

Affirmations to Ease Anxiety About Your Remaining Pet After A Loss

What I'm
experiencing
right now is
temporary
and will pass

Worry and
anxiety can
not predict
the future

I am
stronger
than I think
and capable
of handling
anything

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We have
today and
my pet and I
can face
anything
together

I trust my
instincts and
I am a good
pet parent

I'm am
grateful for
what we
have and all
the love I've
known

