

# Influential Traits of the Recurring Dreams Essay

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Dreams are interesting, for they have some unique characteristics. One of them is that they are difficult for humans to control with their will. But there is more special type of dream, called 'Recurring Dream'. "Recurring Dreams are dreams which are experienced repeatedly over a long period." (Alchin, L, 2012) Recurring dreams are quite common and are often triggered by a certain life situation, transitional phase in life or a problem that keeps coming back again and again. These dreams may recur daily, once a week, or once a month. Whatever the frequency, there is little variation in the dream content itself. Recurring Dreams are different from General Dreams, for they have many unique characteristics compared to General Dreams. However, Recurring Dreams affect the dreamers' waking lives more powerfully than other General Dreams with 3 particular traits. They are 'Reflection', 'Precognition', and '[Sleep](#) disturbance'. First of all, Recurring Dreams can affect dreamers greatly through 'reflecting' the dreamers' subconscious desires. Thanks to this feature, the dreamers can grasp what they really want and realize it in waking lives. The idea in recurring dreams may be so important and/or powerful that it refuses to go away. Most of the idea is the dreamers' aspirations. They are hidden in their rationalities during the waking time. However, during the sleeping hours, dreamers' subconscious minds release inner wishes through Recurring Dreams. "The frequent repetition of such dreams forces the dreamers to pay

attention and confront the dream. Such dreams are often nightmarish or frightening in their content, which also helps the dreamers to take notice and pay attention to them” (Dream Moods, 2013). In fact, Recurring Dreams are th...

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