

# PROMPTS

Section 1: \*Remember these are springboard questions, feel free to embellish or steer clear!\*

- Introduce yourself! Name, pronouns, etc. Why did you decide to attend tonight? Who did you offer your cheers for?
- What is your preferred method of final disposition? Why? What are your most important values expressed through this choice? Is environmentalism one? Faith? More generally, where do your thoughts/plans on end-of-life care come from? Church? Family? Movies? Societal norms?
- How would you like your funeral to look/feel? Would you prefer it be held at home? In a church? At a funeral home? Do you want to be laid out? Embalmed? Prepared by your family? Non-invasive prep-work?
- Do you have any funeral songs picked out? Why do they speak to you? Or why do you think they would speak to others?
- Do *you* know who you want in charge of your deathcare plans? Do *they* know that you want them to be in charge? Why them? Have you communicated what you want to them? If not, what's kept you from engaging in the discussion?

Section 2: \*Again, springboard questions... Get creative!\*

- What do you think/feel about our approach to death in the U.S.? What could change? What do you like about it? Do you think we need to talk more about grief, loss, dying, and death in our society? (I'm assuming if you're here, probably yes) So, why? And how could we destigmatize and talk more about this topic?
- How has a particular experience with death (ANY death \*pets, houseplants, humans\* or loss) colored/changed your life? How was your experience with others after X died? Did you feel heard/supported? Did you experience platitudes ("At least...")?
- Have you thought about human decomposition? Did you ever learn about it? Are you curious? Caitlin Doughty (mortician, author, fosterer of "death positivity") says that people often ask her what their loved ones would look like now, after being buried for X amount of time (*From Here to Eternity: Traveling the World to Find the Good Death*). Has this crossed your mind?
- What do you think about humans as part of the food chain (i.e. feeding other life)? Does this repulse you? Why? Does it soothe you? Why? There seems to be an increased interest in living memorials (for instance, trees) instead of gravestones. How do you feel about this?