

QUIZ: *Are you ready to die?*

1. Do you have an irreversible physical illness or condition -- one that will not get better?  
\_\_Yes \_\_No
2. Do you suffer unbearably most of the time? \_\_Yes \_\_No
3. Will you lose any semblance of who you are as a person as your illness progresses?  
\_\_Yes \_\_No
4. If you didn't have this illness, would you want to live? \_\_Yes \_\_No
5. Have you explored all alternatives to ending your life, for example, further treatment, comfort care? \_\_Yes \_\_No
6. Have you discussed your thoughts about dying with those closest to you? \_\_Yes \_\_No
7. Are people you love and respect sympathetic with your wishes? \_\_Yes \_\_No
8. Are your ideas about dying now consistent with your religious and ethical values? \_\_Yes \_\_No
9. Do you have a plan that follows authoritative information from respected sources to accomplish a peaceful and dignified death? \_\_Yes \_\_No
10. Do you have a plan that will not jeopardize or traumatize anyone else? \_\_Yes \_\_No
11. Have you discussed with an authoritative source what other choices you have to end your life besides the plan you have? \_\_Yes \_\_No
12. Will someone be with you so you do not die alone? \_\_Yes \_\_No
13. Have you explored the Final Exit Network program? \_\_Yes \_\_No

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If you have answered Yes to all 13 questions you might be a candidate for an assisted, hastened death. If you have answered No to any of these questions, you should not act to hasten your death until you have explored the possibilities further.

For information and support contact the Final Exit Network at (866) 654-9156 or see [www.finalexitnetwork.org](http://www.finalexitnetwork.org). You should also read *Final Exit, 3<sup>rd</sup> edition*, by Derek Humphry. You can order this book from Amazon.com or from [www.finalexit.org/ergo-store](http://www.finalexit.org/ergo-store)