



**I MISS
My Pet**

**A grief WORKBOOK FOR CHILDREN
WHOSE pet IS NO LONGER WITH THEM.**

Brought to you by
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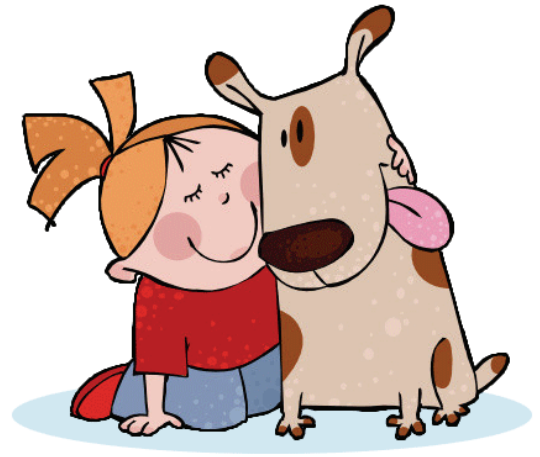
I MISS My Pet

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A pet is a best friend. You can tell them anything and they always listen. You can tell them secrets and they will never give them away. A pet truly loves you no matter what.

Sometimes a pet gets sick, hurt, or old and an animal doctor (called a veterinarian) can't make them well again. Sometimes they die. Other times a pet can get lost or even stolen and you never find them or they don't come back. You never know what happens to them.



Whatever happens to your pet, when they are no longer here, you miss them. It makes you very sad. You may cry or sometimes even be angry because your pet is gone. Sometimes you may be scared or lonely without them. It is okay to feel this way.

All the different ways you feel after a pet is gone is called grief. At first, you will feel like you don't want to believe your pet is gone. You may think that they will come back. It might make you angry when you start to understand that they won't.



You might feel badly or guilty sometimes, too. Maybe you got upset at your pet once and a while. Maybe you wanted to play with friends instead of your pet or maybe you couldn't always take your pet where you went. Pets know that people can't always be happy and they can't always go with us. They still love us and would never hold it against us. Your pet loved you no matter what!

When your pet is gone you might feel all these different ways and also feel very, very sad. Adults call this feeling depressed. Feeling depressed can make you not very hungry or not want to play or do things that you usually do when you're happy. Being depressed might make you feel like not talking or just wanting to be alone.

When you feel grief after your pet is gone it's very important that you try to find someone to talk to. This might be hard at first if the one you used to share your feelings with was your pet. Now that they're gone you will have to find someone else who is a good listener.

Your parent or guardian might be a good listener. Otherwise, maybe your teacher, guidance counselor, or principal. When you decide who you want to talk to you should tell them how you feel. One thing you can do to help you do this is to make a list of the different ways you feel.

. . .

Here's some space for you to write and some words to help you describe your grief. If you think of any feelings that we haven't listed please write them down. There's no wrong way to feel!

