

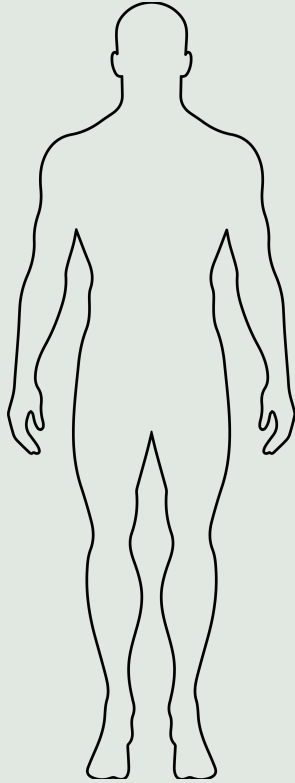
Navigating Change: My Pet Grief Journal



The Pet Loss
Wayfinder

The Body Scan

Where do you
feel your grief
today?



Circle the spots on
the body.

The Anger Bodyguard

Anger is often a bodyguard for sadness.
What is your anger trying to protect
right now?

1.

2.

3.

Draw or write your favorite
'small moment' with them.



Normal Questions

Why do I feel 'fine' then suddenly sad?

Grief is like waves; your feelings
will come and go. It's normal.

How do I handle the 'empty'
spots in my house?

Fill them with a new
memory, maybe a photo or a
plant.