

# *is there* Happiness *after pet loss?*

What did happiness mean to you before the loss of your pet, even years ago? Can it mean something different to you now?

Are there moments, even small or fleeting, when you feel a glimmer of hope, comfort, or contentment? What are those moments like?

If overall happiness feels largely unattainable, can you envision a percentage of you starting to feel a little more ok over time?

Could you be open to the idea that although your definition of happiness might be changed it can still be meaningful and real?

Do you believe that good people deserve to find happiness while they are here on earth, even after experiencing deep pain and heartbreak?

Could a path to happiness be cultivated by remembering all the time you and your pet were together, and not only focusing on their death?

What would not feeling happy again mean for the rest of your story?

