

Get to know your 'Death'

Explore what your own version of Death looks and feels like.
Answer the questions below – it's only for your eyes, so write freely!

If you're just beginning your journey toward becoming more death positive,
try answering the questions again in a few weeks or months.
Perhaps your image of Death will have changed?

- 1 What is Death's name?
- 2 What does Death look like?
- 3 What colors do you associate with Death?
- 4 How old is Death?
- 5 Does Death move quickly or slowly?
- 6 Can Death speak? What does Death's voice sound like?
- 7 Does Death have a scent? What does it smell like?
- 8 Do you associate Death with a particular symbol, object, or companion?

- 9 What kind of music would suit Death as a soundtrack?
- 10 What does Death's home look like?
- 11 Does Death have a sense of humor? What amuses Death?
- 12 When Death enters a room, does the temperature, sound, or light change?
- 13 What feeling does Death evoke in you when it enters the room?
- 14 What kind of relationship do you and Death have?
- 15 If you were to invite Death for a cup of coffee or tea, what would you talk about?
- 16 What does it feel like to touch Death? What does it feel like when Death touches you?
- 17 Would you confide in Death something you've never told anyone else?