



WHEN SOMEONE SAYS:

'It's Just a Dog' (or Cat, or Horse)'

One of the most painful parts of grieving a beloved animal is when others don't understand.



Hearing 'It's just a...'

dog or cat or horse can make your grief feel invisible.

This guide offers **compassion and practical responses to protect your heart** when your loss is minimized.

? Why People Say This

- They don't know what else to say.
- They've never experienced the depth of connection you shared.
- It's about their discomfort, not your love.



Donna's Wisdom

Your grief is sacred because your bond was sacred.

Don't let anyone diminish that truth.

The depth of your ache is proof of the depth of your love.

✓ Ways to Respond

Gentle:

"For me, it's not 'just' anything—it was family."

Boundary-setting:

"I know you may not understand, but please respect that this loss is very real for me."

Self-protective:

Sometimes the best response is silence and walking away. Not everyone deserves access to your grief.

Next Step

If words like this have left you hurting, know that you don't have to carry the wound alone. At Soul & Tail Collective, you'll find a sanctuary where your grief is honored and your bond is seen as the gift it truly is.



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