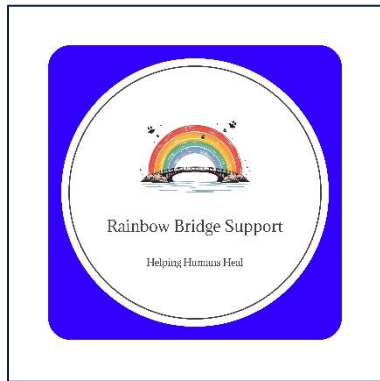


THE IMPORTANCE OF RITUALS



Rituals play a crucial role in the grieving process, whether it is mourning a human being or a pet.

They allow for symbolically marking the passage from one state to another, from presence to absence, from life to death.

Rituals offer a particular space and time to express emotions, pay tribute to a pet, and begin to cope with the reality of the loss.

Rituals help concretize the loss by giving it tangible reality. Seeing the lifeless body of a pet, burying it, or spreading its ashes, are all actions that fully acknowledge its departure. Rituals also facilitate the expression of intense emotions related to grief, in a containing and secure framework. Crying, expressing sadness and anger during a farewell ceremony is an important stage to begin the grieving process.

Additionally, rituals carry meaning and symbolism. They put the shared history with the pet into a narrative, allows for remembering happy moments, and celebrates the love that united us with it.

Rituals can also be an occasion to express gratitude towards the pet for its presence by our side and to say goodbye. Some grieving individuals choose rituals associated with spirituality or religious beliefs to place themselves in a dimension transcending them and to maintain a connection with the pet beyond death.



Finally, rituals facilitate social connections and mutual support in the ordeal of grief. Organizing a farewell ceremony, even in a limited capacity, allows us to feel surrounded and understood in one's suffering.

It is an opportunity to speak of the departed pet, share memories, and realize that others are affected by the loss.

Collective rituals reinforce the sense of belonging and alleviate the feeling of experiencing a socially unacknowledged mourning.