**Sample letter to lovingly and respectfully invite a loved one not to choose medical aid in dying.**

Dear (first name of your loved one),

**a) Your situation**

*Thank you for confiding in me that you are considering medical assistance in dying. I hesitated to express my thoughts to you, but I thought it was better to share them with you than to keep them to myself.*

*Your choice to resort to medical aid in dying (...) troubles me.*

*Is it out of selfishness, out of fear of losing you?*

*I've given it a lot of thought and, no, it is not just for me, it is for both of us. (...)*

**b) Other options for relieving suffering**

*I obviously don't wish to see you suffer. I know there are other options for relieving your pain than abruptly ending your life. Palliative care and pain relief treatments respond well to the vast majority of physical suffering and, if that is not sufficient, there is always palliative sedation as an option. As for your morale, you can count on (list names) and me not to let you down. (...)*

*Together, we'll make sure you always get the support and services you deserve!*

**c) A reminder of your loved one's dignity and your unconditional love**

Eventual loss of capacity and autonomy will of course come with the end of your life, but you will never be alone. We will take care of you.

**d) Talk about the positive experiences in their life and what they still have to offer.**

*After all we've been through together (list some examples), it will be a real joy to spend more time by your side in the (years/months/weeks/days as the case may be) to come. You may not realize it, but you still have a lot to give (list, your choice: love, affection, attention to others, humour, etc.). This will be a precious time to (list, your choice: rethink your life, perhaps reconcile with someone, etc.). And it will still be possible to share many moments of joy with your loved ones, a joy received or given, quite simply.*

*Your (*personal link to the loved one) *who loves you,*

*Signature*

*Date*