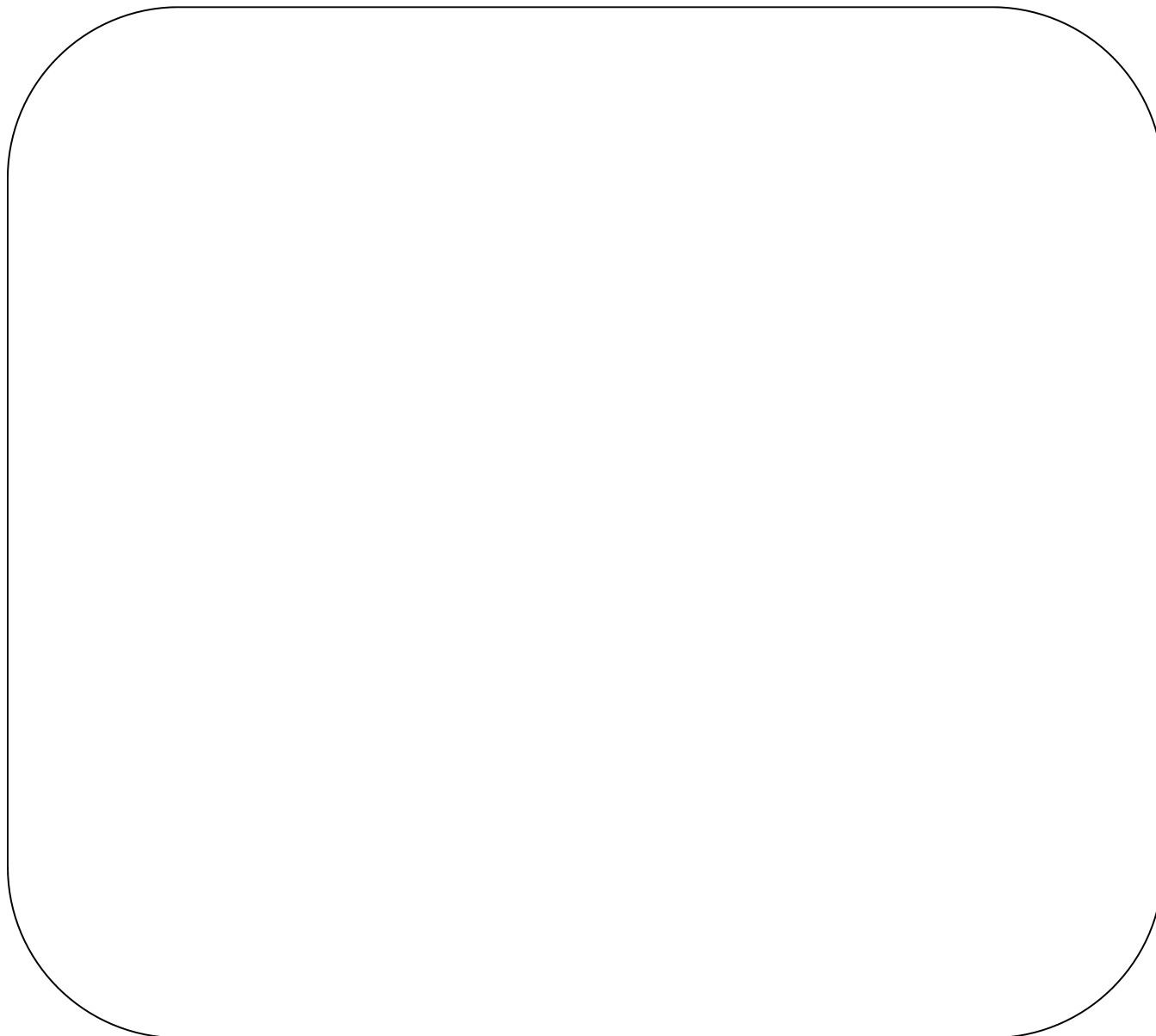
When I think about my pet who is no longer with me, I feel:

Your words:

- Our help words:**
- Sad
 - Guilty
 - Mad Angry
 - Sorry
 - Weepy
 - Frustrated
 - Confused
 - Hurt
 - Lonely
 - Scared



