



with KATIE DUNCAN





6 STEPS TO LEAVING NOTHING LEFT UNSAID

INSTRUCTIONS:

Use this resource to start collecting your thoughts about all of what you will express to the dying person. Now is the time to leave nothing left unsaid. Vulnerability really is the key to deepening your connection with the dying person.

To help you get past any discomforts, remember these two questions.

- What are the potential costs of not saying all the things?
- And what are the potential benefits of at least giving it a try?

5 Ways to Communicate:

1. Just start talking
2. Write a letter
3. Read the letter
4. Record the words and play it for them
5. Ask someone to speak on your behalf



What are the things you want to tell them?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings on the page.



What are the things you need to tell them?

[illegible]



What are the things that have been sitting on your chest?

[illegible]



What are the things that if you didn't say, you'd regret later or wish you that you had?

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What are the things you'd like to thank them for?

[illegible]



What are the things you'd like to make amends with?

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