Dream Information
- History
- Dream Research
  - Sleep Cycle
  - Mechanics Of Dreaming
  - Importance of Dreams
  - Babies And Dreams
- Type Of Dreams
  - Daydreams
  - Lucid Dreams
  - Nightmares
  - Recurring Dreams
  - Healing Dreams
  - Prophetic Dreams
  - Signal Dreams
  - Epic Dreams
- Dream Facts
- Remembering Dreams
- Dream Theorists
  - Alfred Adler
  - Sigmund Freud
  - Carl Jung
  - Frederick Perls

Common Dreams
- Naked Dreams
- Chase Dreams
- Teeth Dreams
- Flying Dreams
- Falling Dreams
- Test Dreams

Dream Dictionary
A B C D E
F G H I J
K L M N O
P Q R S T
U V W X Y Z

chase dreams

Home >> Common Dreams >> Chase Dreams

Ads by Google
Child Sexual Abuse Guide
Sexual Violence
Catholic Molestation
Felony Molestation
Molestation Victim

Chase Dreams Submitted By Our Visitors
Godzilla in Kmart
Can't Reach Boyfriend
Chased By A Spider

dreams often stem from feelings of anxiety in your waking life. The way we respond to anxiety and pressure in real life is typically manifested as a chase dream. Running is an instinctive response to physical threats in our environment. Often in these dream scenarios, you are being pursued by some attacker, who wants to hurt or possibly kill you. You are running away, hiding, or trying to outwit your pursuer. Chase dreams may represent your way of coping with fears, stress or various situations in your waking life. Instead of confronting the situation, you are running away and avoiding it. Ask yourself who is the one...
chasing you and you may gain some understanding and insight on the source of your fears and pressure.

The pursuer or attacker who is chasing you in your dream may also represent a part of yourself. Your own feelings of anger, jealousy, fear, and possibly love, can assume the appearance of threatening figure. You may be projecting these feelings onto the unknown chaser. Next time you have a chase dream, turn around and confront your pursuer. Ask them why they are chasing you.

One may be consumed by their own anger, jealousy, love, or self-destructive behavior. For example, you may be drinking too much or exhibiting open hostility toward others around you. You may subconsciously be threatened by these actions which have been jeopardizing your relationships and/or career. Your dreams are a way of calling attention to these self-destructive actions.

A more direct analysis of chase dreams is the fear of being attacked. Such dreams are more common among women than men, who may feel physically vulnerable in the urban environment. These dreams are inspired by fears of violence and sexual assault in which we are...
so over-exposed from the media. The violence that the media portrays magnifies our fears and how at risk we all are.