

Dream

I am cold and starved. I go into a restaurant hoping to get some warmth, but it is freezing in there. The server serves three other people before me even though I was there first, and he gives me the leftovers. I am hurt and angry, but I eat the crumbs anyway. I think maybe I should leave but I am afraid that there may not be any other restaurants open. Crumbs are better than nothing. I notice that I am wearing diapers, and I think to myself that if it weren't for diapers, I would get better service.

“Do I have any ideas as to what this dream is about?” - “No, it all seems so nonsensical. I really can't make any sense out of it.”

“Say the dream in the third person, as though I am telling a story about someone else?” - “A woman is hungry and cold. She goes to a restaurant to eat, but she doesn't get served, and she only gets the leftovers. She thinks she should leave but she is afraid she won't find anything else, and besides, crumbs are better than nothing. She is wearing diapers and thinks that if she didn't have these, she might get better service.”

“What is the general feeling in the dream? How does the dreamer feel?” - “She is cold, hungry, and frustrated. She doesn't get any satisfaction. Others come first, and she only gets the leftovers. She is afraid to leave because there may not be anything better.”

“Do I see any relationship between those feelings and ones I may be experiencing in my waking life?” - “That sums up pretty accurately how I feel much of the time. I don't feel satisfied in my marriage, everyone else always comes first, and yet I am afraid to leave because there may not be anything else.”

“What interests me most in this dream, what is most confusing?” - “Yes, the diapers. What am I doing wearing diapers?”

“What is a diaper?” - “A diaper is something that is worn by babies who are helpless and can't care for themselves. Only babies wear diapers.”

“And what am I reminded of when I think of something I display like babies who are helpless and can't take care of themselves?” - “That would be my childish, helpless part that wants to be taken care of. If I stop acting helpless, maybe I will get better service.”

“What is a restaurant?” - “A restaurant is a place where you expect to get food and nourishment and warmth.”

“What am I reminded of in my life when I think of a place where I expect to get nourishment that I am starved for but only get leftovers?” - “My marriage. I am starved for love, affection, and warmth, but I only get the leftovers.”

“And what is cold?” - “Lack of warmth, like the coldness in our relationship. There is absolutely no warmth in it.”

“What is a server?” - “A server is someone who provides you with nourishment.”

“And who would be the person whom I’d expect to provide me with this warmth and nourishment, who is giving me leftovers instead of putting me ahead of others?” - “My husband.”

“And who are the three people whom he feeds ahead of me even though I come first?” - “That would probably be his three children, my stepchildren. He always puts them ahead of me, even though I should come first.”

“And what are crumbs and leftovers?” - “That is what you get after everyone else has eaten. In our house we usually save that for the dogs, and sometimes it is not even fit for the dogs. That is what I get from him, attention only when the stepchildren are not there, and most of the time he treats me no better than you would treat a dog.”

“And why does the dreamer settle for crumbs?” - “I guess she feels they are better than nothing, and besides, there may not be any other restaurants. I am afraid to go out on my own because I may not find anything better.”

“Retell the dream taking into account my meaningful associations.” “I am starving for affection and warmth but settle for crumbs from my husband, letting him put his children ahead of me, because I am afraid that I won't get anything else. I also tell myself that if I stop acting helpless and childlike, I may get better treatment from him.”

What do I think the message of this dream is for me?” - “The dream is telling me not to be afraid to ask for what I want and that if I stop feeling and acting so helpless, I may get him to treat me better.”

“How can I apply this to my life? Look at what the dreamer can do in the dream so that she can ask for better service. - “She should tell the server that she was there first, and she should also let those three people know that she was there first. And if they don't comply, she can go out until she finds another restaurant. Crumbs are not better than nothing. They are not at all satisfying.”

“And how can I apply this to my life?” - “Well, first of all, I should stop telling myself that I am helpless, and I should not act that way around my husband. Whenever I want love or attention, I act like a child to get it, either by having a tantrum or acting so baby-like that he has to take care of me. I can also act more adult-like with the children. I am their stepmother and not someone who has to compete with them for his attention. I need to let him and them know that I come first, and that I won't settle for leftovers. And if he still doesn't give what I need, then I am going to leave.”

Modified from Weiss, L. 1986