

Physical: honoring the body and environments

Reflection Questions

- 1) What physical sensations are you noticing in your body as you approach this ending/death/threshold? How would you describe them (i.e. painful/pleasurable, comfortable/uncomfortable, acute/chronic)?
- 2) What places do you long to visit with or spend time in during the weeks and days leading up to this ending/death/threshold? To where or to what are you called in the man-made or natural worlds?
- 3) What do you long to receive physically as you approach and move through this ending/death/threshold? What are you a “Yes!” for physically?
- 4) What do you not want to receive physically as you approach and move through this ending/death/threshold? What are you a “No!” for physically?
- 5) What things bring you comfort, peace, and relief in your body and physical environment now?
- 6) What things make you uncomfortable, fearful, repulsed, or anxious in your body and physical environment now?
- 7) Who do you trust to tend to you physically? How might you want them to support you?
- 8) What physical issues or aversions to your body and/or physical environment do you live with now? How might they relate to the ending/death/threshold you are approaching?
- 9) What is disappointing, painful, or incomplete in relationship to your body and physical environment as you approach this ending/death/threshold?
- 10) Is there anything you have ever heard of or could imagine that you would like that is outside the realm of traditional/conventional support for your body and physical environment as you approach and move through this ending/death/threshold?
- 11) What are the most important actions you would take in relationship to your body and physical environment to honor and nourish the part(s) of you that are changing/dying/transforming?

Emotional: honoring feelings and relationships

Reflection Questions

- 1) What do your emotions and relationships mean to you?
- 2) What emotions are you noticing as you approach this ending/death/threshold? How would you describe them (i.e. painful/pleasurable, comfortable/uncomfortable, fleeting/persistent, hopeful/limiting)?
- 3) What relationships are most relevant to the ending/death/threshold you are preparing to cross? How do you imagine them changing as you cross this threshold?
- 4) Which relationships need healing and completion?
- 5) What do you long to receive emotionally as you approach and move through this ending/death/threshold? What are you a “Yes!” for emotionally and/or relationally?
- 6) What emotional and/or relational challenges, issues, or aversions do you live with now? How might they relate to the ending/death/threshold you are approaching?
- 7) What is disappointing, painful, or incomplete in relationship to your emotional well-being as you approach this ending/death/threshold?
- 8) Who do you trust to tend to your emotional well-being? How might you want them to support you?
- 9) What are the most important actions you would take in relationship to your emotional well-being to honor and nourish the part(s) of you that are changing/dying/transforming?

Mental: honoring life, legacy and purpose

Reflection Questions

- 1) What thoughts are you noticing as you approach this ending/death/threshold? How would you describe them (i.e. painful/pleasurable, comfortable/uncomfortable, fleeting/persistent)?
- 2) How are you connected to a sense of purpose (personally and/or professionally) now, and how do you imagine that changing as you approach and cross this ending/death/threshold?
- 3) What has given the part of you that is changing/dying/transforming meaning?
- 4) What is the part of you that is changing/dying/transforming most proud of? What has been this one's most important contribution?
- 5) How does the part of you that is changing/dying/transforming want to be remembered?
- 6) If the part of you that is changing/dying/transforming could pass on any wisdom, what would it be?
- 7) What thoughts bring the part of you that is changing/dying/transforming comfort, peace, and relief right now?
- 8) What mental challenges, issues, or aversions do you live with now? How might they relate to the ending/death/threshold you are approaching?
- 9) Who do you trust to tend to your mental well-being? How might you want them to support you?
- 10) What is disappointing, painful, or incomplete in relationship to your mental well-being and your connection with purpose as you approach this ending/death/threshold?
- 11) What are the most important actions you would take in relationship to your mental well-being and your connection with purpose to honor and nourish the part(s) of you that are changing/dying/transforming?

Spiritual: honoring beliefs and practices

Reflection Questions

- 1) How do you define spirit? What does spirit mean to you?
- 2) How are you connected to spirit now?
- 3) How do you imagine your connection to spirit changing as you approach and cross this ending/death/threshold?
- 4) What are your spiritual beliefs about the ending/death/threshold you are preparing to cross? How would you describe them (i.e. painful/pleasurable, comfortable/uncomfortable, fleeting/persistent, hopeful/limiting)?
- 5) What spiritual beliefs and practices bring the part of you that is dying comfort, peace, and relief right now?
- 6) What do you long to receive spiritually as you approach and move through this ending/death/threshold? What are you a “Yes!” for spiritually?
- 7) What spiritual challenges, issues, or aversions do you live with now? How might they relate to the ending/death/threshold you are approaching?
- 8) What is disappointing, painful, or incomplete in relationship to your spiritual well-being and/or your connection with spirit as you approach this ending/death/threshold?
- 9) Who do you trust to tend to your spiritual well-being? How might you want them to support you?
- 10) What are the most important actions you would take in relationship to your spiritual beliefs and practices to honor and nourish the part(s) of you that are changing/dying/transforming?

Practical: honoring legal, financial, and logistical matters

Reflection Questions

- 1) What practical matters (i.e. legal, financial, logistical) are you aware of as you approach this ending/death/threshold? How would you describe them (i.e. pressing/manageable, opportunities/obstacles, short-term/long-term)?
- 2) What practical challenges, issues, or obstacles do you live with now? How do you imagine them changing as you approach and move through this ending/death/threshold?
- 3) What practical opportunities, advantages, or benefits do you enjoy now? How do you imagine them changing as you approach and move through this ending/death/threshold?
- 4) What practical matters are most relevant to the ending/death/threshold you are preparing to cross?
- 5) What do you long to receive practically as you approach and move through this ending/death/threshold? What are you a “Yes!” for practically?
- 6) Who do you trust to tend to your practical (i.e. legal, financial, logistical) well-being? How might you want them to support you?
- 7) What are the most important actions you would take in relationship to your practical well-being to honor and nourish the part(s) of you that are changing/dying/transforming?