard for treasure (or junk) that you knew was there?

Yes No

Has dreamYou, still a human, ever been in control of any species outside of the human race? By "in control" I mean in command. DreamYou may have been a benevolent leader that these species chose to follow. Or, DreamYou may have had the ability to control them against their will. I won't ask you to clarify which one.

Yes No

Have you ever dreamed of crop circles?

Yes No

Have you ever dreamed unique song lyrics or poems?

Yes No

Has dreamYou ever interacted with Death (or other entity that represents death)?

Yes No

Which do you dream about more: spiders or snakes?

Spiders

Snakes

Both equally

Neither. I haven't dreamed about spiders or snakes, yet.

Has dreamYou ever passed out inside a dream?

Yes No

Has dreamYou ever searched a box of cereal for the toy?

Yes No

Dream Poll Questions

Have you dreamed about someone streaking through a neighborhood or other public place?

Yes No

Have you ever dreamed about a talking animal?

Yes No

Has dreamYou ever used GPS, Google or other online maps?

Yes No

Do you talk in your sleep?

Yes No

Has dreamYou ever owned/operated a gun?

Yes No

Has dreamYou ever had more children than you have in reality?

Yes No

Has dreamYou ever run from place to place, frantically searching for your child?

Yes No

Has dreamYou ever been traveling in a car with no brakes?

Yes No

Has dreamYou ever been struck by lightning or seen someone else struck by lightning?

Yes No

Whether you write them down or not, do you talk with others about your dreams?

Rarely Sometimes Often

Always Never

Do your children tell you their dreams?

Yes No I don't have children

Have you had a dream/nightmare that was influenced by COVID-19 and all that it entails?

Yes No

Do you have recurring dreams that you can fly? For the purposes of this question, answer if you fly without assistance from an external source. Basically, you fly like Superman or The Powerpuff Girls

Yes. I have recurring dreams of being able to fly without assistance.

No. I do not have recurring dreams of being able to fly without assistance.

If you have dreams of falling, do you wake up from them with the sensation of having just fallen/bounced onto your bed (or other sleeping surface)?

Yes No

Regardless of the type - falling, flying, running, etc. - have you ever fallen out of bed because of a dream or nightmare?

Yes No

Dream Poll Questions

There is a section of my dream journals dedicated to things like sleepwalking, sleep-talking and sleep hallucinations, all of which I have had. I had to look up the latter to find out what it's called when you hallucinate while falling asleep or when waking up.

- Hypnagogic hallucinations occur as you fall asleep
- Hypnopompic hallucinations occur as you wake up.

Have you ever had either type of sleep hallucination?

Yes No

Has dream You ever had a different hair color, hairstyle, or hair type (curly, bald, etc.)?

Yes No

Which do you dream of more: your current job/hobby or your past jobs/hobbies?

I dream more of my current job/hobby.

I dream more of my old jobs/hobbies.

I dream of them equally.

N/A. I don't dream of my jobs/hobbies.

Has dream You ever run from place to place, frantically searching for your child?

Yes No

Have you ever dreamed about someone you've only met online?

Yes No

I asked if you had recurring dreams of flying unassisted, but now I want to know if you've EVER had dreams of flying, regardless of how you're doing it. Have you ever flown in your dreams?

Yes No

Have watches and/or clocks ever appeared in your dreams?

Yes No

Have you had dreams of climbing up ladders into unfamiliar places?

Yes No

Have you had dreams of climbing onto a roof, or of being able to see the roof from where you're standing?

Yes No

Has dreamYou ever been to a ball from any time period?

Yes No

Do you ever dream about characters from books (including those you've authored)?

Yes No

Do you ever dream about hunting or being hunted (as either the hunter OR the prey)?

Yes No

Has dreamYou ever looked into a mirror only to see someone completely different staring back, but it IS you?

Yes No

Have you ever dreamed that you were in two (or more) places at once?

Yes No

Dream Poll Questions

Do you have dreams of falling?

Yes No

In your dreams, has a room (including an attic or basement) ever expanded (or started out larger than reality) to fit people or objects?

Yes No

If you have attic and/or basement dreams, are they... (Select all that apply.)

Intriguing Scary Boring Fun

Other N/A. I don't have attic/basement dreams.

In your scary movie dreams, are you USUALLY... (Select all that apply)

The last one standing?

The one who follows the noise to find out what it is?

The first one captured?

The know-it all?

Other?

N/A. I don't have "scary movie" type dreams.

My first lucid dream was triggered by the knowledge that I no longer owned the nightgown I was wearing. Do you remember what triggered your first lucid dream?

Yes No

Have you ever had dreams where you're just so fascinated by the architecture that you have to try to describe it or draw it afterwards?

Yes No

Out of curiosity, have these polls triggered memories of dreams you've had?

Yes No

Just for fun...Which of these songs featuring the word dream do you have in your personal collection? (You may add options. Make sure you add both the proper title and artist's name. Select all that apply.)

Dreamer by Ozzy Osbourne

Your Wildest Dreams by Moody Blues

Sweet Dreams by Eurythmics

Daydream Believer by The Monkees

Mr. Sandman by The Chordettes

Eternal Flame by The Bangles

All I Have to Do is Dream by The Everly Brothers

These Dreams by Heart (Thank you, Julie, for adding!)

Dreams by Fleetwood Mac (Thank you, Julie, for adding!)

Dreamer by Supertramp (Thank you, Julie, for adding!)

Dream of Mirrors by Iron Maiden

Dream Weaver by Gary Wright

Dream a Little Dream of Me by The Mamas and The Papas



The End

for now

