

END-OF-LIFE LEARNING SERIES

DISCUSSION GUIDE: STAGES OF DEATH AND DYING

1. What is your experience of being with someone at the end of their life? Were there things that surprised you? Was it what you expected?

2. What are your fears regarding the process of death and dying (pain, being alone, loss of control)?

3. Considering the emotional phases of end of life, death and dying...How do you feel each of these might come up for you personally?

- DENIAL Why is it hard to believe death is inevitable?
- ANGER What feels unfair about the situation?
- BARGAINING What time are you trying to buy? What would you do with it?
- DEPRESSION What grief is coming up? What is the sadness telling you?
- ACCEPTANCE What would make you feel more at peace?

4. Are there any specific considerations that LGBTQ+ folks should be aware of?