



BROKNOPEN

HEALING ISN'T LINEAR,
AND NEITHER IS LOVE.

PET GRIEF
HANDOUT



Disenfranchised *Grief*

What it is + why pet parents feel guilty for grieving

Disenfranchised grief is when your loss isn't fully acknowledged, validated, or supported by others.

Because it's "just a pet" to some people, you might feel pressured to "get over it" or hide your grief.



WHY PET PARENTS FEEL GUILTY:

-  You loved them like your child
-  They were there for every high and every low
-  You feel like you "should" be okay by now
-  You worry others think you're overreacting
-  You question if you did enough

REMEMBER

Your grief is valid.
Your love was real.
Your bond mattered.
There is no right
or wrong way to grieve
your pet.



You loved them. That will never be "just."

**YOUR LOVE HONORED THEIR LIFE.
LET YOUR GRIEF HONOR YOUR LOVE.**

