



CONVERSATION MENU



Good Life, Good Death, Good Grief is an alliance working to make Scotland a place where there is more openness around death, dying and bereavement.

Membership of GLGDGG is free and open to all groups, organisations and individuals who wish to support its aims and objectives.

For more information, visit our website:
www.goodlifedeathgrief.org.uk

Good Life, Good Death, Good Grief is an initiative of the Scottish Partnership for Palliative Care, a Company limited by Guarantee. Registered in Scotland No. 133003 Registered Charity (SC017979)

STARTERS

Is there really a taboo about death, dying, and bereavement in Scotland?

Do you think you'd prefer cremation, burial, woodland burial, or something else?

How will you know if you've had a good life?

What have you learned about death from TV, movies, or books? How has that affected your thinking?

Where do you want to be when you die?



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MAINS

What things do you think make for a good death?

Does your family have any traditions to remember the dead? If not, what do you wish was a tradition?

Many people have a birth plan. What would you include in a death plan, and when would you start writing it?

If you could guide your loved ones after your death, what would you tell them?

What could **you** do to help Scotland become more open about death, dying, and bereavement?

DESSERTS

Is there a song you want played at your funeral?

How would you like to be remembered?

Can you imagine a place designed for remembering those who have died? What would you include?

When is the best time to talk about death, dying, and bereavement?

If you lost someone, what would you want your loved ones to do to help support you?