

Dreams and Nightmares

Vocabulary

1. **Semi-conscious** - Someone who is not fully awake.
Sample sentence: He is in a semi-conscious state.
2. **Paralyzed** - Make powerless and unable to function.
Sample sentence: A paralyzed muscles should be exercised with caution.
3. **Nightmares** - A very frightening and unpleasant dream.
Sample sentence: I still have terrible nightmare about the crash.
4. **Lucidly** - Capable of thinking clearly.
Sample sentence: The main points remained lucid, straightforward, and well worth listening to.
5. **Imaginary** - Exist only in the imagination or fancy; not real.
Sample sentence: A lonely child sometimes creates an imaginary friend to play with.

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Let's read

Most of people spend six years or more of their lifetime dreaming. Dream is a semi-conscious state where we have absolutely no control over our thoughts and expressions. It is proven that all of us dream at least twice or more in our sleep though we may not remember when we get up.

Interesting facts is that our body is paralyzed during our sleep probably to prevent the body from acting out dreams. What is important for people that have nightmares is to start dreaming lucidly so they could control the imaginary experiences in the dream environment.

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Discussion A

1. Do you believe in dreams?
2. Talk about the most recent dream you can remember that you have had in the past.

Discussion B

1. What's the worst nightmare you've ever had?
2. Do you believe that dreams can sometimes predict the future?
3. Do you agree with the idea that "Life is like a dream"?