

# SAY THIS NOT THAT

## HOW TO START THE TALK ON END OF LIFE PLANNING

*A few tips for a peaceful & productive conversation to help a loved one create a plan for the end*

## DON'T

## DO

TRY THIS  
INSTEAD

### DON'T JUDGE

Judgement won't get you very far when creating a plan.

### RESPECT THEIR PERSPECTIVE

Honor their experience. It's not yours. If they are resistant. Be patient.

### DON'T START WITH SOLUTIONS

Solutions will naturally arise throughout Five Conversations framework.

### BE CURIOUS

Ask a lot of questions and allow this to be a discussion, not a monologue.

### DON'T AVOID CHALLENGING PARTS

Go deep. Let them know these conversations are hard but worthwhile.

### TALK ABOUT DEATH

No sugar-coating the reason these conversations are happening.

### DON'T MAKE ASSUMPTIONS

Assumptions complicate everything and create unnecessary complexities.

### MEET WITH EXPERTS

There are people to help you make plans. Call them in to help.

### DON'T MAKE THINGS UP

White lies won't help make this a meaningful & manageable conversation

### HONOR THEIR PRIVACY

Agree from the start what (if anything) will be shared with others.

### DON'T MINIMIZE THEIR EXPERIENCE

Don't say things like. "You will get through this. All will be fine."

### ACCEPT WHAT IS

Take these talks in phases, each one no more than 90 minutes.

### DON'T BECOME A BOSS

No one needs to feel bossed in their dying process.

### STAY VULNERABLE

Let emotions flow. It's okay for them to know it saddens you to lose them.

### DON'T "TALK ABOUT THAT LATER"

If something is unapproachable in the conversation, set a follow up time.

### STAY PRESENT

Stay on task and use the Five Conversations as a framework.

### DON'T MICROMANAGE THEIR FEELINGS

Put yourself in their shoes. Expect some pushback on change yet stay focused.

### RECEIVE CONSENT

Ask if they want your feedback, perspective, advice before giving it.

### DON'T TAKE ON EVERYTHING

It takes a village to help someone have a good death.

### OPEN THE CIRCLE

Ask, "Who else would you like to have in these conversations?"

## NURTURE THOSE YOU LOVE

### MOST IMPORTANTLY, LISTEN UP

Be willing to receive their wishes without injecting your own values. The resource, Five Conversations, provides you structure to plan a manageable and meaningful process with your loved one(s).

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END OF LIFE  
HELP & EDUCATION