

PURPOSE

Create a faithful record that keeps original content, later recollection, inference, and uncertainty visibly distinct.

1 Record promptly

Write or dictate as soon as practical. Preserve the order in which scenes appeared, including abrupt changes.

2 Use exact language

Capture spoken words, numbers, colors, locations, people, actions, atmosphere, sensations, and the final scene.

3 Mark memory status

Label each later detail as remembered later, inferred, uncertain, or waking context. Add the time of every addition.

4 Delay explanation

Complete the record before assigning meaning. Keep interpretation in a separate section.

WORKING QUESTIONS

- What was the first scene I can remember?
- Where did the dream change location, time, person, or atmosphere?
- Which words, numbers, colors, sounds, scents, or bodily sensations were exact?
- What happened last, and how did I feel upon waking?
- Which detail entered my memory after the first record?

Record field	Exact dream content	Memory status
Opening scene		Remembered / uncertain
Scene sequence and changes		Remembered / uncertain
Exact words, numbers, colors, sensations		Remembered / uncertain
Final scene and waking response		Remembered / uncertain
Later addition with time recorded		Later recollection / inference

DEEPENING QUESTION

Could another careful reader distinguish what appeared in the dream from what I remembered, inferred, or added later?

STEWARDSHIP SAFEGUARD

Accuracy carries spiritual and practical weight. Preserve uncertainty honestly and allow missing details to remain open.