



MAAJHI

# Last Dialogue

[www.maajhi.com](http://www.maajhi.com)

Our **Last Dialogue** prompts have been developed with the help of palliative care experts, counselors, wisdom collectors, and behavior designers. Consisting of 21 key questions derived from primary and secondary research across various disciplines, they have been experienced by people from the ages of 11–70. The key is that it is important not to immortalize the lost loved one, but to keep them human and love them, thereby seeking a sense of compassion for them and for oneself.

The questions can be asked in present and past tense as a way to bond with our loved ones and create deep connections.

In times like these, we must remember that we are not alone in this human experience. This gift is an invitation to explore our beautifully designed mortal spirit and unearth meaning, and a guide to building your own questions and rituals.

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## A GUIDE TO THE PROMPTS

The prompts belong to everyone and can be used with individuals or groups.

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Create an inviting and nurturing environment before you explore the prompts.

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Everyone participating should be informed of the intention of the conversation, and should be there by choice. This form of choice applies throughout the session. The conversations may evoke different emotions. It's natural. Please allow them to be a part of the experience. If there is discomfort, allow yourself or your person the time back to come to the conversation if and when they want to.

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There is no order to using the prompts. Feel free to use the ones that flow with the conversation. The prompts are meant to open the conversation and connection. If you have questions that go beyond the 21 prompts, please explore them.

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There is no set time for each question. You can go around in a circle and answer them or let it flow organically.

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The prompts can be used as many times as you need. You can choose to make it a reflective exercise regularly, or use them with different people. No two experiences will be the same.

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End each conversation with the **action prompt**. It helps to write the answer to the action prompt. Once you do, place it where it is visible to you. Take it a step forward when you're ready and—act on it.

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The prompts and guide are to be used in a way that feels comfortable and safe for you. You don't need to be experiencing loss or close to the end of life to use the Last Dialogue prompts. They help you gain a vocabulary towards the complex subject of loss.

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Please note that this is not meant to be prescriptive in any way. It does not replace any form of therapy. Its purpose is to help with connection and reflection.

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Would you like an introduction session to the **Last Dialogue** prompts? Would you like us to facilitate a conversation with you or your loved ones? We can help you with the language of loss and connection. Please connect with us on [www.maajhi.com](http://www.maajhi.com) or write to us: [themaajhiproject@gmail.com](mailto:themaajhiproject@gmail.com)



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## 21 FOUNDATIONAL PROMPTS

What do you miss the most about your loved one?

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What did your loved one care deeply about?

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Whose life did your loved one change/influence? and how?

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What made your loved one uncontrollably laugh/smile? How did it make you feel?

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What is the one artefact that you'd like to keep as a memory of your relationship?

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What did happiness mean to you and your loved one?

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What was your loved one's happy place?

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What is the one thing your loved one wished/hoped for you?

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What were your loved one's guilty pleasures?

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What is a memorable conversation that you had over a meal with your loved one?

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How would your loved one like to be remembered?

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Is there anything that your loved one was unable to complete? How might you complete this circle?

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When was a time that your loved one looked the most beautiful to you?

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What was the one thing your loved one never took credit for?

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What was the one thing that people most thanked your loved one for?

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What was the one piece of advice your loved one gave you that you'll always take along with you?

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What does grief look like to you?

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What is the best way to honour your loved one?

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What was your favourite way of caring for your loved one?

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What is the one thing that you could say to your loved one right now that could give you a sense of peace?

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How would your loved one like you to remember them?

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### ACTION PROMPT

What are a few things you can do to make some of your realizations and reflections come to life?