journal entries for the pet and about the pet

- Create an area in the home with special photos, favorite toys, treats, and other items that were symbolic of the pet and their life

- Accompany them on a special walk to share stories, following the familiar path that was walked together when the pet was alive

Things to Remember

As a companion, it is important to remember your grieving friend will neglect the basic elements of physical care. They will need to be reminded to eat, get plenty of sleep and other basics. Take this time to reflect on those rituals that people do when there is a death of a loved one. Take a casserole over. Do the laundry while your friend naps. Run a hot bath. Good physical care is necessary at this time – but certainly can be neglected through the mourning process.

"Friendship is always a sweet responsibility, never an opportunity."

- Kahil Gibran

"But let there be spaces in your togetherness and let the winds of the heavens dance between you. Love one another but make not a bond of love: let it rather be a moving sea between the shores of your souls."

-Kahlil Gibran

For more helpful information, visit
www.TwoHeartsPetLossCenter.com
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Black Hawk Pet Crematory

4141 30th St. Rock Island, IL 61201
ph 309-235-0992 www.blackhawkpet.com

For You the Companion

Someone you care about is suffering through the death of a beloved pet. As a friend, you care and want to help them through this journey.

"Companioning" is an honorable role – and one not to be taken lightly. You, too, will be tested as you befriend a grieving person.



What's My Role

As you begin this journey, make sure that your own grief work has been done.

As with any type of companioning, you can only go as far as you have gone yourself. Recognize if you have grief work that you still need to do. Possibly this time is not right for you to continue on your grief journey – and that work will be done later. By knowing this – you will know your capabilities and limitations on this road together.

As a companion – your role has nothing to do with "making the grieving person" better. Your role is:

- To just be. You are not there with the answers – or any "medicinal" prescriptions that will take the pain away.
- To listen. To actively listen with your entire heart and body.
- To wonder with the grieving soul. They ask questions – it is the grieving soul's way of Fact and Feeling Finding within their own heart. This questioning process has nothing to do with knowing the answers.
- To create a safe place for the grieving soul to mourn.
- To know that where the grieving person is right now is exactly where they should be.
- To allow the grieving person to take his or her own grief journey – not anyone else's. In addition, whichever pathways they take in this process, those are the correct pathways.
- To be guided by the grieving soul. Your role as a companion is NOT to lead. The journey is theirs.



- Ask questions. Honor the story of the pet that has just died. Let them tell the story as many times as needed. The stories are healing.
- Allow the grieving soul to hurt. To hurt means to heal.
- To not judge nor rank the grief of the mourner. Now – no one has it worse than they do – and their grief work and journey is their own unique process.

Other Ways to Help

A bereaved soul will appreciate the opportunity to have support during their grief journey. As a companion who is actively assisting someone through grief, consider some rituals that you can do together to honor the deceased pet's life:

- Light a candle
- Share in special readings, poems or Bible scripture together
- Start a scrapbook with photos, stories and