



B.I.G. Start A Conversation Kit

1. GET READY

What do you need to reflect on before you can even think of having a conversation? Eg how might having a conversation affect all those around you? Do you need to make private notes about it for yourself first? What is important for you about dying, death and grief that you might want to share with someone?

2. GET SET

Who might you talk to?

When would be a good time to talk to them?

Where would be the best location?

What do you want to make sure you say? (3 most important things)

3. GO! What are the different ways you could start this conversation?

Eg:

- Since X died, I've been thinking about life and death a lot. How do you feel about it?
- What do you think happens after you die?
- Do you know what you want for your funeral?
- What do you think a 'good' death might look like?
- I'd love your help with something...

4. Keep on Going - keep asking questions and sharing your thoughts.

- Remember to LISTEN!
- Keep focused on being curious, instead of criticism or being judgmental
- Be patient; it's a big conversation and people often need time to think and ponder.
- This is an ongoing conversation, you don't have to cover everything in one go
- Be open to changing minds – nothing needs to be set in stone, it can always be changed

And if you feel you'd like further encouragement, help and support:

Join the Before I Go: End of Life Conversations Facebook group

<https://www.facebook.com/groups/beforeigo/> OR try out the **Before I Go quiz** to not only discover how well prepared you are for your own end of life but also get on the mailing list for regular updates of events, inspiring articles and useful info. <http://beforeigosolutions.com/>