

The Psychotherapeutic Coach

Coping with the death of your pet



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Creator of Psychotherapeutic Coaching
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Welcome

I'm so sorry for the loss of
your cherished pet.

I truly understand the pain
and I hope that this booklet
brings you some comfort.

Elaine



Your grief

Losing a cherished companion is never easy.

As an animal lover and pet parent, I understand the deep love and connection we share with our pets.

I have lost animals and my heart is broken in ways I didn't think possible so I understand how you are feeling.

In fact, supporting people through pet grief is one of the main reasons I became a psychotherapist.

Remember, you're not alone.

Your grief

Your pet was a member of your family, your best friend, your companion, maybe even your soulmate.

You loved them more than anything in the world and that loss is real.

That grief is real.



Your love

There are many reasons why losing your loved animal is so hard.

They may have been your primary attachment figure, your confidante, your friend or family member.

The exact reason doesn't really matter, all that matters is that you loved them with all of your heart.

And I can promise you that they loved you too.



You don't need to pretend

When my dog of 15 years died, I had to go to work the next day. I had to pretend I was fine because I didn't feel that anyone would understand.

Unfortunately some people don't understand but there are many that do and will identify with your pain.

You don't need to pretend that you're ok, you're going through enough as it is without that extra pressure and hassle.



Cherish the memories

Sometimes we tend to push our feelings down and not think of our beloved animal.

Try not to do this.

Cherish the memories, even though they may feel painful.

Your pet wouldn't want you to suffer because they loved you and you were their world.



Your grief is valid

Grief is a natural response to the loss of a beloved pet.

Allow yourself to feel a range of emotions, from sadness to anger to gratitude for the joy your pet brought into your life.

Give yourself permission to grieve and honour your pet's memory.

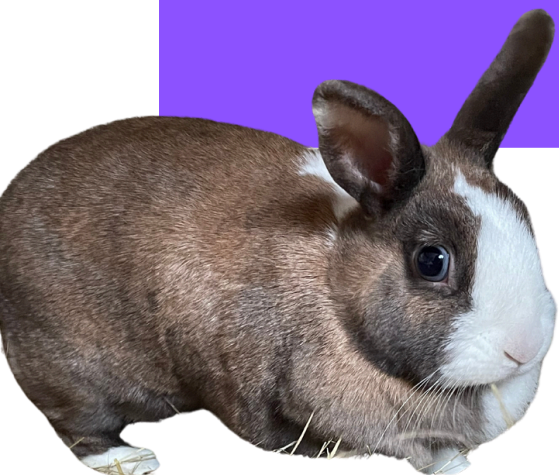


Surround yourself with support

During this challenging time, it's essential to surround yourself with a network of support.

Reach out to friends, family, or a professional therapist who understands the unique bond between humans and their pets.

Talking through your grief can provide solace.



Nurturing your heart and healing

Healing takes time, and every individual's grief journey is unique.

Be gentle with yourself and practice self-care.

Engage in activities that bring you comfort, such as journalling, practicing mindfulness, or seeking solace in nature.

Remember, your pet's love will always be a part of you.



Journal Prompts

This next section can be used with a journal or you can simply think about these topics in your mind.

I firmly believe that our animals never really leave us; they are just in a different realm but they can hear and visit us.

This thought brings me comfort and if it works for you too then you could talk about these questions with your animal.

