

A GOOD DEATH: MODULE TWO:

FEAR OF DEATH AND DEATH ACCEPTANCE

What do you fear most about death?

A large, empty rectangular box with a thin red border, intended for the user to write their response to the question above.

What do you hope for most about death?

A large, empty rectangular box with a thin red border, intended for the user to write their response to the question above.

Read the articles linked at the bottom of the Remembering A Life blog post, Fear of Death and Death Acceptance.

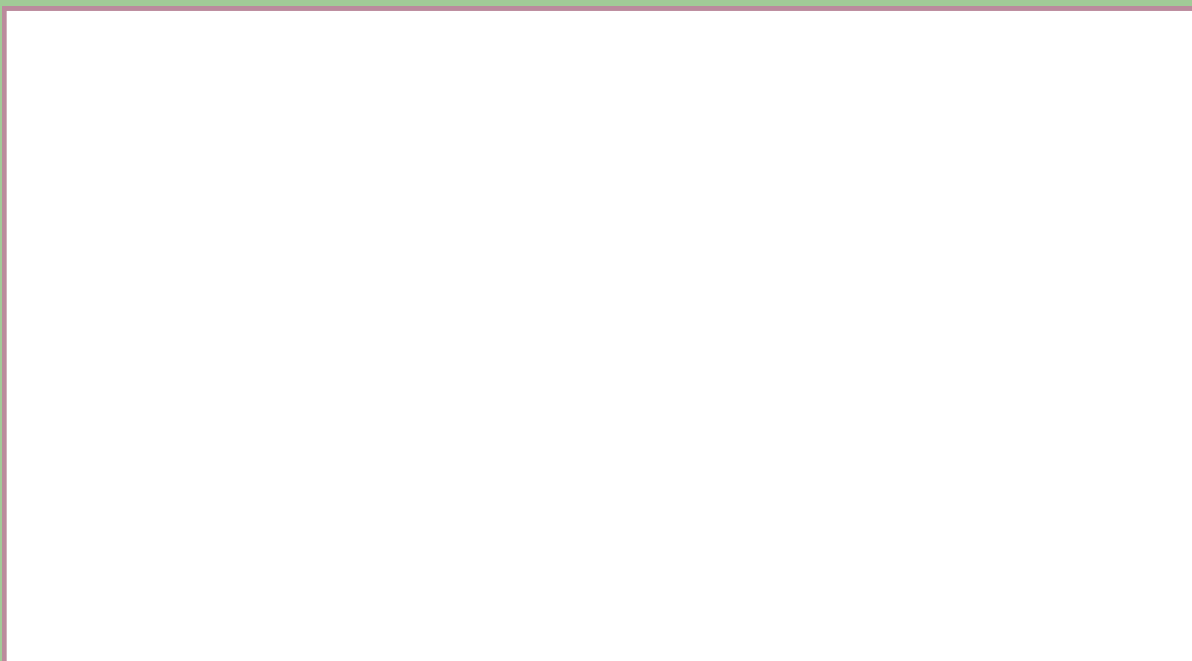
Face it – Death is Final, Psychology Today

My Experience in a Coma, Dr. Eben Alexander

Which fears does *Face It – Death is Final* confirm? Does it allay any fears?



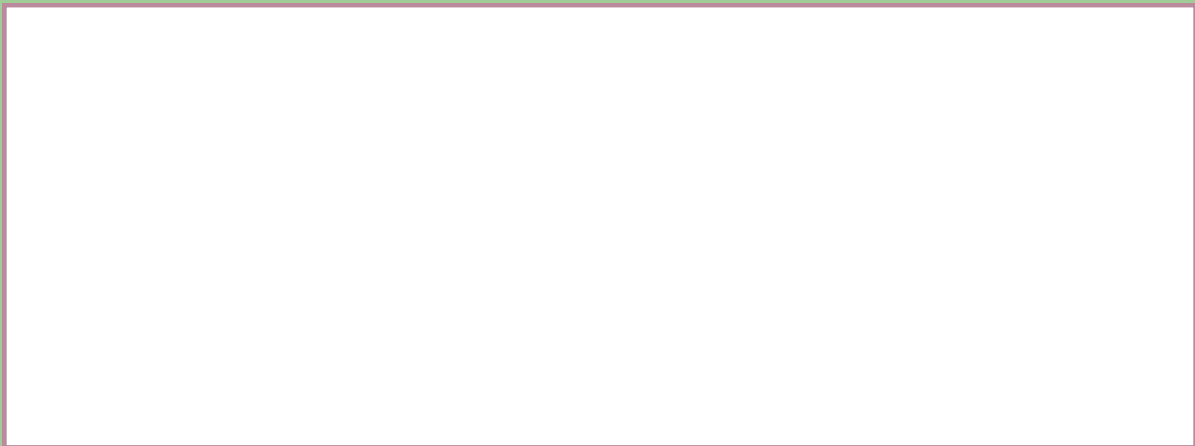
Write a paragraph supporting the viewpoint that death is the end of our individual existence.



