



BROKNOPEN

HEALING ISN'T LINEAR,
AND NEITHER IS LOVE.

PET GRIEF
HANDOUT



ROUTINE REBUILD

Worksheet



Grief changes everything — including your days.

Use this space to honor what was, name what's missing,
and gently create a new routine that supports your healing.



1. WHAT TIME/ROLE DID YOUR PET FILL?

What parts of your day revolved around them?
Be as specific as you can.



2. WHAT'S MISSING THE MOST?

What is the hardest part of your new day
without them?



3. CREATE A NEW ROUTINE THAT HONORS THEM + SUPPORTS YOU

You don't have to "move on." You're building a life that includes your love and your healing.

TIME OF DAY	OLD ROUTINE (WITH THEM)	NEW ROUTINE (FOR ME)
Morning		
Afternoon		
Evening		
Night		



4. WHAT SMALL JOYS CAN YOU INVITE BACK INTO YOUR DAY?

List activities, self-care moments, or things that bring you peace or connection.

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Remember:

It's okay to rebuild.
It's okay to smile again.
Your love for them
doesn't disappear.
It transforms.



REFLECTION

Write a kind note to yourself about this new chapter.

