

# **ALIVE IN DEATH**

**Death, Dying, Grief and Self-Care Training for  
Healthcare Providers**

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# MODULE 7

## DIFFICULT DEATHS

ALIVE IN DEATH

# **EXPLORING STATES**

**A state is your internal experience at a moment in time. It may include feelings, sensations, images, sounds and internal talk.**

**Your state influences your behavioural flexibility and choices.**

**If you are aware of your state, it is possible to change it.**

# STATES

**Recognizing resourceful states:**

**Calm, relaxation, ease, openness, lightness**

**Recognizing unresourceful states:**

**Nervous, tired, closed-down, upset, resentful**

**Triggers: Difficult situations can trigger unresourceful states.**

# 3 STATES

**What state do I want to be in?**

**Calm, compassionate, quiet**

**If I am in this state**

**What Am I seeing?**

**What Am I hearing?**

**What Am I feeling?**

# Steps

- 1. Think about a situation related to death and dying.**
- 2. How would you like to feel in this situation?**
- 3. Choose 3 specific states that you would like to experience.**
- 4. As you think about each state, be aware of your feelings, what you are hearing or what you are seeing.**
- 5. What is your learning from this process.**

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THIS MATERIAL IS PART OF THE ONLINE TRAINING PROGRAM ALIVE IN DEATH. FOR THE FULL PROGRAM VISIT [HTTP://ALIVEINDEATH.CA](http://ALIVEINDEATH.CA).