



with KATIE DUNCAN





## 3 DEATH PREP REFLECTIONS

### INSTRUCTIONS:

There are some big, weighty decisions and choices that are often overlooked when preparing for the death of your person. Use this as a resource to help guide you in making decisions and preparations before the dying person's death. Take some time to reflect on the following:

1. Funeral Planning
2. Saying Goodbye
3. When Death Occurs







## WHEN DEATH OCCURS

Take some time to reflect on the 4 P's.

### PRESENCE

Consider whether you'd like to try to be with your dying person when they die or not. Use this time to reflect and write out your thoughts around this decision.

**Example:** Who else might want to be present? Who else might you want to be with if you are not with the dying person?

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### PAUSE

When your person dies, consider how you might invite in a moment of pause. I invite you to use this space to reflect on this choice.

**Example:** Instead of rushing, do nothing. Might you consider thinking or speaking some well-intentioned words to your person who has died.

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## PRAISE

Reflect on how you might praise your person in some way after they've died.

**Example:** Are there any important religious, spiritual, or cultural practices that would bring them honor? Are there any personal rituals they would like or have requested?

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## PICK-UP

When your person's body is being picked up by the funeral home or other arrangement, seriously consider whether or not you want to watch this happen. There is no right or wrong choice, but it is a decision that I encourage you not to take lightly. If you decide that you will not be watching this process, reflect on what you will do instead.

**Example:** Where will you go: in another room, outside somewhere such as out the back door? Will you partake in an activity of celebration or remembrance? What will that look like?

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