

**RUNNING HEAD: What I would tell my family about my death**

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## Introduction

Death is a natural part of the human experience, and it is something that we will all eventually face. Despite its inevitability, the topic of death is often avoided in conversations, which can make it difficult to discuss with loved ones. However, it is important to have these discussions to ensure that our wishes are respected and to alleviate some of the burden that our loved ones may face after we are gone. In this paper, I will explore what I would tell my family about my personal death, including my wishes for end-of-life care, funeral arrangements, and other important matters.

**Express my gratitude:** I would take this opportunity to express my gratitude to my loved ones for the positive impact they have had on my life. I would let them know how much they mean to me and how grateful I am to them for spending time with them.

**Expressing Love and Peace:** In my communication with my family about my passing, I would let them know that I love them deeply and have found peace with my passing. It could bring them some comfort during this difficult time and help them better cope with the loss.

**Share my last wishes:** I would let them know my special wishes for my funeral or memorial service. I would also let them know my arrangements for my properties. Sharing these details with my family could help me ensure that my wishes are respected and that my death is handled in accordance with my wishes.

**Resolve all issues:** Any unresolved issues I have with my family members, such as past conflicts or misunderstandings, it would be very important for me to resolve them before I die. It could be

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2

a closure for me and my loved ones and could help prevent any lingering feelings of guilt or regret.

**Provide important information:** Any important documents, like my will or life insurance policy, that my family would need after I die. Providing this information and letting them know where to find it could help ensure that my affairs are handled properly and could help ease the burden on my loved ones during this difficult time.

**Reassure my loved ones:** I would reassure my loved ones that even if I no longer accompany them physically, my love for them will continue. I would let them know that they will always hold a special place in my heart and that I will always be with them in spirit. It could comfort and reassure them during this difficult time.

**Sharing memories:** Finally, I would take the time to share good memories and experiences with my family. I would take time to reflect on the times we have shared together and the things that have brought us joy throughout our lives. It could help create a sense of connection and bring comfort to my loved ones as they navigate life without me.

## **Conclusion**

In conclusion, while discussing death may be uncomfortable, it is an important conversation to have with loved ones. By sharing my wishes and thoughts about death with my family members, I could ensure that my end-of-life care is consistent with my values and beliefs, and I could ease some of the burden that my loved ones can be faced with. Although death is inevitable, having these conversations could help us make the most of the time we have left and bring comfort and peace of mind to me and our loved ones.