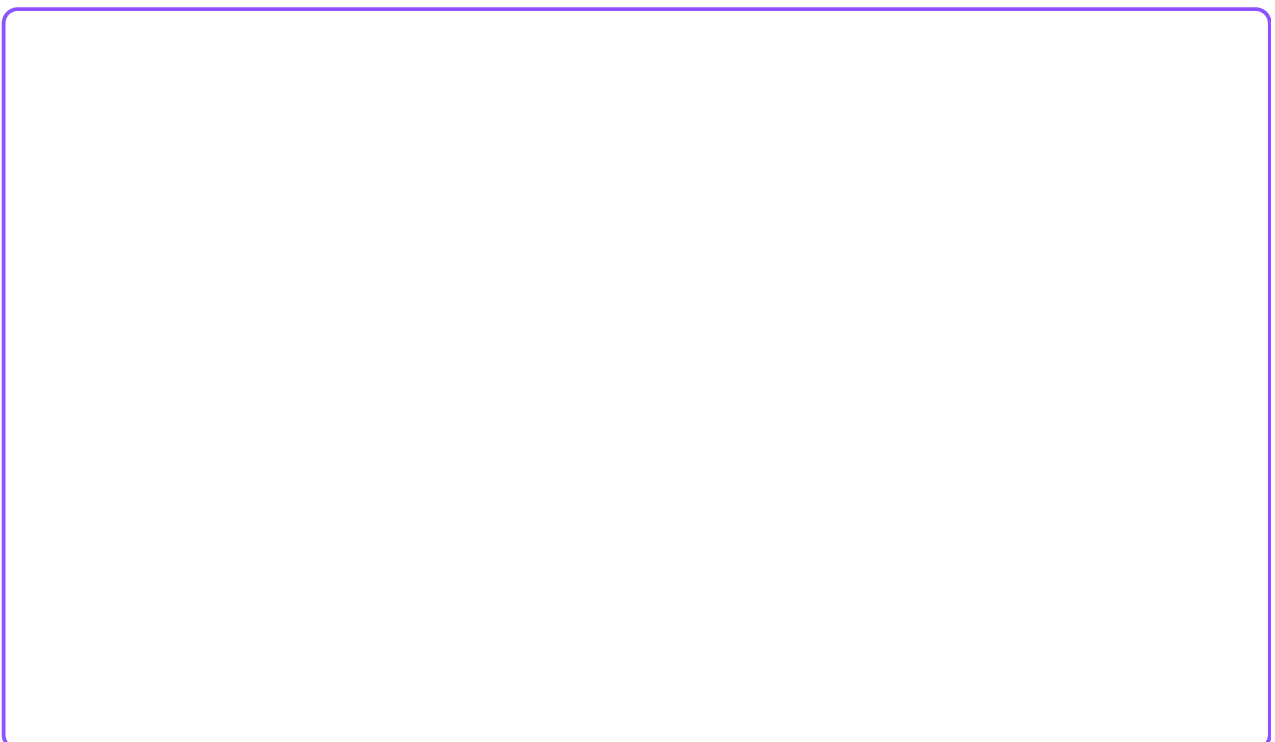


Journal Questions

How do I feel right now?



What's the first thing that comes to mind when I think of my pet?



Journal Questions

What's my favourite memory of my pet?

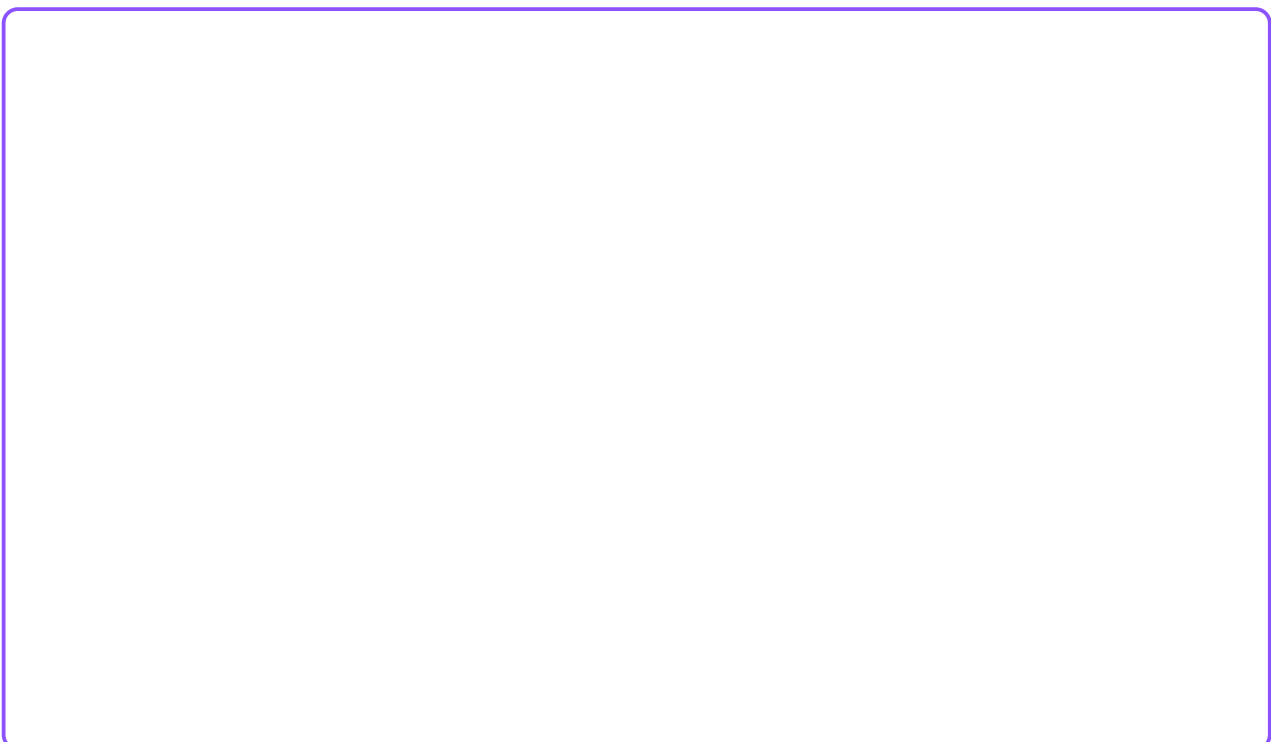
What do I want to say to them right now?

