

Worksheet to guide initial thinking about dying...

1. What is your first memory of someone's death? \_\_\_\_\_

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2. What do you think happens when we die? Where did those ideas come from? \_\_\_\_\_

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3. What would a "good death" look like? \_\_\_\_\_

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4. Have you made a living will? Do you know where it is? Have you told someone else about it? \_\_\_\_\_

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\_\_\_\_\_ Have

you named a Durable Power of Attorney for Health Care? Who is it? Who is the

alternate? Do they know they are named? Have you communicated your wishes with them? \_\_\_\_\_

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5. Have you known anyone who received palliative care or was on hospice? \_\_\_\_\_

What do you understand about what those services are? \_\_\_\_\_

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6. What things do you fear most about dying? \_\_\_\_\_

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7. Does your state permit physician aid-in-dying? \_\_\_\_\_ Do you think it

should? \_\_\_\_\_ Would you ever think about obtaining assistance in taking

your own life, and what might drive you to that decision? \_\_\_\_\_

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8. Describe your funeral service. \_\_\_\_\_

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9. What message or story about yourself do you want others to know after you are gone?

What have you done to be certain they know these things about you? \_\_\_\_\_

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10. Thinking about dying often generates strong emotions. What things are you feeling right

now? \_\_\_\_\_

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