



with KATIE DUNCAN





3 STEP APPROACH TO LINGERING

INSTRUCTIONS:

If the dying person is showing signs of near death, but they seem to be holding on or lingering, use the 3 Step Approach To Linging to help you figure out if there is something you can do to help them.

3 STEP APPROACH TO LINGERING:

1. Might they want or need space to be alone?
2. Is there anyone they need to see or hear from in some way?
3. Have you given the dying person permission to die?



STEP 1:

Might they want or need space to be alone?

Here are a few ways to offer space:

1. Allow them time to be alone at night.
2. Give them anywhere from 5 minutes to an hour to be alone. Whatever you feel most comfortable with is what I invite you to do.
3. Verbalize to them that you are going to go outside for a short walk (or a short sit) then allow yourself to step outside and give them space.

Write out a few ways you might offer the dying person space, or ways that you might invite others to give them space.



STEP 2:

Is there anyone they need to see or hear from in some way?

Use this space to consider the following:

Consider the people they might want to “say goodbye to” but haven’t yet

Example: A child that hasn’t arrived yet. An old friend. A relative they were close to.

Consider the people they might want to make amends with

Example: This might be someone from long ago. An ex-spouse. An old friend who they’d had a falling out with. A child they put up for adoption.

Consider events they may be waiting for

Example: A birthday. A graduation. An anniversary. A birth. A wedding



STEP 3

Have you given the dying person permission to die?

Here are some words you might consider when giving the dying person permission to die:

"I'll be okay."

"We will be okay."

"We'll take care of everything."

"We'll take care of everyone."

"You can let go when you are ready"

Use this space to write out how you will give your dying person permission to die. Consider what they might need to hear in terms of 'permission.'

Might they need to hear that everyone, or, someone specific will be okay?

Example: A spouse. A child. A parent.

Might they need to hear everything or something specific will be taken care of?

Example: Finances. The house. Their children's care.



Might they need to hear you're ready for them to die when they are and/or that you'll be okay?

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