

Before I Go

A digital wishes card, for me and for the people who will grieve me.



Fill this in privately, at home. Keep it with your will or advance directive and tell one person where it is. It is not a legal document, but it tells your family, your executor and your pastor, rabbi or imam what you want done with your voice and your data, before anyone has to guess. Change it any time.

PART I • MY VOICE AND MY LIKENESS

1 After I die, may anyone make an AI version of me that talks?

☐ Never ☐ Only playback of my real words and recordings ☐ Yes, a chatbot, within the limits below

2 May it say new things I never actually said?

Some traditions draw their line exactly here: a faithful memory is allowed, putting new words in the mouth of the dead is not.

☐ No ☐ Only to say goodbye ☐ Yes

3 If a voice of me exists, how long should it stay?

☐ 49 days ☐ One year ☐ Until a date my family chooses ☐ Not my call

4 Who may decide whether it is made?

☐ Only me, in writing, now ☐ My executor ☐ My closest family, together ☐ No one

5 May someone outside my family, like a friend who loved me as their own, keep a voice of me?

☐ No ☐ Only if my family agrees ☐ Yes. Name: _____

6 May my voice or face be used in ads, paid products or public posts?

☐ Never ☐ Only with my estate's written consent

7 If a voice of me is made, what may it learn from?

A bot built from all of your accounts may become someone your family never knew. Private messages also hold other people's words.

☐ Only what I chose to leave for it ☐ My public posts ☐ My private messages and files ☐ Nothing

PART II • MY ACCOUNTS AND DATA

	DELETE	MEMORIALIZE	GIVE TO SOMEONE I NAME	LET MY FAMILY DECIDE
Email and text messages	☐	☐	☐	☐
Photos and video	☐	☐	☐	☐
Social media accounts	☐	☐	☐	☐
Voice notes and recordings of me	☐	☐	☐	☐
Accounts with an AI companion or assistant	☐	☐	☐	☐
Church, prayer or scripture app accounts	☐	☐	☐	☐

When you miss me, please do this:

Stories I want told about me, the real ones:

People I want you to look after:

8 Where should my body rest?

☐ Burial ☐ Cremation ☐ Natural or green burial ☐ As my tradition teaches: _____

9 If someone offers to “upload” or preserve me digitally, my answer is:

☐ No ☐ I am not sure. Ask my pastor, rabbi or imam ☐ Yes

Signed _____

Date _____

Where this card is kept, and who knows _____

FOR FAMILIES, PASTORS AND CONGREGATIONS • FIVE COMMITMENTS

1 Name the second death.

When a bot of someone goes offline, the grief is real. Treat it as a loss, not a glitch, and do not tell anyone it was “just an app.”

2 Keep mourning shared.

Grief is inward; mourning is done together. Bring people to the funeral, the grave and the table, not only to a screen.

3 Set an end.

A voice kept for 49 days, a year, or until a chosen date leaves room to let go. Plan the goodbye before it is forced by a company.

4 Ask before you build.

The wishes of the dead come first, then their family's. That holds even for the friend's grandmother who was more of a grandmother to you than anyone.

5 Never let a machine speak for God or for the dead on matters of faith.

Remember them in prayer, in scripture and in story. Let them rest, and keep them beloved.

If grief has turned into thoughts of harming yourself, call or text 988 (the Suicide and Crisis Lifeline, US) any time, or call 911 in an emergency. Grief that will not lift after many months is something a doctor or counselor can help with.