

The Interpretation of Dreams

by Sigmund Freud

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Run a 7-Day Dream Log**

Write dreams before checking your phone. Capture setting, mood, and one striking symbol. Frequency and repetition matter more than polished narrative.

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⁰² **Do 5 Minutes of Free Association**

Pick one dream image and follow your first links rapidly without editing. The point is to bypass self-censorship, not to sound coherent.

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⁰³ **Track Dream-Work Signals**

For each dream note where condensation, displacement, and symbolization appear. This shifts you from guessing meaning to reading structure.

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⁰⁴ **Add a Day-Residue Line**

List one event from the prior day that likely supplied the dream's visual material. Then ask what older conflict it may have carried.

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⁰⁵ **Mark the Censorship Moment**

Notice where the dream becomes absurd, interrupted, or abruptly emotional. Those pivots often indicate where latent content was disguised.

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⁰⁶ **End with a Working Hypothesis**

Draft one sentence: 'This dream may be a compromise between ___ and ___.' Keep it provisional and test it against future dreams.