

DEVELOPMENTAL LANDMARKS
AND
TASKS FOR THE END OF LIFE

SENSE OF COMPLETION WITH WORLDLY AFFAIRS

- * Transfer of fiscal, legal and formal social responsibilities*

SENSE OF COMPLETION IN RELATIONSHIPS WITH COMMUNITY

- * Closure of multiple social relationships (family, employment, clubs, church). This frequently includes work such as expressions of regret, expressions of forgiveness, acceptance of gratitude and appreciation as well as saying goodbye.*

SENSE OF MEANING ABOUT ONE'S INDIVIDUAL LIFE

- * Life review, telling stories about life, transferring wisdom to others*

EXPERIENCING LOVE AND APPRECIATION FOR SELF

- * Self - acknowledgment and forgiveness*

ACCEPTANCE OF THE FINALITY OF LIFE - OF EXISTENCE AS AN INDIVIDUAL

- * Acknowledgment of the totality of personal loss represented by one's dying and experience of personal pain of existential loss*
- * Expression of the depth of personal tragedy that dying represents*
- * Emotional withdrawal (decathexis) from worldly affairs and emotional connection (cathexis) with an enduring reality*
- * Acceptance of dependency*

SENSE OF A "NEW SELF" - A PERSONHOOD BEYOND PERSONAL LOSS

SENSE OF MEANING ABOUT LIFE IN GENERAL

- * Achieving a sense of awe*
- * Recognition of a transcendent realm*
- * Developing or achieving a sense of comfort in spite of apparent chaos*

SURRENDER TO THE UNKNOWN - "LETTING GO"