

# **ALIVE IN DEATH**

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

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# MODULE 8

## PERSONAL BELIEFS AND EXPERIENCES

ALIVE IN DEATH

# THE LOGICAL LEVELS

**The Logical Levels are a method from NLP, developed by Robert Dilts. They can assist you in finding alignment, connecting to your vision and establishing information around a project. Each level relates to a specific set of questions.**

**<http://www.nlpu.com/Articles/LevelsAlignment.htm>**

# LOGICAL LEVELS



# LOGICAL LEVEL QUESTIONS

**Environment:** When and where do you experience yourself around death and dying?

**Action:** What do you see yourself doing? What steps are you taking?

**Capabilities:** How are you contributing in these moments? What skills do you bring to these situations?

# LOGICAL LEVEL QUESTIONS

**Values:** Why is it important? What values do you have? What beliefs support you?

**Identity:** Who are you in these situations?  
Who would you be in these situations?

**Vision:** Who benefits from your contribution?  
What is the the larger vision?

# Steps

- 1. Think about a situation around death and dying.**
- 2. Explore each question of the Logical Levels.**
- 3. Write down your answers moving from the bottom of the levels up to the top of the logical levels.**
- 4. Once you aligned each level notice the vision that emerges from this process.**
- 5. What is the most important learning from the 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).