

Guidelines for opening statements in difficult conversations (Peter Fox)

1. When I die afterwards I don't want you to mourn continuously I want you to live engaging with Life and positivity
2. When I'm gone don't feel abandoned or rejected --make the best of our memories and call on me in your heart
3. Don't allow the children to make decisions for you without your buy in

Get counselling help if you struggle after I'm gone
What are the things I can help you get familiar with now before I die--banking and emails etc? With practical help-electrics and plumbing etc name the people you trust for your spouse
4. When I'm gone don't feel that you are being unfaithful if you choose after time passed to love another.
5. Thank you for.....