

MEME AND MEANING

QUESTIONS TO CONNECT WITH OTHERS BEFORE DEATH

Obviously, everyone is going to die, that much is obvious. However, how many relationships have never fully been realized or resolved due to the people involved not having a full, honest and forthright conversation about who they are and how they feel? Part of living a “good” life is connecting with the people that matter most to you on the deepest level possible. Such a connection requires vulnerability as well as the surfacing of many past regrets, struggles, and pent-up emotions. In many ways I think it is more important to really know someone in this intimate way than it is to spend copious amounts of time with them, and since you never know when you or that person will leave this life, *now* is the time to sit down, speak, ask questions, and wade through the discomfort so that you can arrive on the other side of a deeper, more sincere love. This could be your parent(s), your friends, your siblings, or really anyone. If you have to even think for a moment about whether or not you need to do this with “so and so” person, then likely you need to. Yes, the other person or people have to be receptive and open to this process, and if they are not, then all you can do is attempt to resolve the situation within yourself by doing the best you can. In either case, you need to consider these questions for yourself as well. Though this is by no means a comprehensive list, it is a great place to start and I will continue to add more questions as they present themselves over time.

- How many times have you been in love? Who were those people?
- How did you feel when you realized you were pregnant with me?
- What did you want to do with your life when you were younger - when you were my age?
- What have been the five happiest moments of your life?
- What do you love about yourself?
- What did you love doing that you are no longer doing?

- What is your favorite memory of us?
- What do you hate more than anything?
- What does vulnerability mean to you?
- What are you most proud of in your life thus far?
- What do you regret most in life?
- What have you struggled with your whole life?
- Where do you find peace? How can I help you find more?
- How do you think about death?
- How does your religion or beliefs influence how you think about death?
- What one thing changed your life the most?
- What keeps you awake at night?
- What would prevent you from dying in peace?
- If it's possible, do you want to resolve the problems in your family?
- If you could only give me one piece of advice for the rest of my life, what would it be?
- What other kinds of advice would you give me?
- What do you wish you could've asked your (person or parent) before (he or she) died?
- What strengths or knowledge do you wish you had earlier in life? What do you wish you knew at my age?
- What question should I be asking you to live life in the best manner possible?
- What question should I be asking you to connect with you as much as possible?
- Is there anything you haven't told me about that you would want to before you or I die?