

PRÁCTICA 12. *Reading and Listening: Interview about Dreams*

Read the following text, *Top 10 Common Dreams* (adapted from <http://listverse.com/2008/10/07/top-10-common-dreams-and-their-meanings/>)

Falling or Sinking

We have all had falling dreams – it is such a common dream, in fact, that myths have arisen over them; the most common myth is, of course, that you will die if you hit the ground in the dream. I can assure you, having hit the ground in more than one falling dream, that this is not true at all. In the falling dream we are usually falling through the air and frightened. Occasionally we may be sinking in water (and in danger of drowning). Typically a person having this dream is feeling insecure or lacking in support in their waking life. These dreams often occur when you are overwhelmed in life and feel ready to give up. If you have this dream you should evaluate your current situation and try to locate the problem that is overwhelming you. Deal with it and this dream should go away.

Being Chased

Dreaming of being chased can be a truly horrifying experience. Most often the chaser is a monster or some person that is frightening, and occasionally it may be an animal. You may be surprised to know that this is the most commonly experienced nightmare theme. The meaning of these dreams is that someone, something (possibly something as obscure as an emotion) is making you feel threatened. One way to determine the root of the threat is to ask yourself who or what in your real life most closely resembles the “creature” or circumstance in your dream. It is also worth noting that sometimes this dream is a replay of an actual event in your life.

Ill or Dying

In this dream, you (or a loved one) are ill, injured, or dying. It is a moderately common dream and, not surprisingly, occurs often at the onset of an illness. Aside from becoming ill, this dream can mean that you are emotionally hurt or are afraid of becoming hurt. The dream may also be warning you of an upcoming physical risk to yourself or a loved one. When it is someone else in the dream that dies, it can mean that you feel that part of yourself (that you see represented by that person) is dead. It may also mean that you wish the person would go away, or that you fear losing them.

- What do the underlined words/expressions mean?
- Have you ever had these dreams?
- Do you agree with the interpretation provided?