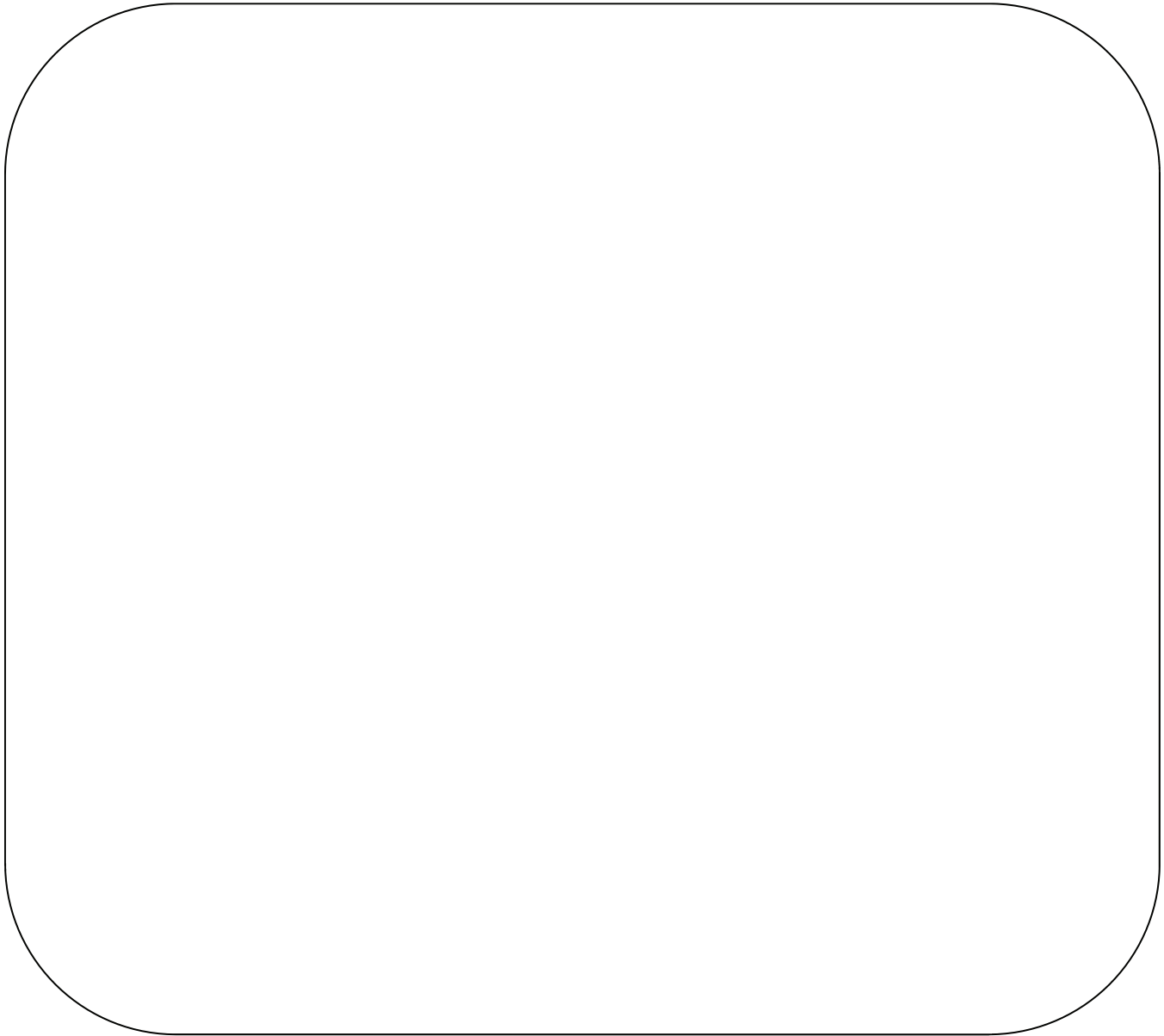
Now, try to draw how you feel when you think about your pet:



What is the name of the way you feel? Write about it here:

