

Pet Loss Grief Workbook for Adults

Reflection, daily support, remembrance, and a 30 day journal

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 the life we shared

The relationship may have shaped your schedule, sense of home, and how you understood companionship.

Who my pet was

Our everyday rituals

What I miss most



The many layers of pet loss

A pet’s death can change caregiving, companionship, home, family routines, and future plans.

What changed	How it affects me	Support I may need
Companionship		
Daily care and routines		
Home and family		
Future plans		

A part of this loss others may not see



Decision making and guilt

Illness, treatment, euthanasia, or circumstances outside your control may leave painful questions. You can examine them without judging yourself.

Thought that returns	What I knew then	What was beyond my control

A compassionate statement I can practice



Support and remembrance

You may want company, practical help, quiet, or a ritual. You can choose what feels right now.

Person or resource	What they can offer	How I can ask

A story or ritual I want to carry forward



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 as an individual: personality, habits, preferences, and quirks.

Day 2

How did your pet come into your life?



Day 3

What role did your pet have in your home or family?

Day 4

What does your pet's absence change in your daily routine?



Day 5

What do you miss most today?

Day 6

Write about a memory that brings comfort.



Day 7

Write about a memory that feels painful.

Day 8

Write a letter to your pet beginning with: "I want you to know..."



Day 9

What did your pet provide emotionally that is difficult to replace?

Day 10

What is your body experiencing in grief: sleep changes, fatigue, appetite changes, tension, or something else?



Day 11

What helps your nervous system settle, even briefly?

Day 12

What guilt, regret, or “what if” thought do you carry?



Day 13

What was within your control, and what was outside of it?

Day 14

If euthanasia was part of your pet's death, what did your decision reflect about your care and love?



Day 15

What do you want people to understand about your relationship with your pet?

Day 16

How has your home changed since your pet died?



Day 17

What is the hardest part of the day, and what would support that time?

Day 18

What does loneliness look like for you after this loss?



Day 19

Who can listen to you without minimizing your grief?

Day 20

What are your boundaries around discussing your pet's death or getting another pet?



Day 21

What photo, object, sound, place, or routine most strongly reminds you of your pet?

Day 22

What story about your pet do you want to preserve?



Day 23

What did your pet teach you about care, connection, joy, patience, or responsibility?

Day 24

What would a meaningful memorial or remembrance ritual look like?



Day 25

What would it mean to have a moment of enjoyment without guilt?

Day 26

What is one way you can care for your health while grieving?



Day 27

What practical support would make this week easier?

Day 28

What does “moving forward” mean to you without minimizing the relationship you had?



Day 29

What support or coping strategy has helped most this month?

Day 30

Complete these sentences: "My pet mattered to me 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 / ADULTS

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



GRIEF / PET LOSS / ADULTS

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



GRIEF / PET LOSS / ADULTS

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



GRIEF / PET LOSS / ADULTS

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



GRIEF / PET LOSS / ADULTS

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

