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SLEEP PSYCHOLOGY

According to the theory of psychiatrist Carl Gustav Jung, dreams are messages that our unconscious is trying to convey to us. Why are dreams vital for us? Dreams are our secret world, into which we find ourselves, going to the kingdom of Morpheus. In this world, we can fly, travel, meet people and unknown animals without any obstacles. Thus, our psyche receives that emotional and bodily experience that we lack in reality.

That is why we often dream of people with whom we want, but for some reason cannot be near. Often, in dreams we see bad scenarios - we quarrel or sort things out. This may mean that a person has a ban on the manifestation of aggression, and with the help of sleep he releases negative feelings. By sending us to a safe sleep space in order to act out aggression and let off steam, the psyche saves us from breakdowns and psychosis.

Nightmares

Do not be afraid of dreams in which loved ones die. Often this reflects your separation from the dreamed person. Most likely, the relationship or emotional connection with him will be severed or communication will reach a completely new level of mutual understanding. Also, dead people dream warn us of serious changes. By their appearance, they seem to say that a certain stage of life has been completed and it is time to prepare for the next one.

A dying child in the Jungian interpretation means that your inner child is missing something. First of all, it affects the sphere of pleasure, inspiration, creativity, thirst for life, carelessness and lightness. If in a dream you kill someone, pay attention to whom - a woman or a man? Jungian theory says that this is either your feminine or masculine principle.

To sum it up, the nightmares we see in dreams are often a reflection of our childhood fears. Sometimes we see ourselves in the place where we experienced the most terrible feelings or strong shocks.

References:

1. <https://www.thesap.org.uk/resources/articles-on-jungian-psychology-2/carl-gustav-jung/dreams/>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3216128/>

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