
SHARING YOUR FEELINGS (SAYING GOODBYE TO THE DYING)

- Share some of your favorite, happy, precious memories.
- Share all of your gratitude for decisions they've made on your behalf & love they've given.
- Share what you learned from this person.
- Ask any questions about wisdom you'd like to still learn from them (or practical information)
- Share any apologies or amends you'd like to make.
- If you are ready (or want to be ready), tell your loved one that you will be okay when they are gone (even though you'll be sad) and that whenever their body is ready, you are too.

SHARING THEIR FEELINGS (TO ASK THE DYING)

- What do you want me to know about what you are going through that I or others can't/don't get?
- How can I best help you?
- Is there anything you don't want me to do?

SPIRITUALITY

- How do you feel about death? Consciousness? After-life? Spirituality?
- Does this remind you of previous losses?

GRATITUDE

- Who did you love or try to love in this life?
- What are the people/events/things in your life that you are proud of?
- What are the people/events/things in your life that make you smile?
- What are the people/events/things in your life that you learned wisdom from?
- Who were your teachers, guardians, role models, inspirations?

SHARING YOUR WISDOM

- Do you have any regrets? What would you do/wish for if you could?
- What wisdom would you give to others about life or death?
- What do you want to be remembered for/about?
- What gives you comfort right now?

PRECIOUSNESS OF TIME

- What is important to you that you tend to/complete before you die?
- What do you want to do less of?
- Do you want to have a celebration of life while you are still alive?
- Would you like to take more photos or short videos now while you can?

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A GOOD DAY STILL

- What makes for a good day now? (i.e. seeing the sunrise/feeling the breeze, using my medication to not be in excessive pain, eating more dessert, spending more quality time with my loved ones/pet, playing music, calling loved ones over Skype, listening to an audio-book, etc)

SUPPORT

- Who is your in close support system?
- Who is in your general support system?
- Who can help with physical medical/wound care?
- Who can help with bathing and toileting?
- Who can help with medical appointments?
- Who can help with chores & bills?
- Who can help watch over you if your main caregiver needs a break?
- What do your caregivers need so that they are replenished?
- What kind of help would be most helpful? What kinds of "help" do you not want?

HEALTH CARE WISHES

- What are your healthcare wishes?
- What treatments and care do you want?
- What do you not want?
- What accommodations and beauty do you want in your home/hospital?
- When is it enough to say it's okay to pass?
- How do you want to pass?
- Who do you want to know, what do you want them to know, and when?

DYING PROCESS

- Who do you want to be there with you, if anybody?
- Where do you want to die?
- What do you want for comfort?
- What are you afraid of?

AFTER YOU PASS

- What are your wishes for after you die?
- For your body?
- For your pets?
- For your memorial service/funeral?
- For your beloveds' lives? (e.g. Reverse Bucket List)
- For your beloveds when they get sad thinking about your death?
- For your beloveds when they are happy and moving on?
- For your home?
- For your money & belongings?
- For your legacy?
- For your birthday? Holidays? Anniversary of your passing?
- What can we start putting in your Memory Box?
- What do you want me to hear you saying/remember when you are gone?

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FOR BELOVED PETS

- What do you want your pet to know? Tell them now.
- What would your pet say to you right now if they could speak? Imagine them telling you now.
- Remember and share the story of how you found your pet.
- Remember and share your pet's personality, favorite things and memories.
- How can you spoil your pet now?
- Do you want to (have someone) take special pictures of you both right now?
- Do you want euthanasia- at home (e.g. Lap of Love or Pet Angel) or at the vet?
- Afterwards, how might you want to honor your pet? Burial? Cremation? Fur? Paw print? Donation? Foster? Celebration of Life? Quiet time off work to mourn? Ask your close friends to be with you? Create a Memory Box? Journal your happiest and silliest memories to remember? Put together a photo album online or at home? Make a donation to a pet shelter? Foster another pet? Volunteer at a pet shelter?

Life and death support each other. They are not enemies. –Tich Nhat Hanh