

## GENERAL TECHNIQUE FOR DREAM ANALYSIS

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### ABSTRACT

Dreams occupy a third of our lives, but people most often do not pay attention to them, if they are not nightmares. Some even claim they don't dream, although studies show they don't actually remember them. This happens mainly due to a lack of understanding of the language of dreams, an inability to navigate in images, and most often due to a rejection of the truth about oneself. The ego's natural defense against the incomprehensible is to forget it, or to treat it casually and condescendingly. So it avoids unpleasant news for itself, pursuing an "ostrich policy", because it is very jealous of its integrity and exclusivity. But this has not always been the case, and in the past and even now in many non-Western cultures, dreams have been given a significant role both in the life of the community and the individual. This is mainly due to a weaker, not yet ossified consciousness, like that of a modern "Western person". This is a long topic - the dream tradition, and in Europe during antiquity and medieval alchemists, dreams were taken seriously. Often serious attitudes to dreams are attributed to "primitive" cultures or superstitions, thereby justifying one's own ignorance or inability. This article contains general technique for dream analysis, importance of dream analysis, practical method of dream analysis, Z. Freud's works about the theory of dreams.

**Keywords:** Psychoanalysis, dream, psychological health, dream symbolism, emotional reactions, absurd pleonasm, hallucinatory,

It is rare when a person can honestly admit to him - "I do not know what to do with this." Because it follows that a third of his life passes in secret from him. And for some, this can be a serious collapse of the naive belief that his life passes only in consciousness and is controlled only by him. Compilers of various kinds of dream books and charlatans also invested a lot in maintaining this negative image. Only in our century has there been a breakthrough in Western thought in this area thanks to Sigmund Freud and his psychoanalysis. And although now no one uses Freudian

psychoanalysis, it was still a serious breakthrough in the wall of hostility to dreams and one's own unconscious. It was Freud who linked these two concepts together, clearly showing that dreams are closely related to the conscious life of the individual and carry a certain message.

Now few people doubt the existence of the unconscious, although rarely does anyone think about what this means for him as a person. Accepting this fact, they nevertheless put it aside, closing their eyes to the inevitable consequences and conclusions.

In dreams, with a weakened, "resting" ego-consciousness, the unconscious breaks in the form of images that are already little interpreted by consciousness, and therefore is incomprehensible to us if we use the usual daytime logic. Another question is - do these images have any meaning? In dreams, with a weakened, "resting" ego-consciousness, the unconscious breaks in the form of images that are already little interpreted by consciousness, and therefore incomprehensible to us if we use the usual daytime logic. Another question is - do these images have any meaning?

### **Importance of dream analysis**

For the stable functioning of the mind and psychological health, it is necessary that the subconscious and consciousness are inextricably linked and act in a coordinated manner. If the connection breaks or "dissociates", a psychological breakdown occurs. In this regard, dream symbolism plays the role of a courier, conveying messages from the instinctive to the rational parts of the mind. Deciphering these symbols enriches the impoverished possibilities of consciousness; it learns to understand again the forgotten language of instincts.

Whatever the dream may be - bad, good, and strange, this is your dream. You can love it or not love it, but it is part of your life. Avoiding thinking about dreams or interpreting them, neglecting them, we close our eyes to reality, to a third of our life, which is no less important than the conscious - daytime, which itself is significantly influenced by the unconscious.

### **Practical method of dream analysis**

It is worth starting the analysis with a detailed description of sleep, without neglecting anything. The setting (left right), colors (or lack of them), characters, their clothes, inconsistencies and emotional reactions in a dream - everything matters. Details are the key to understanding the language of dreams; analyzing only the plot,

we shoot from the cannon at the sparrows. Very low chance of getting in. On the other hand, linking to details or analyzing an image taken out of context does not allow us to see the big picture and understand the meaning of the message. The approach to each dream should be detached, as if it were not your dream, but someone else's.

It is necessary to learn everything about the symbols encountered in dreams, but when starting the analysis, forget everything. Let every dream be a new leaf, tabula rasa. First of all, we look at the dream and write out the general idea, if any. The process of writing out is also important and should not be neglected when debriefing orally. We look in more detail and write out the topics that have arisen.

Next: absurdities, inconsistencies in every topic. Try to see them, compare them with day life, and ask yourself: does it happen in day life? Write out these absurd pleonasm. Speak aloud what exactly it consists of, where is the mockery, the meaning, the hint. Often they are "trickster tricks", a kind of humor of the unconscious, indicating some kind of defect or interfering mindset (interfering with the development of the personality).

