

1. Changing Nightmares: Write down a nightmare

Write down a nightmare, not a replay of the event or your worst nightmare . Pick one that is recurrent and is moderate in terms of anxiety, fear or distress. Write it in first person and present tense:
2. Changing Nightmares: Write down your new dream Change the bad dream in any way you want, so that your new dream is no longer disturbing you and your sleep. Change anything you want from the bad dream, give it a positive ending. Write it in first person and present tense:
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