Journal Questions

Was there any part of my day that brought me joy?



What would my pet want for me?

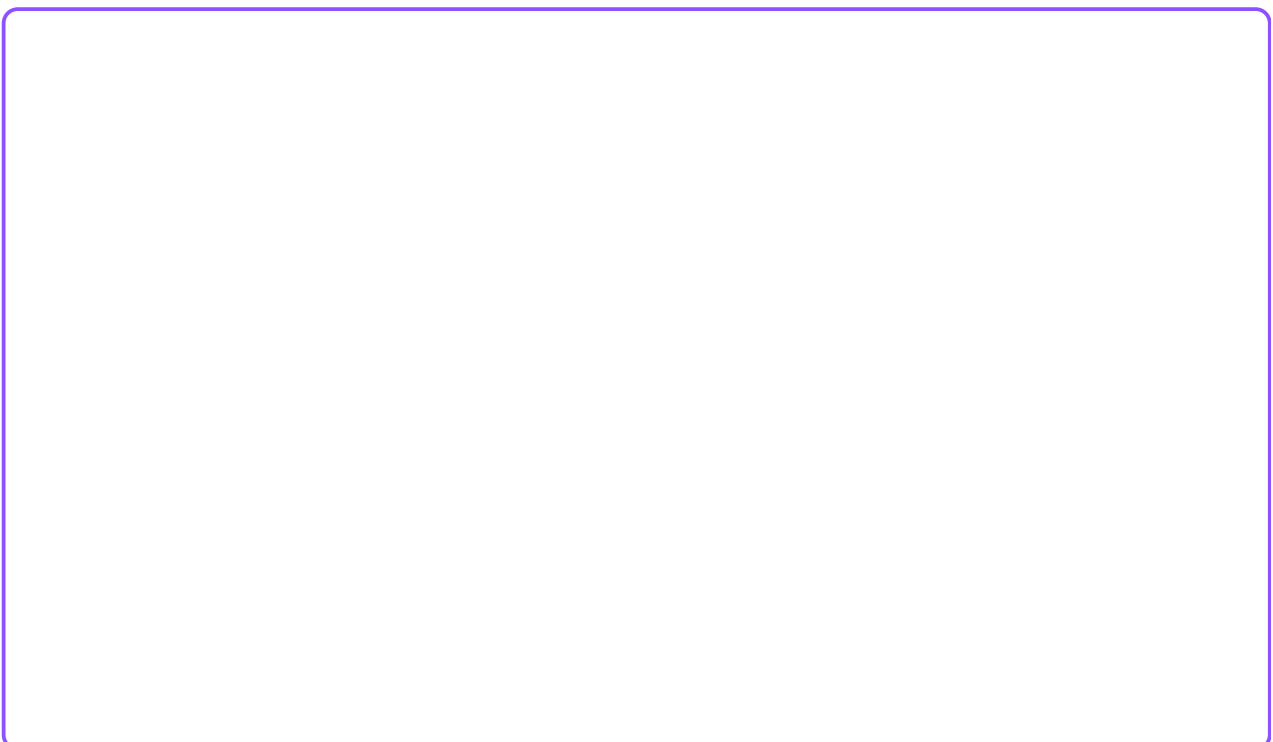


Journal Questions

How can I best honour what they want for me?



Is there anything I can do to cherish their memory?



Contact Me

I'm here to help so if you are interested in my services of **Psychotherapeutic Coaching, Reiki or Chakra Balancing**, please get in contact.

You can book a **FREE** consultation via my website.



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