The following: the number of characters, their gender, their "national" affiliation, clothing, appearance. Separate acquaintances from strangers; see what function they have in relation to the plot. Formulate sentences as if you were telling an event to a small child. Write out all the predicates, in a row, separately from sleep. Predicates are your actions. Sometimes they reflect your daily life and condition. When you write them all out of sleep, see if they have an analogue in your daily life - if they are repeated in a dream.

Perhaps it will take you not a day or two to understand its meaning. This does not mean that you have to sit all day long over a notebook and «contemplation ». No. Set aside time to work with dreams. Let it be half an hour a day at a certain time. And do it, no matter how stupid and pointless this activity may seem to you. The main thing is to comply with the conditions of the "status ".When it has worked out, insights about dreams will begin to come at a variety of times - in the next dream, and during dinner, and during a conversation with a neighbor. It is necessary from time to time to reread your old dreams - to see their consistent logic, to see repetitions when the unconscious tries to tell you something in different ways - in different images, different actions, different symbols and adjectives. Viewing past dreams also helps to understand some aspects that were missed in the analysis, as well as to build an approximate series of developing events, and possibly their predestination.

## **Z. Freud's works about the theory of dreams**

In *The Interpretation of Dreams* (1890), Freud described how dreams help the psyche to protect itself and achieve a sense of satisfaction. "Dreaming is a way of releasing the unfulfilled desires of a person through his consciousness without awakening the physical body. Daytime experiences are transformed into dreaming through the activity of dreaming, and thus dreaming is an innocent price to pay for the possibility of sleep. The dream does not arise itself. The appearance of a dream is associated with certain problems facing a person, although this is not explicitly disclosed in the context of a dream. Almost every dream can be understood as a wish fulfilled. Dreaming is an alternative way to meet the demands of the unconscious.

Based on a detailed analysis of dozens of dreams, correlating them with the events of a person's life, Freud was able to show that the activity of a dream is a process:

- Thickening
- Displacement (the main means of dream distortion)
- Selection
- Distortion
- Transformation
- Permutations

Displacement and other modifications of the original desire

These changes make the modified desire acceptable to the ego, if the original desire was generally unacceptable to the waking consciousness. Dreams are not random or random, but are a way to satisfy unfulfilled desires. The theory of dreams contributed to the fact that psychoanalysis took a step from a psychotherapeutic method to depth psychology, but Freud never concealed the fact that he studied dreams as an introduction to the theory of neuroses, which determined his views. It was on dreams that he proved the correctness of psychoanalysis, which shows that the symptoms of a case of a neurotic disease have their own meaning, serve some intention.

Freud states a fundamental difference between the explicit content of a dream and its hidden thoughts (dream material), and believes that the essence of a dream is the process of dream work, and not its material. When the dream is confused with its hidden thoughts, then the dream can represent everything that the hidden thoughts

contain, and can be replaced by them (i.e., intention, warning, reasoning, preparation, an attempt to solve some problem, etc. ).

Thus, the unconscious work of a person's thinking (hidden thoughts) is not identical with the work of a dream. But it is from the appreciation of the hidden thoughts of dreams that we learn that all these complex mental processes can take place unconsciously. The dream is a brief extract from the association, and its elements act as if they were chosen representatives of their entire set. The associations to the dream are not yet the hidden thoughts of the dream, they only "touch them with hints".

Faced with the problem of affects in dreams, Freud recognized that in the whole theory of dreams this moment is the most vulnerable. If a dream is the fulfillment of a wish, then painful sensations are impossible in a dream. The unconscious desire is the creator of the dream, its driving force. Like any other attraction, it strives for nothing other than its own satisfaction, and this is the meaning of the whole dream. According to Freud, in any dream, the desire must appear as a realization. The desired satisfaction of desire is experienced hallucinatory as real. The hidden thoughts of the dream are dramatized and illustrated.

Over the course of his life, Freud's view of the dream changed. If at first he was convinced that almost every dream can be understood as a fulfilled desire (a way to satisfy an unfulfilled desire), then later he clarifies that a dream is an attempt to fulfill a desire. If at first Freud is convinced that "almost every" dream can be understood with the help of his method, then he specifies later that "not all" dreams can be interpreted with the help of his method. Initially, Freud believed that the creator of the dream is an unconscious desire that seeks its own satisfaction and this is the meaning of the whole dream. Then he adds that the dream state seems to be particularly suitable for receiving a telepathic message, thereby expanding the list of dream "material" and giving it an additional function and an additional energy source.

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