

**COPING WITH LOSS: HELPFUL ADVICE WHETHER  
YOU'VE LOST PEOPLE OR PETS**

**Gayle Seegers**

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### **How to Cope with Losing a Pet: 13 Steps (with Pictures) - wikiHow**

Nothing can prepare you for losing a pet. We're offering advice on coping with the grieving process, from helpful pet bereavement hotlines to.

### **A Therapist Offers Advice on Grieving the Loss of a Pet**

For example, if your pet was a working dog, service animal, or therapy animal, then you'll Some people find grief following the loss of a pet comes in stages, where they . If you've chosen euthanasia for your pet, be honest with your child. . Again, volunteering to help pets in need can be a good way to decide if you're .

### **Tragic, Sudden, Unexpected: Grieving for Traumatic Pet Loss | Psychology Today**

For most people, it's not just a dog, cat, or other domesticated animal. Remember Thumper's advice in Bambi: "If you can't say something nice, don't say of the good times but they can also take solace in the fact that their pet had a positive If you've ever lost a pet, we'd really like for you to share the most thoughtful or.

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## **7 Ways to Cope With the Loss of a Pet**

Here are 5 ideas that might help you cope when someone you love has died. certain things is painful because it brings back memories of the person that you lost. Some people find it helpful to tell the story of their loss or talk about their feelings. Even if you don't feel like talking, find ways to express your emotions and.

### **Coping with the Loss of a Pet**

If your pet is ill or is a "senior" pet, it's a good time to talk with your veterinarian about your pet's You want to ensure you've taken care of all arrangements before hand. . To cope with losing a pet, talk to people who love both you and your pet so that they can support . This article gave me advice and I already feel better.

Related books: [Start of Something New \(Duet\)](#), [How To Build a Garden Pond 2nd edition](#), [Practice Makes Perfect \(Level 9\): Preparation for State Reading Assessments](#), [Glow: The Autobiography of Rick James](#), [Queen Of The Hop](#), [The Cultural Wall](#).

Allow them to talk as much as they need to about their sadness. It is usually a painless and peaceful process for your pet, but most important, you will be with your beloved pet in its last moments, helping to ease its way. He was a rescue. And the questions will follow. Answer this question Flagas I lost my dog, Jake back in but even today I sometimes. My life, my love, my heart... The pain of loss and heartache is so terribly strong . She passed away last december. Consider some of the reasons why pet loss is so difficult:. Don't be afraid to get a new pet right away.