

### **Worksheet on debrief of Obituary Reflection**

Obituary suggestions : How would an official obituary be different from a feelings obituary

If someone was reading this two hundred years from now, what would you like to tell them about your life and times

Remember a time when you were upset and someone held space for you, without giving suggestions, or telling you to get over it.

Grandmotherly nature: Remember an elder member of the family or your grandmother or a person who influenced you in your formative years. What would they say after reading your Obituary

How did the Obituary discussion shift the energy of the group. How has this exercise shifted your perspective on life

References: Adapted from suggestions given by Nikki Mirghafori at  
Barre Center of Buddhist Studies, Feb 2024