My animal companion died. My life may change in some important ways.

My animal companion kept me company and helped me. Thinking about life without them may cause me to feel sadness, anxiety, or other uncomfortable feelings.

Getting used to life without my animal companion may be difficult, especially at first. I can try to remember that it won’t always feel so overwhelming.
I may feel more alone without my animal companion. I may miss them being close to me, helping me, understanding me. I may miss playing with them. I may miss hearing the sounds of my animal companion.

Because of my sadness, I may need to work harder to meet my own needs. I may notice everyday tasks like eating or working are more difficult without my beloved companion.

My schedule may need to change. The times I used to spend taking care of my animal companion won't be part of my daily life anymore. I may find each day is different now. Some days will probably be more difficult than other days.
My feelings are probably like those of many other people who have had an animal companion who died.

I can find ways to remember my animal companion. I may want to keep their toys and blankets close to me for a while. I may feel comforted by looking at photos of my animal companion.

I may want to hold a special ceremony or ritual to say good-bye to my animal companion. I can have a ceremony or ritual by myself or with family, friends, and support people.
Remembering my animal companion may help me feel better. I can share memories of my animal companion with my family, friends, and support people. It may help to let others know that my animal companion died.

The death of my animal companion might be painful and difficult at times. I can ask questions to help me understand my grief.

It might take some time, but my grief will get easier. My sadness will not last forever.
I will remember how much I loved my animal companion and how much they loved me.