



Loss of a Pet

Whether you are an adult or a child, a pet can hold a special place in your heart. And many will experience grief over their loss just as the loss of a family member. This can be especially traumatic for a child, or for anyone whose pet is their best, and often only companion.

Normal feelings after losing a pet

Shock	Whether an accident, sudden, or expected, we are never prepared to lose some one, never have them in our lives again. Whether a person or a pet, our body's natural reaction is to send us into shock to protect us from our emotions until we can better process them.
Guilt/Blame	You may feel blame and constantly replay what if and only if scenarios questioning if we did all we could.
Anger	You may anger at yourself or the world over how it happened, or even at family or friends for insensitively downplaying your loss.
Depression	You have not only lost your pet, but all the routines you did with your pet. You may feel like you have lost part of your identity.

Helpful tips

Acknowledge your Grief	Give yourself permission to grieve in what every way you need and for as long as you need.
Reach out to others	Not everyone will understand grieving over a pet but reach out to those who do.
Remember	Create a scrapbook memorializing your pet
Journal	Journaling about your feelings, or if spiritual, talking to God about them can be very therapeutic.

Resources

Grief healing

[Helplines, Message Boards, Chats \(griefhealing.com\)](https://griefhealing.com)

The Association for Pet Loss and Bereavement

<https://www.aplb.org>

Best Friends

<https://resources.bestfriends.org/article/pet-loss-and-grief-resources>



Loss of a Pet

Hotlines, support groups, list of books for adults and children

Coping with the loss of a pet

<https://tipsandiego.org/wp-content/uploads/2022/08/Coping-With-The-Loss-of-a-Pet.pdf>

<https://www.helpguide.org/mental-health/grief/coping-with-losing-a-pet>

Grieving the loss of a pet

<https://bluepearlvet.com/in-home-pet-hospice/pet-loss-grief-process/>

Pet Loss Support Groups

<https://www.aplb.org/>

<https://pawspathway.com/#helpful>

For more resources, support and Catholic counselors, contact Rich at hello@thechurchofstluke.org