

TED Talk

Michelle Knox: *Can Talking About Death Take Fear and Stress Out of The Inevitable?*



End in Mind

1. Michelle Knox takes most of her TED Talk to dive into why it's so important to talk about death on a daily basis in part of everyday conversation. Why do you think this can be so difficult? What aspects of your culture make it a challenge?
2. Whether or not you have a will or an advanced care directive, chances are you have thought about some of the planning of your funeral or how you'd like to pass away. Michelle Knox started by purchasing her "Investment Property" next to her late-father. What are some things you have thought about? These can be anything from where you'd like to be when the time comes if that's an option, who might be there, what you'd like your after-party to be like.
3. What were your initial feelings as Michelle Knox started discussing the prospect of what happens in Australia after someone dies without a will?
4. Knox wants to make sure these conversations about how and what to do after death happen when we are fit and healthy, not when in the midst of illness or trauma. What can you do today to start a conversation with a loved one?
5. At the end of her talk, Michelle Knox discusses some of the uncomfortable statements that she heard while she was grieving. If you have experienced the death of a loved one, can you relate? After hearing these statements, are they things you've said to someone grieving? What would some other compassionate options be?