

Death Fantasy

Here is a list of discussion questions that can help young people express their feelings about death and dying. By using fantasy or make believe, young people often surface their hidden or subconscious feelings about death. This can be either a written quiz or a discussion.

1. How do you most frequently see yourself dying?
2. Who died the way you expect to die?
3. What, to you, would be the worst possible way to die? The best possible way?
4. What habits or characteristics of your life may influence the way you die?
5. When do you think you will die? When would you like to die?
6. What is your dominant attitude or feeling about death (defiance, acceptance, fear, longing, curiosity, avoidance)?
7. Imagine you died yesterday. What would things be like for you?
8. What are you doing now to lengthen your life. Shorten your life?
9. What do you want to accomplish before you die?
10. Describe how you reacted to the death of someone you knew. Did you feel anger, fear, relief, sorrow, pity, frustration?
11. Whose death would bring you the greatest sorrow? The greatest pleasure?
12. Who would care the most if you died? What would they do?
13. Describe your funeral.
14. What would you want inscribed on your tombstone?