

## Cognitive Theories of Dreaming

The cognitive theories of dreaming view dreams as having important psychological functions, and work to help individuals solve their ongoing problems, as stated by the problem-solving theory. This is described by Cartwright, who suggests that by incorporating what is stressing an individual into their dream and experiencing the emotions that go with these sources of stress, the dream provides a way to work through and overcome a troubling issue.



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### Dreams have important Psychological functions

#### Dreams keep the mind machine working

This theory describes that dreams have important psychological function. Instead of being random selections of information, this theory believes dreams work to tell a story and relate to recent experiences.

### Problem-Solving Theory

#### Problem-cube Solved

The problem-solving theory is a cognitive theory of dreaming that states the function of dreams is to help people solve their ongoing problems. In Cartwright's theory, dreams are a series of images activated by ongoing concerns, which are sought to be solved.

### Dreams help individuals solve ongoing problems

#### The dream helps the little girl solve her ongoing problem with a bully

The main gist of the problem-solving theory, introduced by Cartwright, is that dreams work to help individuals solve ongoing problems. Images seen during dreams under this theory are activated by ongoing concerns. Thus, the effects of personal concerns on dreams are most likely to be seen by studying people under stress.