

# 20 WAYS TO SUPPORT SOMEONE GRIEVING A PET

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## THINGS TO TEXT

- I'm so sorry for your heartbreaking loss. I'm here anytime you want to talk, text, share pictures or anything. Please remember that.
- I've been keeping you and \_\_\_ in my heart. Sending you so much strength and big hugs.
- I know you're hurting badly. \_\_\_ has been such a huge part of you. Take time with your grief. I'm here if you need an ear or a shoulder.
- Just checking in and sending love, no need to respond unless you want to. Keeping you close in my heart.
- I'm sure everything is different and hard right now. I wish there was a way to make grief less painful. I'm here to listen and will be here when you're ready.

## THINGS TO SAY IN PERSON

- I could always tell what a connection you and \_\_\_ had. If you feel like talking, I'm here to listen.
- Is it ok if I share one of my favorite memories of \_\_\_ with you?
- I can't know how your grief feels, but if there is any way I can support you, I want to.
- I can see your pain and heartbreak. I know that \_\_\_ has been an extension of you.
- I can't take your hurt away, but I can be here with you, if that's ok.

## THINGS TO DO IN PERSON

- Bring foods that are easy to eat or heat up and some bottles of water.
- Bring or deliver flowers and/or a card with acknowledgement. Remember to avoid platitudes!
- Offer yourself up for a walk, hike, to sit outside, or go to the beach. Even if they don't want to talk, just sitting with someone can be very meaningful.
- Often grievors need a certain amount of solitude. Extend yourself to them for texts or calls to talk, and let them take the lead. You can also ask, is it ok if I check on you tomorrow?
- If your friend is isolating, don't assume they're broken. Grieving does not equal broken. You can show your support by respecting their need for privacy and even randomly bringing and leaving something for them with a follow up text, "I left you your favorite iced coffee outside by your door. I'll text you later to check in".

## THINGS TO WRITE IN A CARD



- You and \_\_\_ have been in my thoughts and heart. I'm sorry for your heartbreaking loss. It's always been so easy to see the love you have for each other. Sending strength and light your way.
- Sending warm and loving thoughts to you. I know your world has changed with the loss of \_\_\_\_. I'm here if you want to talk or need anything.
- You've been on my mind and in my heart. I could always tell that you and \_\_\_ share a profound love. I hope you can be gentle with yourself during this time. I'm here for you, however I can be.
- I'm sorry for your heartbreaking grief. \_\_\_ has always brought smiles to anyone who met him/her. I feel lucky to be one of those people. I'll continue keeping you in my heart and thoughts.
- I've been thinking of you and \_\_\_\_. As you grieve, I wish you warm moments filled with sweet and cherished memories.

## BONUS: 5 THINGS TO KEEP IN MIND AS A SUPPORT

- When the rest of the world gets back to normal, grief can feel more and more isolating. Check on your grieving loved one in a month, 2 months, 6 months.
- Grievers don't forget their grief or sadness, so don't worry that checking in will "remind them". This is a common reason that people have for not checking in. Trust me, they didn't forget and genuine caring is not going to hurt more than grief already does.
- Along the same lines, say their pet's name. Don't avoid it (unless your friend has asked you to). Pet parents hope that their beloved pet's name will always be spoken and they'll always be talked about and outwardly remembered.
- Remember the differences between sympathy, empathy and compassion. Sympathy = I feel bad for you. Empathy = I feel bad with you. Compassion = I see your pain and I'm here for you however I can be
- Don't assume what has worked for you in past grief will work for your friend. Instead of outright offering advice, you can say "if you ever want me to, I could share some of the things that have helped me in grief before. I know it's not the same, but sometimes it's good to talk about what can slowly ease the pain."