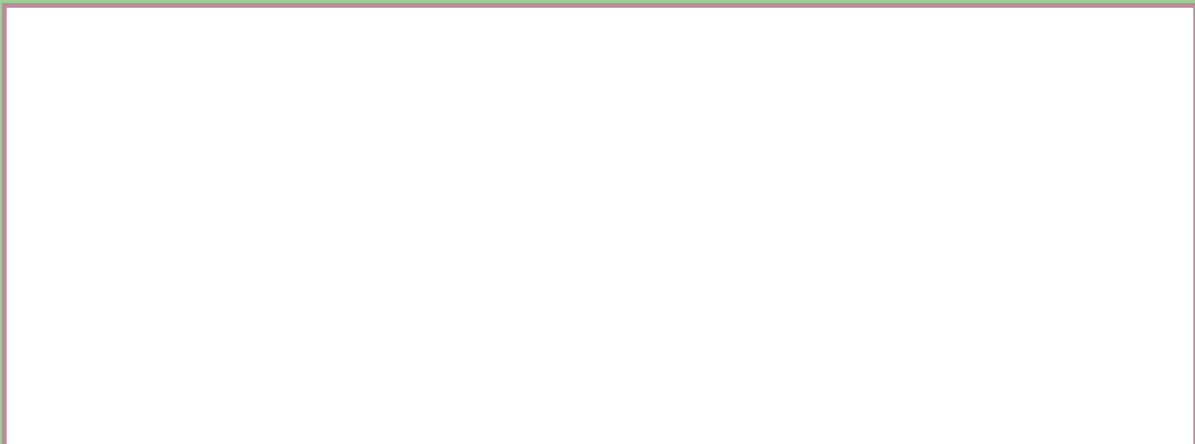
Which hopes does "My Experience in a Coma" confirm? Does it increase any of your fears?



Write a paragraph supporting the viewpoint that consciousness may exist after death.



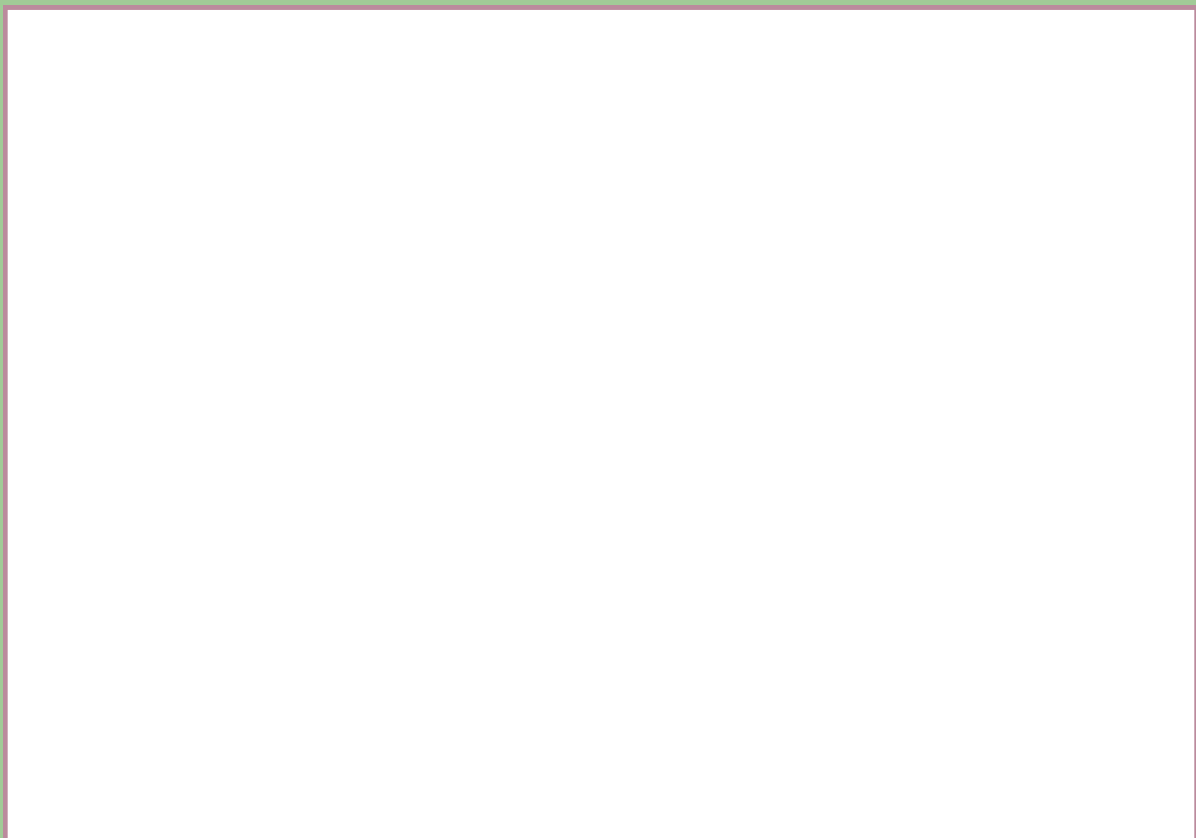
How would it feel to fully accept that, as of now, we have no proof either way of what happens to us when we die? Are you able to accept that it is unknown?



