

Overcoming the Fear of Death Questionnaire:

What Do You Expect Will Happen When You Die?

	Yes	No
1) Do you expect that death will be the end of your life?	<input type="checkbox"/>	<input type="checkbox"/>
2) Do you worry you might go to hell after you die?	<input type="checkbox"/>	<input type="checkbox"/>
3) Do you believe you will go to heaven after you die?	<input type="checkbox"/>	<input type="checkbox"/>
4) Do you expect to remember events from your previous lives after the end of this lifetime?	<input type="checkbox"/>	<input type="checkbox"/>
5) Do you expect your awareness to disappear the moment you die?	<input type="checkbox"/>	<input type="checkbox"/>
6) Do you expect to be afraid of what is about to happen next?	<input type="checkbox"/>	<input type="checkbox"/>
7) Do you expect to enjoy meeting relatives and old friends who have died before you?	<input type="checkbox"/>	<input type="checkbox"/>
8) Do you expect to finally understand what you were supposed to learn in this lifetime?	<input type="checkbox"/>	<input type="checkbox"/>
9) Do you expect to return to dust and have no more awareness of anything?	<input type="checkbox"/>	<input type="checkbox"/>
10) Do you have no idea what to expect, and are afraid of that?	<input type="checkbox"/>	<input type="checkbox"/>
11) Do you have no idea what to expect, and are looking forward to being surprised?	<input type="checkbox"/>	<input type="checkbox"/>
12) Do you expect, after this lifetime or after many more lifetimes, to merge with God and lose your individuality?	<input type="checkbox"/>	<input type="checkbox"/>
13) Do you expect to feel nothing, to experience nothing, because you will be dead?	<input type="checkbox"/>	<input type="checkbox"/>
14) Do you expect to be afraid of or to hate your nothingness or to feel that life is a void?	<input type="checkbox"/>	<input type="checkbox"/>
15) Do you expect that in heaven you will be completely virtuous, obedient and happy?	<input type="checkbox"/>	<input type="checkbox"/>
16) Do you hope to eventually experience nirvana or an ultimate state of enlightenment?	<input type="checkbox"/>	<input type="checkbox"/>
17) Do you think you will only live on in the memories of your family and friends?	<input type="checkbox"/>	<input type="checkbox"/>
18) Do you expect that in hell you will be in continual pain forever and there will be nothing you can do about it?	<input type="checkbox"/>	<input type="checkbox"/>
19) Do you expect to meet God in heaven and enjoy God's overwhelming love?	<input type="checkbox"/>	<input type="checkbox"/>
20) Do you expect to have new adventures, or repeat old adventures, with your current friends and enemies?	<input type="checkbox"/>	<input type="checkbox"/>
21) Do you expect to go to heaven, but wonder whether you will actually like it?	<input type="checkbox"/>	<input type="checkbox"/>
22) Do you expect the afterlife to be like a vacation, being able to do whatever you like?	<input type="checkbox"/>	<input type="checkbox"/>
23) Do you worry that you might be forced to live a life, or many lives, as an insect or other animal as punishment for your behavior in this life?	<input type="checkbox"/>	<input type="checkbox"/>
24) Do you expect to have conversations with interesting people who have died before you?	<input type="checkbox"/>	<input type="checkbox"/>
25) Do you expect to feel cold, as if in outer space and all alone?	<input type="checkbox"/>	<input type="checkbox"/>
26) Do you expect to enjoy reviewing all you have accomplished in your life?	<input type="checkbox"/>	<input type="checkbox"/>
27) Do you expect to be an unhappy ghost after you die?	<input type="checkbox"/>	<input type="checkbox"/>
28) Do you expect to finally relax, after you die, about all the things you worry about now?	<input type="checkbox"/>	<input type="checkbox"/>
29) Do you expect to be confused?	<input type="checkbox"/>	<input type="checkbox"/>
30) Do you expect your ancestors to be proud of you when you join them in the afterlife?	<input type="checkbox"/>	<input type="checkbox"/>
31) Do you expect to feel you have disappointed your dead relatives and friends by the way you have lived your life?	<input type="checkbox"/>	<input type="checkbox"/>
32) Do you expect to enjoy having your whole life reviewed by some kind of angel?	<input type="checkbox"/>	<input type="checkbox"/>
33) Do you expect to be disappointed if you are required to reincarnate as a human again?	<input type="checkbox"/>	<input type="checkbox"/>
34) Do you expect to be free to choose what you will do next after you die?	<input type="checkbox"/>	<input type="checkbox"/>