

Coping With the Loss Of Your Pet



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Grieving for your Pet

Grieving the loss of your beloved pet is natural and normal. You are not alone in feeling, deeply and profoundly, the loss of your companion. Every person has a unique relationship with their pet, and your response to the loss of your pet is also unique. You may feel shock, anger, guilt, depression or other strong emotions. During this difficult time, it helps to recognize that you are grieving, and to take special care of yourself. Be aware that your sorrow may be intensified if it triggers unresolved grief over past losses or if you are dealing with other difficult life situations in addition to your loss.

Not everyone may understand the incredible bond that developed between you and your pet. Make a point of seeking out people who will support you and appreciate your loss. During this difficult time, meeting with a professional counselor such as Judy can help you to recognize and process the emotions you're feeling. Judy is an insightful, non-judgmental counselor who will support you in clarifying and acknowledging your feelings, thus allowing you the freedom to find healthy ways to move forward while honoring your pet's life and memories.

Pet Loss Web Sites

- www.helpguide.org/mental/grieving_pets.htm
- www.petloss.com/muns.htm
- www.pet-loss.net

Some tips that might help...

- Be honest with yourself regarding the emotions you're feeling. You're not alone! Take good care of yourself.
- Use your creativity to memorialize your beloved pet by painting pictures, writing stories or creating a scrapbook.
- Set aside an area in your home or yard dedicated to your pet's memory. Include a favorite toy, a photo, etc.
- Donate (either financially or through volunteering) to an animal organization in honor of your pet.
- Make a list all the wonderful memories that keep your pet in your heart.

Counseling Support

There is no right or wrong way to grieve...every person is different. If your feelings are unbearable, you can't find relief from your grief, or your depression worsens, you may wish to discuss your feelings with a professional counselor such as Judy. Judy has 10 years of experience helping her clients with many difficult life situations, such as grief, depression, anxiety, addictions, relationship problems and parenting issues. She can help you understand your feelings and find ways for you to honor the life of the deceased, which can create a sense of hope for your future. Judy has experienced the intense grief of the passing of a beloved pet and can offer a supportive hand to help you on your journey while you're healing from your loss.

***Please call Judy...she can help!
(650) 580-7423.***

I Am Always With You

*When I am gone, release me, let me go.
I have so many things to see and do,
You mustn't tie yourself to me with too many
tears,
But be thankful we had so many good years.
I gave you my love, and you can only guess
How much you've given me in happiness.
I thank you for the love that you have
shown,
But now it is time I traveled on alone.
So grieve for me a while, if grieve you must
Then let your grief be comforted by trust
That it is only for a while that we must part,
So treasure the memories within your heart.
I won't be far away for life goes on.
And if you need me, call and I will come.
Though you can't see or touch me,
I will be near
And if you listen with your heart, you'll hear
All my love around you soft and clear
And then, when you come this way alone,
I'll greet you with a smile and a
"Welcome Home".*

~ Anonymous ~