

The Seven Fears of Dying

A handout for caregivers on what their friends and loved ones think about when faced with a life threatening illness.

*If caregivers wish to bring peace to a friend or loved one in the middle of a health crisis, they should be sensitive to what typically worries a person faced with a life-threatening illness. In her book, **A Sacred Walk: Dispelling the Fear of Death and Caring for the Dying**, caregiver, writer and inspirational speaker Donna Authers lists the most common fears encountered.*

Fear #1: The Process of Dying

- Will death be painful?
- How will I get through this?

Fear #2: Loss of Control

- Must I give up independence?
- How will I cope with being dependent on others?

Fear #3: Loss of Loved Ones

- What is going to happen to them?
- How will they manage without me?

Fear #4: Others' Reactions

- What if I see fear in the eyes of others?
- How will I respond to their verbal and nonverbal reactions to the changes in my body?

Fear #5: Being Isolated

- What if my visits with health care professionals and friends decrease?
- Will I die alone?

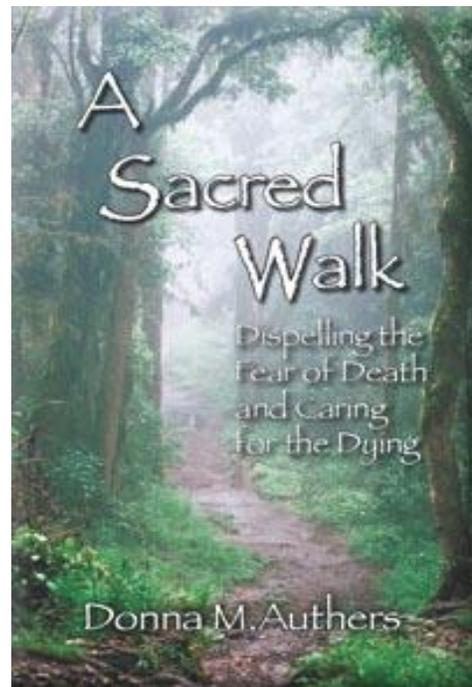
Fear #6: The Unknown

- What can I expect?
- Will there be life after death?

Fear #7: That Life Has Been Meaningless

- What did I accomplish during my life?
- Did I have a positive impact on the world?

*This tip sheet is adapted from the chapter "Hospice Is For the Living" that offers suggestions to family caregivers on how to gently help dispel each fear listed. **A Sacred Walk** by Donna Authers is filled with real-life stories and lessons the living can learn from the dying.*



ISBN 13: 978-0-615-24585-0

At bookstores or online

**Discussion Guide available for
Small Group Study**

For more information, visit:

www.asacredwalk.com