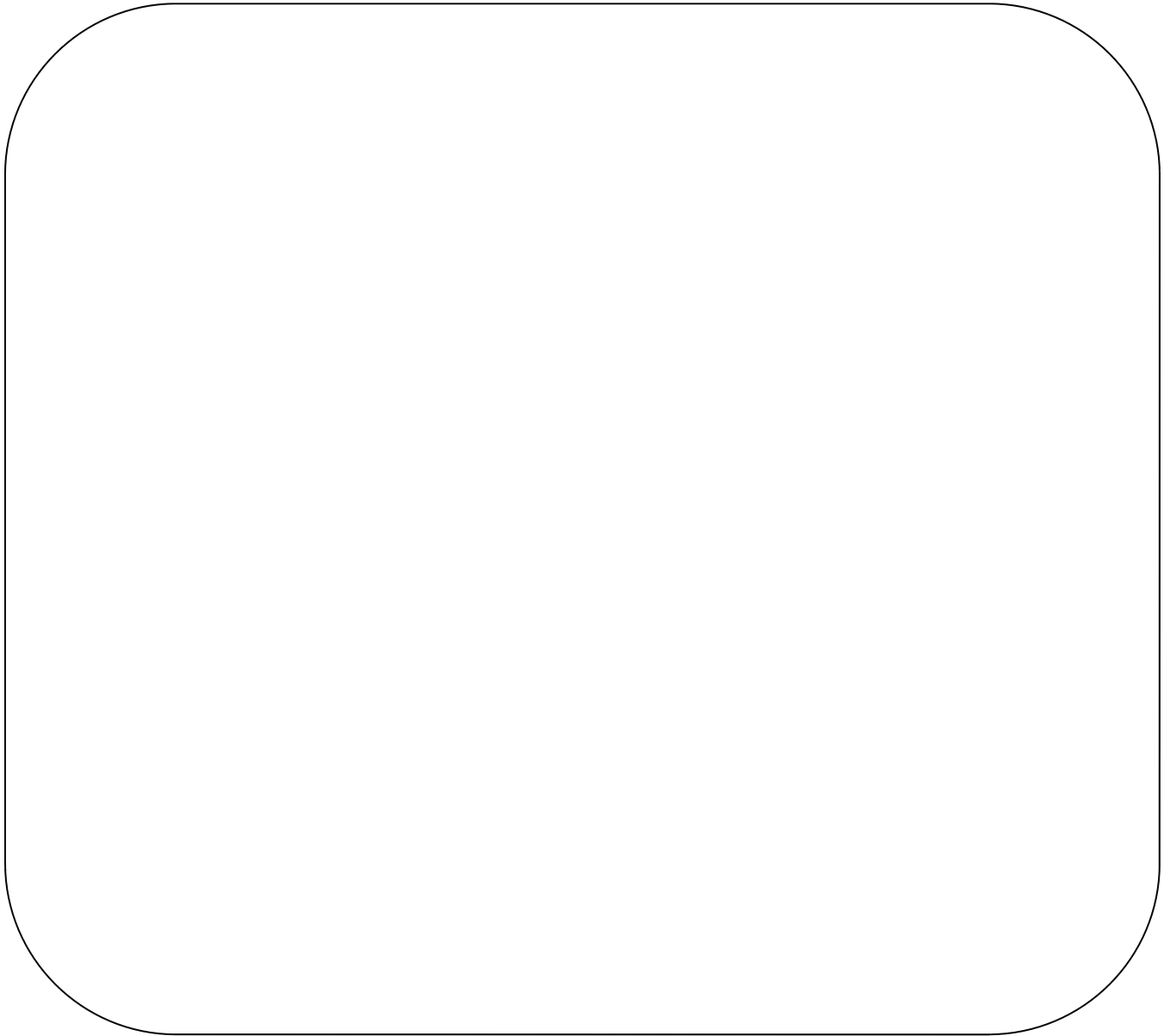
Maybe sometimes you feel one way and other times you feel something else. People can have lots of different feelings at once. If you have lots of feelings, here's some more pages for you to draw and write how you feel.

Draw how you feel when you think about your pet:



