



BROKNOPEN

HEALING ISN'T LINEAR,  
AND NEITHER IS LOVE.

PET GRIEF  
HANDOUT



# The Truth About PET LOSS



**21%** of people say  
losing their pet was harder  
than losing a person.

*Here's why that's normal.*

The love we share with our pets is deep, unconditional,  
and woven into our everyday lives. Losing them  
can leave a void that feels unbearable.

## WHY IT HURTS SO DEEPLY

- ♥ Unconditional love
- ♥ They were with you through it all
- ♥ Lifelong routine & attachment
- ♥ Lack of societal recognition
- ♥ They were your family



*Remember:*

Your bond was real.  
Your grief is real.  
Your love was real.

*You are not*  
**JUST OVERREACTING.**

