Class

# **Guided Reading** Activity



For use with textbook pages 144-147

Directions: Filling in the Blanks Use your textbook to fill in the blanks using the words in the box.

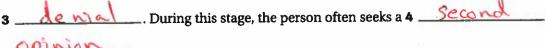
accept	hope		prolong second opinion		
anger	hospices				
bargaining	listen		terminally ill		
denial	losses		thanatology		
depression	pain				

## **Adjusting to Death**

Elisabeth Küble	er-Ross i	s a pioneer i	in worki <mark>ng</mark> v	with the 1	termin	ally_	<u>ill</u>	
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Among her contributions has been establishing 2 Thank to logy, the study of dying and death.

She identified five stages of psychological adjustment to impending death. The first stage is \_. During this stage, the person often seeks a 4.



At the second stage, 5 \_\_\_\_\_\_\_ \_\_\_\_ is often expressed with questions such as "Why me?" The next stage is usually brief and involves 6 barquing with fate.

When it becomes evident that his or her condition is not improving, the dying person often enters a depression. During this stage, the person becomes aware of his or her

Finally, patients 10 \_accept \_\_\_\_\_ the inevitability of death. Not all patients progress through these stages in order. Kübler-Ross also noted that most terminal patients maintain a degree of

A movement to restore dignity to the process of dying centers around the concept of

os pice . They seek to make the patient as comfortable as possible. They do not seek to

orelieve life. They do use tranquilizers and other drugs to relieve

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## Elisabeth Kubler-Ross' Stages Of Death

#### 1. Denial

- the individual does not believe that he or she is going to die
- consider the doctors to be incompetent, diagnosis incorrect
- may refuse medical assistance

# Common Viewpoints:

- " No, it can't be happening to me. "
- " I'll get another opinion. "

# 2. Anger

- individual feels anger towards fate, supernatural forces, and people close to them
- may alienate or separate themselves from others

# Common Viewpoints:

- " Why did this happen to me? "
- " Why are everyone else healthy and not I? "

#### 3. Bargaining

- the individual makes an attempt to bargain with fate
- hope that good deeds will extend life or eliminate difficulties of the illness

# Common Viewpoints:

- " If I do a good deed each day, God will give me more time to live. "
- " If I go through all of chemotherapy, the illness will be less severe."

# 4. Depression

- the individual becomes aware of the eventual losses
- usually a short period of depression
- losses recognized may include : job, life savings, friends, possessions, and life

#### Common Viewpoints:

- " It doesn't matter what I do, because everything will be over soon. "
- "Everything I have worked for will now be taken away."

#### 5. Acceptance

- the individual overcomes the struggles of death and feels an inner calm, peace
- may detach themselves from others to make death easier for everyone

## Common Viewpoints:

- " I am ready to die. "
- " Everything will be better really soon. "