



death care coach

with KATIE DUNCAN





4 LAYERS OF HONOR

INSTRUCTIONS:

Use this as a resource to consider all the ways you can honor the dying person along their journey. I invite you to take steps everyday to focus on what you can do to honor the dying person as often as possible.



What is most important to them in how they live out the rest of their life however long that is?

Example: Think about what really matters to them right now.

What does a good day look like to them?

Example: Think about the things that would make everyday a good day for them



What does a good death mean for them?

Example: Maybe what they care about most is to not be in pain and that would be a good death.

What are they willing to sacrifice and what are they not willing to sacrifice?

Example: Are they willing to sacrifice having a little bit of pain to avoid heavy amounts of pain medication that might make them drowsy and sleepy at first.

Or are they willing to sacrifice being awake and alert to avoid extreme amounts of pain that can only be managed with heavy pain medication and it also makes them drowsy at first.

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