

THE SEVEN FEARS OF DYING

1. The fear of the process of dying:

- will death be painful
- concern with body image
- will dying be filled with anxiety

2. The fear of loss of control:

- less independent
- dependent upon others, including health care professionals and hospitals

3. Fear loss of loved ones:

- what is going to happen to them
- how will they manage without me

4. Fear of others' reactions to them:

- fear in others' eyes
- nonverbal communication-body language

5. Fear of isolation:

- decreasing or shortened visits
- response time from health care professionals increases
- people discuss less meaningful things

6. Fear of the unknown:

- what can I expect
- questioning of faith, life after death

7. Fear that life will have been meaningless:

- review of life history to what meaning it had
- need to identify positive aspects in one's life

Identified by Thomas Leicht through interviews with his patients-taken from: Hospice: A Caring Community
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