**Why Do We Dream?**

**I. Refresher:** What did Freud have to say about dreams?

1. What is the manifest content of dreams?
2. What is the latent content of dreams?
3. According to Freud, why must the latent content be masked/symbolized by the manifest content?

**II. Article:** *Why Do We Dream* (psychologytoday.com)

1. What are the limitations of Freud’s dream theory?

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| --- | --- |
| **Theory** | **Description/Key Points** |
| Evolutionary Theory |  |
| Dreams Create Wisdom |  |
| Dreaming is Like Defragmenting Your Hard Drive (Cognitive Theory) |  |
| Dreams Are Like Psychotherapy |  |
| The Absence of Theory (Activation-synthesis Theory) |  |

**III. Dream Analysis**: Open the “Dream Key” app on your iPad. Use any previous dream to analyze your dreams like Freud.

1. What was the manifest content of your dream (storyline, events, people, etc)?
2. Describe the latent content of the dream in the table below. Pick 3 major ideas/concepts/events/objects from the manifest content of the dream and analyze each.

|  |  |  |
| --- | --- | --- |
| **Major Idea, Concept, Event, People, Object:** | **What does the Dream Key say about the latent content of that aspect of the dream?** | **Do you agree? Why/Why not?** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |

**IV. You Decide…**

1. Which dream theory from the article, including Freud’s theory, do you agree with most? Why? (at least a paragraph)