

Pet Loss Grief Workbook for Adolescents

A private place to remember your pet and care for yourself • Approximately ages 13 to 17

My name _____ Date started _____

A pet can be a companion, a family member, and part of daily life. Losing them can hurt deeply. Use these pages in any order. Write, draw, dictate, or skip any page; there is no deadline for grief.



My pet and our bond

A pet may have been a companion through everyday routines and difficult times. Name what the bond meant to you.

Who my pet was and how we connected

What I miss most



What changed

You may notice the empty space at home, changed routines, or a wish that others understood how important your pet was.

Change or reminder	How it affects me	What might help

What I wish others understood



Guilt and difficult thoughts

After illness, euthanasia, an accident, or an unexpected death, what if thoughts can return. Write only what feels manageable.

A thought that returns	What I knew or could control	What I could not control

A kinder statement I can try



Support and remembrance

You can speak about your pet, keep a photo, make art, or take a break from reminders.

Person or resource	What I can ask for	How I can reach them

A story or quality I want to remember



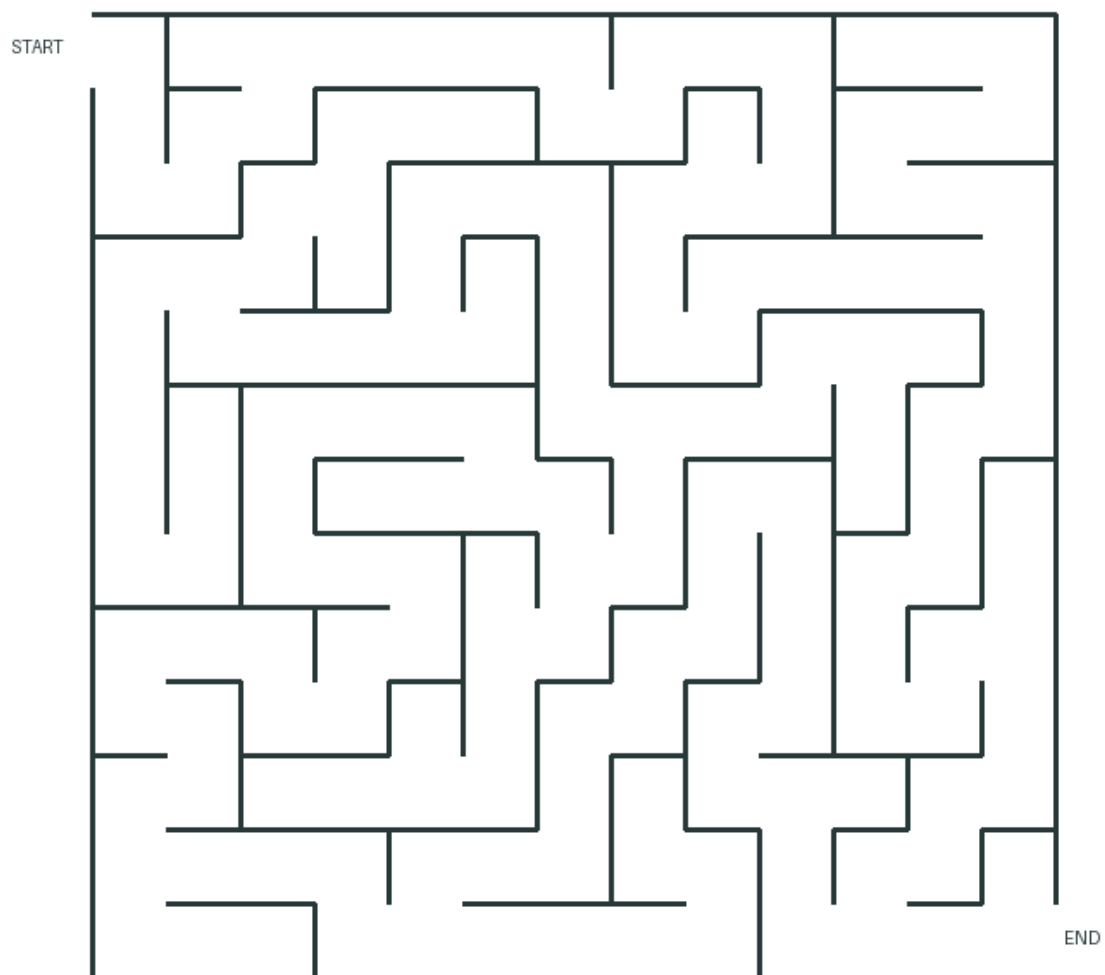
Draw or color a memory

Use this page to sketch your pet, a paw print, a place, or a memory. Color it however you like.

[illegible]

A quiet maze

Follow the path at your own pace.



When more support may help

Grief has no fixed timetable. Seek additional care if your well-being, daily life, or safety is affected.

Speak with a trusted adult, counselor, or clinician if you struggle to eat, sleep, attend school or work, or meet basic needs; if isolation or substance use increases; or if grief remains overwhelming. In the United States, call or text 988 if you are thinking about suicide or self-harm or cannot stay safe. For immediate danger, call 911 or go to an emergency department.



30 day journal

These prompts are optional. Use them in any order, repeat one, or leave a page blank.

Day 1

Describe your pet's personality.

Day 2

How did your pet enter your life?



Day 3

What did your pet mean to you?

Day 4

What routine do you miss most?



Day 5

What memory makes you smile?

Day 6

What memory is especially painful right now?



Day 7

Write a letter to your pet beginning with: "Today I wish I could tell you..."

Day 8

What did your pet teach you?



Day 9

What emotion has been strongest this week?

Day 10

What do you wish others understood about this loss?



Day 11

What does grief feel like in your body?

Day 12

What helps you calm or ground yourself?



Day 13

What “what if” or guilt thought are you carrying?

Day 14

What would you say to a friend who had that same guilt thought?



Day 15

What was your pet's favorite activity, toy, place, or food?

Day 16

What role did your pet have in your family?



Day 17

How has your home changed since your pet died?

Day 18

What is one hard time of day?



Day 19

What could make that time a little easier?

Day 20

What song, photo, place, or object reminds you of your pet?



Day 21

What does honoring your pet look like to you?

Day 22

Write about a moment you felt okay or laughed. What made it possible?



Day 23

What support do you need from family or friends?

Day 24

What boundary might help if someone minimizes your grief?



Day 25

How can you care for yourself on a difficult day?

Day 26

What part of your relationship with your pet are you most grateful for?



Day 27

What is one quality from your pet you want to carry forward?

Day 28

What future activity could honor your pet's memory?



Day 29

What have you learned about your grief?

Day 30

Finish this sentence: "My relationship with my pet mattered because

_____."



30 day mood and support tracker

Record a word, a number, or a small note if it helps. This is not a score for how well you grieve.

Day	Feeling or mood	Energy 0–5	What helped or what I needed
1			
2			
3			
4			
5			



GRIEF / PET LOSS / ADOLESCENTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
6			
7			
8			
9			
10			



GRIEF / PET LOSS / ADOLESCENTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
11			
12			
13			
14			
15			



GRIEF / PET LOSS / ADOLESCENTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
16			
17			
18			
19			
20			



GRIEF / PET LOSS / ADOLESCENTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
21			
22			
23			
24			
25			



GRIEF / PET LOSS / ADOLESCENTS

Day	Feeling or mood	Energy 0–5	What helped or what I needed
26			
27			
28			
29			
30			



Closing reflection

Your connection with your pet mattered.

A memory I want to keep

What helped, even slightly

One support I need next

