

If you or another family member thinks a courageous conversation is needed, it probably is.

CHECK— CHECK—DOUBLE CHECK

Reflection questions to be asked and answered in advance of a courageous conversation.

Practicing this tool with easy conversations will strengthen your skills when hard ones need to take place.

It builds the empathy muscle that can turn a tense interaction into a caring one.

<p><u>√ CHECK- Yourself</u></p> <ul style="list-style-type: none">• What am I thinking and feeling?• What do I want from this conversation?• What do I have to give?• What do I wish to receive?• What do I want them to know?	<hr/> <hr/> <hr/> <hr/> <hr/>
<p><u>√ CHECK-Others</u></p> <ul style="list-style-type: none">• What are they thinking and feeling?• What do they want from this conversation?• What do they need from me?• What do they have to give?• What questions do I need to ask them?	<hr/> <hr/> <hr/> <hr/> <hr/>
<p><u>√√ DOUBLE CHECK-Person being cared for</u></p> <p>When this person was their truest self:</p> <ul style="list-style-type: none">• What would they want?• How would they want to live?• What do they want us to feel?• What would they want us to do?	<hr/> <hr/> <hr/> <hr/> <hr/>



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