
DT consists of a meeting, where the patient is guided through a DT interview by a therapist based on a Dignity Therapy question protocol (DTQP). Accommodation to the patient's particular needs and wishes is central. The interview is tape-recorded, transcribed and edited within 3-5 days into a coherent narrative (involves removing colloquialisms, correcting time sequences, eliminating material not intended for generativity purposes). Another meeting is arranged revolving around the reading and correction of the document. When the final changes are added and the patient accepts the document, a hard copy is returned to the patient for him/her to bestow to family and friends.

The DT question protocol consists of the following questions:

1. Tell me a little about your life history; particularly those parts that you either remember most or think are the most important?
2. When did you feel most alive?
3. Are there specific things that you would want your family to know about you, and are there particular things, you would want them to remember?
4. What are the most important roles you have played in life (family roles, vocational roles, community service roles, etc.).
5. Why were they so important to you and what do you think you accomplished in those roles?
6. What are your most important accomplishments, and what do you feel most proud of?
7. Are there particular things that you feel still need to be said to your loved ones, or things that you would want to take the time to say once again?
8. What are your hopes and dreams for your loved ones?
9. What have you learned about life that you would want to pass along to others?
10. What advice or words of guidance would you wish to pass along to your [son, daughter, husband, wife, parents, other(s)]?
11. Are there words or even instructions you would like to offer your family, to help prepare them for the future?
12. In creating this permanent record, are there other things that you would like included?

*) The numbers 1-12 are inserted to aid the description in this article; they are not included in the original text. The numbers 2, 5, 8 and 10 are 'follow-up questions' to questions 1, 4, 7, and 9. The Danish version is available from the first author.