



ANGELA ROSE HARRIS

Before & After Reading Reflections

Will I Still Be Me? 15 Questions About Death

Use these pages to notice where you begin, what the book awakens, and what you want to carry into your life. There are no correct answers. Curiosity, uncertainty, disagreement, and changed beliefs are all welcome.

A GENTLE NOTE

Questions about death, suffering, grief, trauma, or spiritual experience can bring up strong emotions. Pause when needed. Return to ordinary routines, supportive people, and professional care if reflection becomes overwhelming.

Name _____ Date begun _____



Begin Where You Are

This is a snapshot, not a test. Record what is true for you before the book has had a chance to influence your answers.

1. YOUR PRESENT RESPONSE

When I think about death right now, the first feeling or physical sensation I notice is...

2. RATE WHAT IS PRESENT TODAY

Fear or distress

0 - none

(0)	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
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10 - overwhelming

Curiosity

0 - none

(0)	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
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10 - very strong

Sense of peace

0 - none

(0)	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
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10 - very strong

3. WHAT WOULD HELP ME FEEL SAFE ENOUGH TO READ HONESTLY?

- | | |
|--|---|
| ☐ Read in short sections | ☐ Pause when my body asks |
| ☐ Keep a journal nearby | ☐ Spend time outside or moving |
| ☐ Talk with someone I trust | ☐ Seek spiritual or professional support |



The Three Questions: My Answers Now

Answer from your present beliefs, hopes, fears, or uncertainty. You may write 'I do not know.'

1 Will I still exist? What do I currently imagine happens to awareness, identity, and memory when the body dies?

2 Will I suffer? What do I fear or believe about dying, judgment, punishment, aloneness, or pain?

3 Does love survive death? What do I believe about continuing bonds, reunion, remembrance, and the people we leave behind?



What Shapes My Expectations?

Our answers are rarely formed in one place. Notice the voices, events, and traditions that have influenced yours.

SOURCES I RECOGNIZE

- | | |
|--|--|
| ☐ Family or childhood teachings | ☐ A personal spiritual experience |
| ☐ Religion or spiritual tradition | ☐ Someone else's experience |
| ☐ Science, medicine, or education | ☐ Books, media, or culture |
| ☐ Loss, grief, or caregiving | ☐ My own reasoning or intuition |

Which influence feels most trustworthy to me, and why?

Which belief am I willing to examine without requiring myself to abandon it?

What do I hope this book will help me understand, feel, or live differently?

MY READING INTENTION

I will read with _____
and allow _____



The Three Questions: My Answers Now

Answer again without trying to match the author's experience. Let your response reflect what feels honest now.

1

Will I still exist? My present answer, possibility, or remaining question is...

2

Will I suffer? My present answer, possibility, or remaining question is...

3

Does love survive death? My present answer, possibility, or remaining question is...

CHECK IN AGAIN

Fear or distress

0 - none

0	1	2	3	4	5	6	7	8	9	10
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10 - overwhelming

Curiosity

0 - none

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

10 - very strong

Sense of peace

0 - none

0	1	2	3	4	5	6	7	8	9	10
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10 - very strong



What Changed - and What Did Not?

Integration does not require certainty. It begins by noticing what moved, what held, and what still needs room.

WHAT SHIFTED

A belief, fear, hope, image, or question that changed while I read...

WHAT STAYED

A belief, value, uncertainty, or boundary that still feels true to me...

What remains open? Name one question you do not need to resolve today.

Which part of the book created the strongest emotional response in me? What might that response be asking me to notice?



Carry the Reflection Into Life

Choose grounded, proportionate steps. A meaningful insight becomes integration when it supports this life rather than pulling you away from it.

ONE INSIGHT I WANT TO LIVE

The idea or truth I want to test in ordinary life is...

ONE SMALL EXPRESSION IN EACH AREA

BODY

One way I will care for the life I am living now...

RELATIONSHIPS

One way I will make love more visible...

INNER OR SPIRITUAL LIFE

One practice that helps me stay grounded and open...

WORK OR SERVICE

One useful action that fits my energy and responsibilities...

A NOTE TO THE PERSON I WILL BE ONE MONTH FROM NOW

What do I hope I remember from this book - not only about death, but about how I want to live?

Date completed _____

A next check-in date _____