

Quiz: What Are the Dreams Within Your Conflicts?

With your partner, scan the list of dreams on the next page. In the second column, indicate which partner feels strongly about that dream. Now think about a recent disagreement. Can you see how this dream might be related to that disagreement? If so, have the partner who feels strongly about that dream jot down some notes about that conflict. Then share the exercise on page 145, which may help you discuss the dreams beneath your conflict and find some common ground.

Dream	This dream is important to:	How the dream relates to your conflict
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Examples:

A sense of freedom	<u>Jack</u>	Our summer vacation (I really want to run away with you to Hawaii instead of going to Nebraska.)
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Knowing my family	<u>Jill</u>	Our summer vacation (Having you beside me at my family reunion in Nebraska means so much to me.)
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A sense of freedom	_____	
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The experience of peace	_____	
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Unity with nature	_____	
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Exploring who I am	_____	
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Adventure	_____	
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A spiritual journey	_____	
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Justice	_____	
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Honor	_____	
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Unity with my past	_____	
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Healing	_____	
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Knowing my family	_____	
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Dream	This dream is important to:	How the dream relates to your conflict
Becoming all I can be	_____	
Having a sense of power	_____	
Dealing with my aging	_____	
Exploring a creative side of myself	_____	
Becoming more powerful	_____	
Getting over past hurts	_____	
Becoming more competent	_____	
Asking God for forgiveness	_____	
Exploring an old part of myself I have lost	_____	
Getting over a personal hangup	_____	
Having a sense of order	_____	
Being able to be productive	_____	
A place and a time to just "be"	_____	
Being able to truly relax	_____	

Dream	This dream is important to:	How the dream relates to your conflict
Reflecting on my life	_____	
Getting my priorities in order	_____	
Finishing something important	_____	
Exploring the physical side of myself	_____	
Being able to compete and win	_____	
Travel	_____	
Quiet	_____	
Atonement	_____	
Building something important	_____	
Ending a chapter of my life	_____	
Saying good-bye to something	_____	
Finding love	_____	
Other: _____	_____	
Other: _____	_____	