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Dreams

Do

Locate the person's deeply held ambitions and long term priorities through exploring the things that they wish for themselves or others.

Story

One person said that he wanted to be an aircraft pilot. Supporters took him to see an airport, since he had never visited one before. He was entranced by the baggage carousel and so the supporters fixed him up with a more detailed look. That became work experience, and, when a vacancy came up he was offered employment as a baggage handler.

Giving someone a lift to the volunteer bureau to look at volunteering opportunities, I asked him if he wanted to play a CD and this led to a general conversation around music. As he was looking through my music collection he said 'if I could do anything I would like to be a DJ'. So we found an opportunity in hospital radio.

Hints & Hazards

Dreams may be expressed as an unattainable fantasy, and yet carry seeds of serious ambition that could enrich the person's life. They can be symbolic, so don't assume that the person necessarily wants exactly what they are asking for. Check it out. We need to put our own values aside, listen beyond the words and really get to know the person. It may help to ask, 'if you could have your time over again, what would you have liked to have done?' Or 'if you woke up one morning to find that a miracle had happened, what would be different about your life?'

Some people's dreams seem mundane – 'what would an ideal Saturday look like?'

Others have difficulty 'seeing' their future. Some people have such a poor quality of life that their aspirations do not reach beyond their rights. Sometimes people in power decide it is their job to judge the merits of another person's dream