



☞ ☛ Dream Journaling Clarity Scorecard

Use this before closing your journal. One minute. No thinking.

★ Purpose of the Scorecard

*This scorecard is not for interpretation.
It is a **regulation check** — a final gate that ensures journaling remains grounding, not destabilizing.*

*If you answer honestly, the scorecard will tell you **whether to continue, pause, or stop**.*

★ *Section 1: Grounding Check*

Did this journal entry ground me or agitate me?

- Grounded — body feels settled, attention steady
- Neutral — no noticeable shift
- Agitated — increased alertness, tension, or urgency

Guidance:

- **Grounded / Neutral** → journaling is safe today
- **Agitated** → journaling has crossed into amplification

☞ **Rule:** Two agitated checkmarks in a week = pause journaling

★ *Section 2: Mode Check*

Am I recording or interpreting?

- Pure recording (images, facts, tone)
- Mixed (some commentary, some meaning)
- Interpreting (asking “why,” “what does this mean?”)

Guidance:

- Recording = hygiene
- Interpreting = excavation

☞ **Rule:** If interpretation appears, stop writing immediately

★ *Section 3: Curiosity Quality*

Is my curiosity calm or compulsive?

- Calm — interest without urgency
- Watchful — mild pull to re-read or think more
- Compulsive — urge to analyze, search, or seek reassurance

Guidance:

- Calm curiosity is healthy
- Compulsion is the nervous system asking for containment

☞ **Rule:** Compulsion means the tool must rest — not you

★ *Section 4: Detachment Test*

Can I skip tonight without fear?

- Yes — skipping feels easy
- Unsure — mild discomfort
- No — fear of missing something important

Guidance:

- Freedom to skip = mastery
- Fear to skip = dependence

☞ **Rule:** If “No,” stop journaling for 7 days

★ *Final Self-Assessment (Circle One)*

Today, this practice was:

- Regulating
- Neutral
- Dysregulating

Action for Tomorrow:

- Continue
- Pause
- Stop & ground