

## Your Beliefs and Values

Initials & Date: \_\_\_\_\_

### What makes your life worth living?

**Instructions** This exercise will help you think about and express what really matters to you. For each row, check (✓) one answer to express how you would feel if this factor by itself described you.

#### Life like this would be:

	difficult, but acceptable	worth living, but just barely	<u>not</u> worth living	can't answer now
a. I can no longer walk but get around in a wheelchair.				
b. I can no longer get outside—I spend all day at home.				
c. I can no longer contribute to my family's well being.				
d. I am in severe pain most of the time.				
e. I have severe discomfort most of the time (such as nausea, diarrhea, or shortness of breath).				
f. I rely on a feeding tube to keep me alive.				
g. I rely on a kidney dialysis machine to keep me alive.				
h. I rely on a breathing machine to keep me alive.				
i. I need someone to help take care of me all of time.				
j. I can no longer control my bladder.				
k. I can no longer control my bowels.				
l. I live in a nursing home.				
m. I can no longer think clearly-I am confused all the time.				
n. I can no longer recognize family/friends				
o. I can no longer talk and be understood by others.				
p. My situation causes severe emotional burden for my family (such as feeling worried or stressed all the time).				
q. I am a severe financial burden on my family.				
r. I cannot seem to "shake the blues."				
s. Other (write in):				

**Instructions** To help others make sense out of your answers, think about the following questions and be sure to explain your answers to your loved ones and health care providers.

If you checked "worth living, but just barely" for more than one factor, would a combination of these factors make your life "not worth living?" If so, which factors?

If you checked "not worth living," does this mean that you would rather die than be kept alive?

If you checked "can't answer now," what information or people do you need to help you decide?