

PSY 131: Psychology of Adjustment

Death and Loss
Chapter 12

Agenda for Chapter 12

- Video “A Death of One’s Own”
- Slides that follow are provided to guide your studying of the chapter, they will not be discussed in class

Slide 2

Death and the Meaning of Life

- Life and death are two facets of the same reality
- Realization of death can revitalize our goals
- Acceptance of death can lead to discovery of meaning and purpose in life
- Because time on earth is limited, there is an urgency about living
- Ancient Greek dictum — “Contemplate death if you would learn how to live.”

Slide 3

Some Common Myths About Suicide

- There are no warning signs
- People who are suicidal want to die
- People who talk about suicide will not do it
- Suicide is genetic
- Young people are more likely than old people to commit suicide

Slide 4

Some Warning Signs Indicating Suicidal Potential

- Previous suicidal threats or comments
- Giving away prized possessions
- Talking about specific ways and a time plan for committing suicide
- Chronic depression and feelings of hopelessness
- Extreme changes of behavior and sudden personality shifts
- Getting one's life in order

Slide 5

Stages of Dying

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

Slide 6

Being “Dead” Psychologically and Socially

- Are you caught up in deadening roles?
- Are you alive to your senses and your body?
- Can you be spontaneous and playful?
- Are you alive to your feelings?
- Are your relationships alive?
- Are you alive intellectually?
- Are you alive spiritually?

Slide 7

How Well Are You Living Life?

- Consider writing three eulogies for yourself
 - Write an actual eulogy — one you would give at your own funeral
 - Write a feared eulogy — one that you fear someone might say
 - Write the eulogy you would hope for

Slide 8