Does living with this as a question rather than a certainty make it easier or harder to accept that you will die one day? Does it increase or decrease your death fear and anxiety?



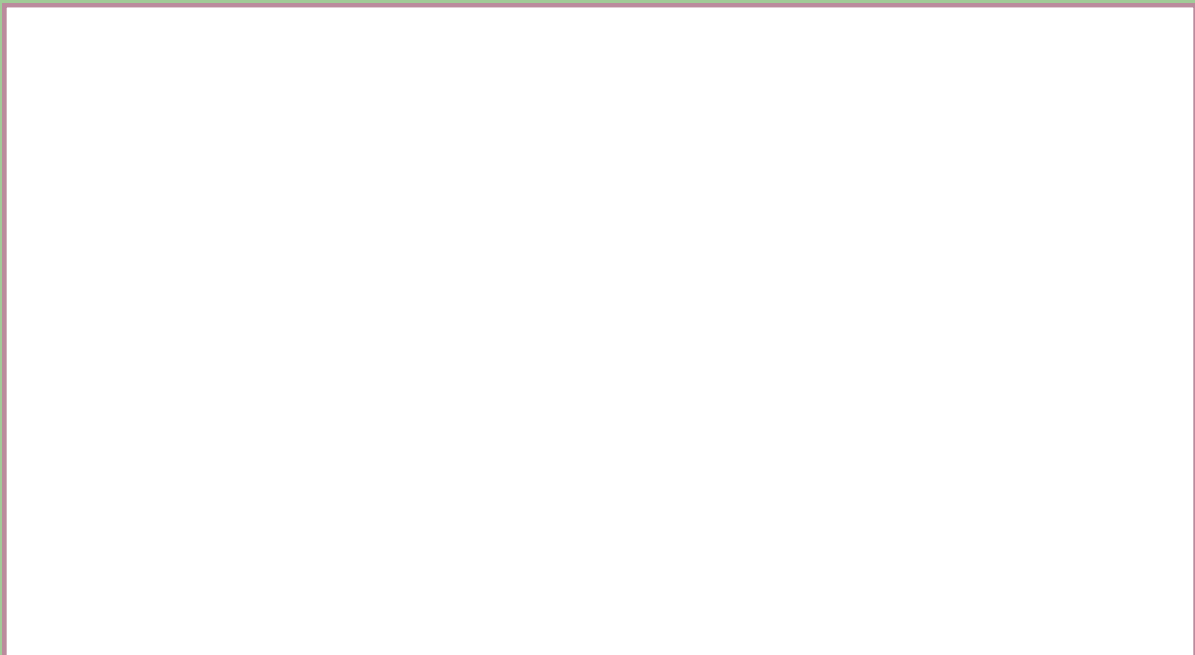
Do your death fears mean you avoid parts of life or relating to others? Be as specific as possible, e.g., cannot walk by a funeral home or cemetery without crossing the street, avoid people in grief because you feel intensely uncomfortable, have regrets about not saying goodbye to a dying person, or avoid a close friend with a terminal illness or experiencing the terminal illness of one of their loved ones.



If you were less afraid of death, are there things you would do that you are not doing now?



What do you think would make you less afraid of death?



Hold these answers as we progress through the series. When we reach the end, you will reevaluate your level of fear.