



☞ ☞ 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