



HOW TO

Support a Friend Grieving a Pet

It's hard to know what to say when someone you love is grieving the loss of a beloved animal.



You want to help...

But you don't want to say the wrong thing.

The truth is, your friend doesn't need fixing—**they need to be seen, heard, and held with compassion.**



What Not to Do

Don't minimize their loss with phrases like 'It was just a dog/cat/horse.'

Don't compare their grief to other experiences.

Don't pressure them to replace their pet right away.

Don't use clichés like 'Time heals all wounds.'



A Bigger Frame

Every animal comes into our lives with **a gift to give**. In grief, **that gift can feel hidden**, but with support, your friend can begin to discover it. Your role isn't to take away the pain—it's to **help them hold onto the love** their animal gave them.



What to Do

1. **Listen** without judgment or trying to 'fix' their pain.
2. **Say their pet's name**—it honors the bond.
3. **Offer practical support:** meals, errands, checking in.
4. **Validate their feelings** instead of rushing them to move on.

If your friend is struggling...

encourage them to reach out to Donna at Soul & Tail Collective. Her work specializes in helping people honor their grief and carry their animal's love forward. Together, healing is possible.



Donna Carlson

Certified Grief & Pet
Loss Coach

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