### Personal Reflection
Check all answers that apply

#### 1. Who died in your first personal experience with death?
- [ ] Grandparent/great-grandparent
- [ ] Parent
- [ ] Brother or sister
- [ ] A child
- [ ] Other family member
- [ ] Friend or acquaintance
- [ ] Stranger or a public figure
- [ ] Animal or pet

#### 2. When you were a child, how was death or dying talked about in your family?
- [ ] Openly
- [ ] With some sense of discomfort
- [ ] As though it were a taboo subject
- [ ] Do not recall any discussion

#### 3. What does death mean to you?
- [ ] The end; the final process of life
- [ ] The beginning of a life after death; a transition, a new beginning
- [ ] A kind of endless sleep; rest and peace
- [ ] End of this life, but survival of the spirit
- [ ] Other (specify):

#### 4. What about your own death concerns you most?
- [ ] I could no longer have any experiences.
- [ ] I am afraid of what might happen to my body after death.
- [ ] I am uncertain about what might happen to me if there is a life after death.
- [ ] I could no longer provide for my family.
- [ ] It would cause grief to my family and friends.
- [ ] There would be some things left undone.
- [ ] I have no concerns about my death.
- [ ] Other (specify): ________________________

#### 5. What about the process of dying concerns you most?
- [ ] It would be long and painful.
- [ ] Being a financial burden to my family
- [ ] Causing my family to suffer
- [ ] Being dependent on others to care for me
- [ ] Losing control of my mind and body
- [ ] I am not concerned about the process of dying.
- [ ] Other (specify): ________________________
6. How large a role has religion played in your attitude toward death?

- A very significant role
- Influential, but not a major role
- A relatively minor role
- No role at all

7. If you were told that you had a limited time to live, how would you want to spend your time until you died?

- I would pursue personal pleasures (travel, adventure, chocolate).
- I would prefer being alone: reading, thinking or praying.
- I would shift from my own needs to a concern for others (family, friends).
- I would try to tie up loose ends.
- I would try to do one important thing.
- I would make little or no changes.
- Other (specify):

8. If or when you are married or have a long-term partner, would you prefer to outlive your spouse/partner?

- Yes, I would prefer to die second and outlive my spouse/partner.
- No, I would rather die first and have my spouse/partner outlive me.
- It doesn’t matter to me.
- This question doesn’t apply to me.

9. If you had a choice, what kind of death would you prefer?

- Sudden, unexpected death
- Quiet, dignified death
- Death in the line of duty
- Death after a great achievement
- There is no “appropriate” kind of death.
- Other (specify):

10. What is one thing you would want to say to someone special before you die?

_________________________________________
_________________________________________
_________________________________________

The Center for Healthcare Decisions developed this questionnaire, based in part on Edwin Schneidman’s “You and Death: An Exercise.”

For more information, contact the Center for Healthcare Decisions at www.ched.org.