

## THE CONVERSATION PROJECT STORYCORPS QUESTION LIST

Begin with some Great Questions that lead into reflection. Here are some of our favorites:

- How would you describe yourself to someone who didn't know you? Describe your ideal day.
- What was your family life like? Tell me about your family now (e.g. growing up, parents, grandparents, raising children, family heritage).

### Loss/Remembrance - Experiences with Death and Dying

- Do you remember the first time you lost someone close to you? How old were you? Can you tell me about him/her? How did he/she die? Do you remember how that felt and how you think about it now?

### Spirituality

- Can you tell me about your religious beliefs? What formed them? How have they changed during your life? Do you believe in an after-life? What do you think it will be like?

### Leaving a Legacy

- How do you want to be remembered? What are the most important lessons you've learned from your childhood or from your friends and work life? What advice would you pass on to those who come after you?

### What You Value Right Now

- At this time in your life, what makes a good day? Who are the people most important to you now? If tomorrow were your last day on earth, how would you spend it?

### End-of-Life Wishes

- Have you talked with your loved ones about your end-of-life wishes?
- Would you give me the gift of talking to me about your end-of-life wishes?
- If the time comes and we have to make decisions about your care, what do you want us to know? What should we keep in mind? What are you most afraid of?
- What's enough to make living worthwhile? Under what conditions would you not want to live any longer?
- If you can't make decisions for yourself, who would you want to make decisions for you? What makes you feel comfortable with him/her? Have you talked with him or her about this?
- If you were very ill, would you prefer to let doctors make decisions for you -- or do you want all the information to make them for yourself?
- Some people want every kind of treatment to extend their life no matter what condition they are in. Others can imagine a time when they would prefer to end aggressive treatment and chose comfort care only. What are your thoughts?
- Do you want your family to follow your wishes no matter what? Or do you want them to do what brings them peace, even if it goes against your wishes?
- What else do you want us to understand about your wishes for end-of-life care?
- How would you like to continue this conversation? Who else do you think would benefit from having this conversation with you?

Visit [theconversationproject.org](http://theconversationproject.org) for more information.