

Informative Speech on Dreams

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Thesis Statement: Understanding how dreams occur, how they affect our lives and what they mean help us grasp what dreams actually are.

Intro:I. (Attention Getter) Have you ever dreamt that you were walking along the side of a road or along a cliff and suddenly you trip? You're falling for what seems like forever, but before hitting the ground, you wake up? This is considered to be a falling dream, and ironically, falling dreams occur when you are falling asleep. They are usually accompanied by muscle spasms and twitches of the entire body. Although these dreams occur while we are falling asleep, they interpret a completely different meaning. Falling can mean you are insecure, you are losing grip, or you simply have fears that need to be faced. Patricia Garfield, the author of *Creative Dreaming* states: "there is some problem that is making you feel helpless like you have no support, so next time when you wake up startled from a falling dream, ask yourself what upcoming events do I fear I will fail?"II. (Introduce Topic) Since the beginning of time, people have been trying to understand the different functions of the human body, how we move, talk, and even act. Many of these physiological behaviors have been explained to some extent. However, one area of the human body that has baffled researchers, is that of the mind. Many things that go on inside the mind that don't make sense, and serves no real explanation as to why or how things happen. One of the most fascinating and mysterious sections of psychology is that of dreaming. Even though there are numerous

theories about dreams; whomever you are, wherever you live, you will dream. Whether it's a good dream or a nightmare is up to your mind, but there must be some reasoning behind dreams, right?III. (Establish Credibility) I have always been fascinated with the mechanisms of dreaming, and I thought it'd be a fascinating topic to research for this informative speech.IV. (Preview Main Points) Although we have experienced countless dreams in our lifetime, do we ever stop to think: how dreams occur? How dreams affect our lives? Do dreams even mean anything? Today in my informative speech about dreams, I hope to enlighten you about dreams forming in our minds, the importance of dreams, and lastly the interpretations of dreams.(Transition Statement) Understanding the sleep cycle is the first part of understanding dreams and how dreams happen.

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