

10 Sacred Truths About Pet Loss and Grief



1. Grief for an animal is real, valid, and sacred.

There is no right way to grieve. Your feelings matter.

2. Your pet was more than a pet—

They were your companion, guide, and soul mirror.

Losing them can feel like losing part of yourself.

3. Sometimes animal loss hurts more than human loss.

Their love was unconditional, their presence constant.

4. They are still with you—in energy, in memory, in love.

Dreams, signs, and sensations are often how they continue to speak.

5. You may feel guilt, confusion, or “what-ifs.”

This is normal. Your love was real. And they know that.

6. You are not alone.

Grief can isolate us, but you do not have to walk this alone. You can be held.

7. There is no timeline.

Love doesn't follow a clock. Honor your rhythm.

8. Your animal's gift wasn't just love—it was self-love.

They want you to treat yourself with the same tenderness you gave them.

9. Healing can unfold in silence.

Other animals may gently mirror the love your companion still sends.

10. Love doesn't end when life does.

Their paw prints are in your heart. Always.



Nicole

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Pet loss is one of the deepest heartbreaks we experience. As a licensed clinical social worker and pet grief expert, I offer compassionate support to help you heal—on a peaceful farm where animals provide their natural comfort and presence.

You are not alone.

Your grief is real.

And your love is never lost.

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