

## **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* by Theodore Koff II