

## PERSONAL DEATH HISTORY

1. The first death that I experienced was the death of \_\_\_\_\_  
\_\_\_\_\_
2. I was \_\_\_\_\_ years old.
3. At that time I felt \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. I was most curious about \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. The things that frightened me the most were \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. The feelings that I have now as I think of that death are \_\_\_\_\_  
\_\_\_\_\_
7. The most intriguing thing about the funeral was \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. I was most scared at the funeral by \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. The first personal acquaintance of my own age who died was \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. I remember thinking \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
11. I lost my first <sup>loved one</sup> ~~parent~~ when I was \_\_\_\_\_ years old.
12. The death of this <sup>loved one</sup> ~~parent~~ was especially significant because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
13. The most recent death I experienced was when \_\_\_\_\_  
\_\_\_\_\_ died \_\_\_\_\_ years ago.
14. The most traumatic death I ever experienced was \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. The most traumatic death I ever experienced was

14. The thing that scares me most about dying is:

- ☐ the pain
- ☐ progressive deterioration/disability
- ☐ being left alone
- ☐ losing control over decisions
- ☐ leaving others
- ☐ overwhelming feelings
- ☐ not knowing what's happening
- ☐ being buried before I'm dead
- ☐ getting inadequate care
- ☐ other \_\_\_\_\_

15. To extend my life, I might be willing to give up:

The use of:

- ☐ my arm
- ☐ my leg
- ☐ arms & legs
- ☐ my eyes
- ☐ my genitals
- ☐ my entire body (paralysis)

The ability to:

- ☐ travel
- ☐ do my own shopping/cooking
- ☐ be intimate with my partner
- ☐ walk without assistance
- ☐ breathe on my own without ventilator
- ☐ participate in my favorite activities

16. ☐ I fear death more than dying

☐ I fear dying more than death

☐ I fear neither.

☐ I fear both of them