

## The Grief is Real

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The grief you are feeling at the recent loss of your pet is normal and to be expected. After all you have just lost your best friend.

Many people feel embarrassed about showing their grief. This is a result of apathy from a minority of people who regard animals not worthy of our love, emotion and respect.

You have every right to be devastated from the passing of your beloved friend and companion.

Most people have experienced your present feelings.

It is also not uncommon to feel alone and angry at this time, thinking that no one really understands the bond you and your companion shared. This could be so, but family and friends are feeling your pain.

If you find it difficult to express your feelings to others try taking some time out to write the story of the life you shared and enjoyed with your special friend.

This has helped many people to bring closure and to recover.



## Pet Replacement

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Some people may seek out a new companion themselves almost immediately. Others may take some time. Those of us who say, 'That's it, no more,' may change our mind eventually.

### Family and Friends

Be very careful if you are considering a replacement pet. This is not wise unless you know the person very well. You run the risk of the new companion being rejected. The person may not be ready to accept another companion.



## Further Assistance

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[www.petsandpeople.com.au](http://www.petsandpeople.com.au)  
24 / 7 Pet Loss Support Line  
Phone: 1300 431 450

[www.lifesupportscounselling.com.au/grief-pet-loss/](http://www.lifesupportscounselling.com.au/grief-pet-loss/)  
Phone: 1300 735 030

Therapaws—Sharon Mitchell  
Mobile—0431 112 543  
[therapaws@live.com.au](mailto:therapaws@live.com.au)  
Sharon is based on the Capricorn Coast

*Angels For Pets*



*Your  
Grief  
Is  
Real*

*Your precious and beloved pet  
in trusted hands, after their  
passing.*

## Feelings of Guilt

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It is not uncommon to feel guilty, particularly when the loss was unexpected.

Frequent words used;

- I blame myself
- I should have been there
- I knew something was wrong
- I should have gone to the vet sooner

None of us possess a magic wand, but how nice that would be.

Remember, it is the quality of time we spend with our animal friends not the quantity that is important.

They know they were loved.

## Pet Grief

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Pets also suffer from the loss of their friend.

### Signs and Symptoms

- Refusing to eat
- Wandering from room to room
- Sleeping in the favourite spot of their lost friend



You need to be aware of behavioural change.

Be reassuring and if you are concerned seek advice from your vet.

## Family & Friends can be supportive

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Acknowledge the loss of their beloved pet friend, even if you are not an 'animal person'.

Be a good listener even if you have heard the stories before.

Be understanding at outbursts of tears and emotions.

Encourage the person to talk about the happy moments they shared with their pet friend.



## Euthanasia

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Euthanasia is a word we would rather not talk about and a decision we would rather not have to make.

For whatever reason, the decision of whether to euthanise would be one of the most difficult decisions you will have to make in your lifetime.

It is important to talk this through with your vet, family and friends.

Letting go is not easy, particularly when our friend shows signs of recovery, even in cases of terminal illness.

## How do we know when to let go?

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Remember the special bond we share with our animal friends. It is this bond that lets us know what they feel and what their wishes would be.

The final decision of whether to euthanise as your friend's legal guardian is left to you alone to make and many people know and understand what you are going through.

### Support from family, friends and work colleagues

It is most important that family, friends and work colleagues understand the grief and be supportive during this time.

The grief could continue for days, into weeks and on occasions during the years.

With support a person will learn to cope with the loss more quickly.

