

## **How to Clarify Your Values and Beliefs**

Many people have strong opinions about what would be important to them at the very end of their lives. Others want to make sure that certain things they dislike or fear will be avoided. Therefore, it is important for you to take some time to explore your own values and beliefs.

After investigating your values and beliefs, it is important that your Spokesperson (“Agent”) and Alternate, family, friends, spiritual advisor, physicians, and lawyer understand your specific values and beliefs. Below are some questions for you to think about and discuss with your Spokesperson (“Agent”) and Alternate in order to make sure that he/she understands you and can act on your behalf.

### **Exploratory Questions/Your Feelings about End of Life Care**

*Instructions: For each row, check one answer to express how important these issues would be to you if you were dying.*

	Not Important	Moderately Important	Very Important	Extremely Important
a. Avoiding pain/suffering, even if it means that I might not live as long				
b. Being alert, even if it means I might be in pain				
c. Being around my family and close friends				
d. Being able to feel someone touching me				
e. Having religious or spiritual advisors at my side when I die				
f. Being able to tell my life story and leave good memories for others				
g. Reconciling differences and saying "good-bye" to my family and friends				
h. Being at home when I die				
i. Being in a hospital when I die				
j. Being kept alive long enough for my family to get to my bedside to see me before I die, even if I'm unconscious				

*What are some of the things that you would hope for that could make your last weeks, days, or hours the most peaceful?*

*What are your biggest hopes about the end of your life?*

*What are your biggest fears about the end of life?*

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