SCORING DREAMS FOR THE CENTRAL IMAGE

Definition: A Central Image (contextualizing image) is a striking, arresting, or compelling image — not simply a story — but an image which stands out by virtue of being powerful, vivid, bizarre, or detailed. A CI need not be one static image. It can be several connected images or a brief scene (moving image).

1. fear, terror
2. helplessness, vulnerability, being trapped, being immobilized
3. anxiety, vigilance
4. despair, hopelessness (giving up)
5. anger, frustration
6. disturbing — cognitive dissonance, disorientation, weirdness
7. guilt
8. grief, loss, sadness, abandonment, disappointment

9. shame, inadequacy
10. disgust, repulsion

11. power, mastery supremacy
12. awe, wonder, mystery
13. happiness, joy, excitement

14. hope
15. peace, restfulness
16. longing
17. relief, safety
18. love (relationship)

Dream ID#	1. CI? (Y/N)	2. What is it?	3. Intensity (rate 0 to 3)	4. What emotion?	5. Second emotion?

Summary of studies on Central Image Intensity (CII)

CII is higher in dreams than in daydreams. It is higher in awakenings from REM than from NREM sleep.
CII is higher in people who have experienced a recent acute trauma than in others.
CII is higher in dreams after a trauma than before, when data available in the same people.
CII is higher in recent dreams of students who report ever having experienced abuse than in other students..
CII is higher in dreams after 9/11/01 than in dreams before 9/11/01, in the same persons.
CII is higher in people characterized by "thin boundaries."
CII is higher in memorable dreams than in recent dreams from the same person.
CII is higher in dreams called "important" by the dreamer, than in "unimportant" dreams.
CII is especially high in dreams called "especially significant" by the dreamer.
CII is especially high in dreams that led to a new discovery.

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SCORING DREAMS FOR THE CENTRAL IMAGE (CONTEXTUALIZING IMAGE)

Definition: A Central or Contextualizing Image (CI) is a striking, arresting, or compelling image — not simply a story — but an image which stands out by virtue of being especially powerful, vivid, bizarre, or detailed.

EMOTION LIST

1 fear, terror
2 helplessness, vulnerability, being trapped, being immobilized
3 .anxiety, vigilance
4 .guilt
5 .grief, loss, sadness, abandonment, disappointment
6 .despair, hopelessness (giving up)
7 .anger, frustration
8. disturbing — cognitive dissonance, disorientation, weirdness
9. shame, inadequacy
10. disgust, repulsion

11. power, mastery supremacy
12. awe, wonder, mystery
13. happiness, joy, excitement
14. hope
15. peace, restfulness
16. longing
17. relief, safety
18. love (relationship)

Score the most intense image.   Only if you can't decide -- if there is a second image of about the same intensity -- score the second image on a separate line.

Note: The CI can sometimes involve a short series of images. It can be a brief   "central moving image. "
It does not have to be a static "snapshot."

Dream ID#	1. CI? (Y/N)	2. What is it?	3. Intensity (rate 0.5 - 3)	4. What emotion?	5. Second emotion?