

Starting a meaningful conversation

Conversations can help better understand who you are and give your family important insights of the things that matter the most to you. Pre-planning and having a meaningful discussion can have huge benefits on your emotional, physical and mental wellbeing.

The Daily Telegraph reports that eight out of ten people have strong wishes for their end of life! Two-thirds stated that if people were more relaxed and open talking about death, it would be easier to have their end of life wishes met. The more you talk, the less of a taboo it becomes.

#TackleTheTaboo

LEARN ABOUT WHAT MATTERS MOST

At CPJ Field we're all about other peoples' stories.

Here's how to unlock your own family's story:



1. Visit a favourite place to eat or drink and invite those most important to you to join you. Have a meal or a cup of tea and have a conversation about what's most important and the difference you've made to one another's lives.



5. Share a memory about a holiday you took together and will always remember or a piece of advice that you cherish.



4. Play a song that reminds you of them or think of the reasons you will never forget them.



2. Use a visual prompt, such as a photo album, souvenir, or memento, to start a conversation.



3. Think about memorable locations, such as the place where you were married or a favourite place to visit near your home.



6. Take notes during or after your conversation, or make an audio recording. Whatever method seems most appropriate and comfortable for where you have your conversation.

SOME QUESTIONS TO GET YOUR GOING

What is your proudest achievement?

What was the one piece of advice you received from your parents or grandparents that you never forgot?

Tell me about the most memorable summer you had growing up.

Tell me about your favourite teacher; what did you learn from him or her?

If you could spend a day doing anything you like, what would it be?

Who has been your greatest inspiration?

What's your story?

Each person has their unique story to tell.

Come and talk to us; we would love to have a chat.



C.P.J. Field.

More than a funeral director since 1690.

Because every life is unique