



Self-Reflection Sheet

Draw Your Own Death

As a self-reflection exercise, use this piece of paper (or take one of your own choosing) to draw an image of your own death. Interpreted those instructions however you choose. After you have taken enough time (and you may choose to do it later or over a few days) ask yourself:

“What did it feel like to draw my own death?”

Obviously, there are no right or wrong answers. The exercise is offered so that you can explore your own inner thoughts on death and dying.

How do you think this kind of self-awareness can help you in your role to support someone who is facing the end of his or her life?