



Self-Reflection Sheet

Your Own Experience of Grief

Consider your own first death experience (if not a person, then that of a pet).

How has that impacted you? Consider any psychological, behavioural, social or physical reactions.

Our personal experiences with death often impact the way in which we approach the care and support that we would provide to the dying person and the family.

How might your own feelings and attitudes about death help or hinder your ability to support a dying person and the family?

Express (in writing) some of your thoughts and feelings.