



12 Affirmations for Pet Loss and Grief

*Even if you don't believe them right now,
Affirmations are a great tool to remind yourself daily that
you are worthy of compassion and healing*

- I accept myself unconditionally, just as my pet did.
- For each day I get through, I'm proud of myself.
- As my grief evolves it's not going away, it's becoming a part of me.
- I take comfort in all of my memories.
- I have intentions to heal, even if I don't know how right now.
- I am a fighter even on days I can't go into battle.
- I know that love and grief are partners. I would never change the love, therefore I can accept the grief.
- I will embrace joy and laughter as it comes. I know it does not negate my grief.
- I will rest on the days I need to.
- I will grieve in ways that feel right to me and not allow others to dictate my journey.
- I am capable of finding peace after loss.
- I have survived hard things before and I will survive grief too