



Death and Dying

September 2022

Description: How do we approach death and dying?

Estimated time: 1.5 hours

(1) Getting acquainted and comfortable

5 - 10 min.

Welcome

- Thank you for coming...
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

The Pillars of The Great Reset

- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

Ground Rules

- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**

Personal Introductions

Please share your name, where you live, and what is the general longevity in your family.

*****Remind everyone we're recording but we won't use any clips without their approval*****



(2) Unexpected death

15 - 20 min.

- Suppose you had a family member or friend who had someone close to them die suddenly and unexpectedly. What would you say to them or do that you feel would help them manage their grief?
- If you were in their shoes, what would you want someone to say or do to comfort you in your grief? What would you want someone not to say or do?

(3) Death after a long illness

15 - 20 min.

- Now take the situation where someone's family member or close friend passes away after a long illness or from very old age. What would you say to them or do that would help them manage their grief?
- If you were in their shoes, what would you want someone to say or do to comfort you in your grief? What would you want someone not to say or do?

(4) Acknowledging and accepting death

30 - 35 min.

- Do you have a written advanced directive? Why or why not? How necessary do you feel they are, and why or why not?
- Elizabeth Kubler-Ross said: "It is difficult to accept death in this society because it is unfamiliar. In spite of the fact that it happens all the time, we never see it." What do you think Elizabeth Kubler-Ross meant by that?
- How does someone's belief or not in an afterlife affect how they live and how they face their own mortality?

(5) Closing comments

5 - 10 min.

- Any additional comments about death and dying?