



End-of-Life Experiences Self-Reflection Worksheet

Before talking to anyone about their end-of-life experiences (ELEs), it can be helpful to explore your own personal views and perspectives on the subject, as our research team has done many times in the past. Often, how we see and understand the world can influence our reactions to ELEs. By putting words on paper about your own values, assumptions, and experiences, you may develop a better understanding of yourself. This may improve your capacity to understand the thoughts and feelings of other people so that you can better support them. This exercise may also help you identify or acknowledge any biases you may have toward ELEs. In recognizing your biases, you can be more aware of how to mitigate them during your encounters and conversations regarding ELEs.

1. What is my personal philosophy?

2. How do I relate to other people?

3. What is my family of origin like?

4. What is my worldview?

5. How does who I am shape or affect my worldview?

6. What are my thoughts and feelings about dying?

7. What are my thoughts and feelings about end-of-life experiences?

After completing these reflection questions, do you see any biases that you may have? If so, list them and think about or discuss how you can be in check of them during a conversation about ELEs with a dying person.

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