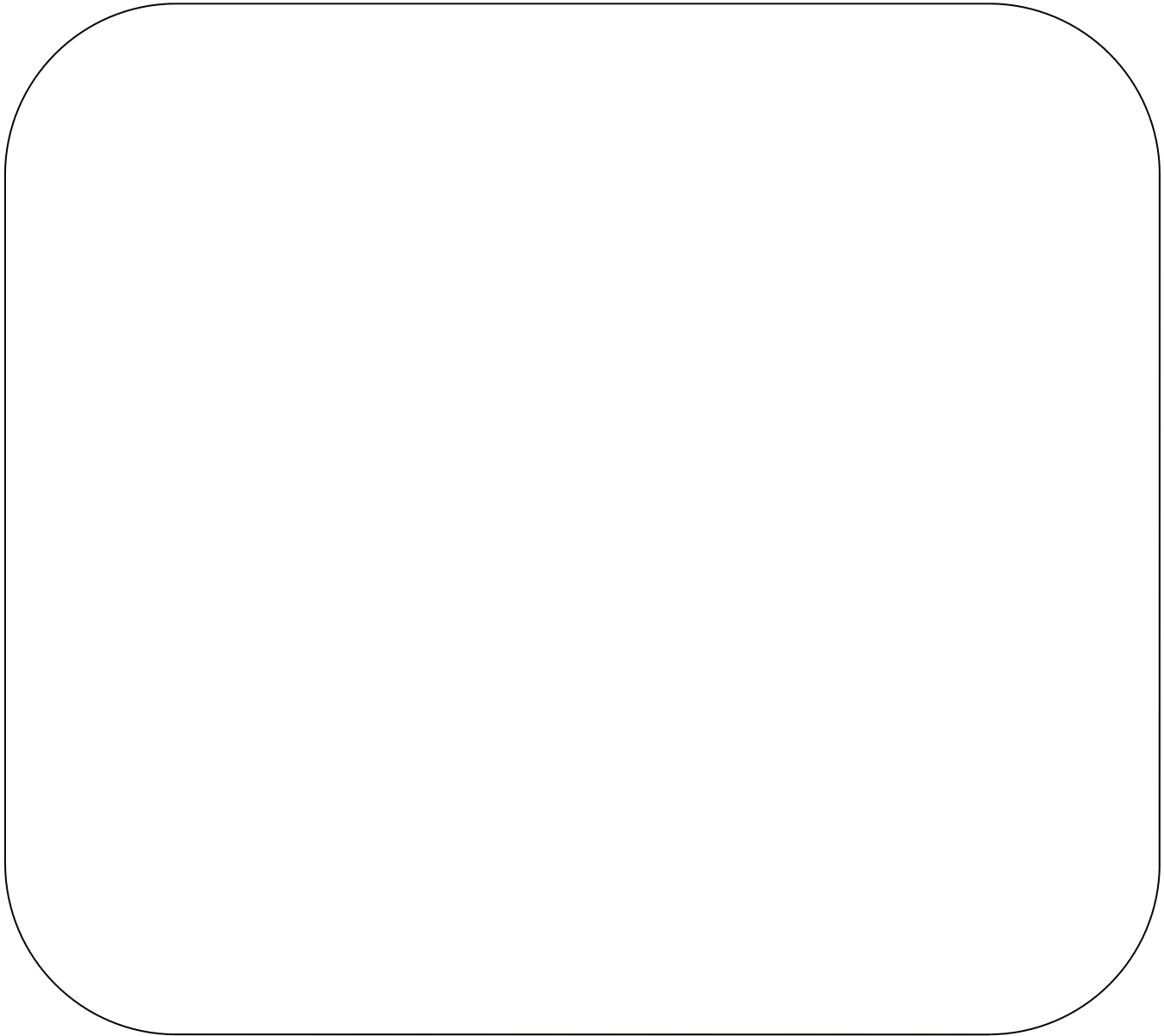
What is the name of the way you feel? Write about it here:

Draw how you feel when you think about your pet:



What is the name of the way you feel? Write about it here:

Draw how you feel when you think about your pet:



What is the name of the way you feel? Write about it here:

When you feel grief it takes some time for you not to feel that way. Sometimes you might think that you will never feel better. It's very important that you talk about how you feel because that's what helps you not be so sad. Someday you will be happy again and when you think about you pet you won't be sad at all. This is called healing.

When your pet is no longer with you it's like a hurt. Sort of like if you cut your finger or bump your head. Only you can't see the hurt. But, just like a cut or bump, the hurt you feel is real and will take time to heal.

There's lots of things you can do to help yourself heal. Besides talking to a good listener and sharing your feelings you can write and draw. What can you write about or draw pictures of? Why, your pet, of course!

Tell the story of your pet. If you need help, ask your listener or other adult (maybe someone who was there when you got your pet). Start like this:



This story is about _____ . _____
(your pet's name) (he or she)

was a _____ **. I got** _____
(type of pet) (him or her)

when I was _____ **. My pet was** _____ **when I got** _____ **and**
(your age) (how old) (him or her)

I named my pet _____ **because** _____
(your pet's name) (reason)

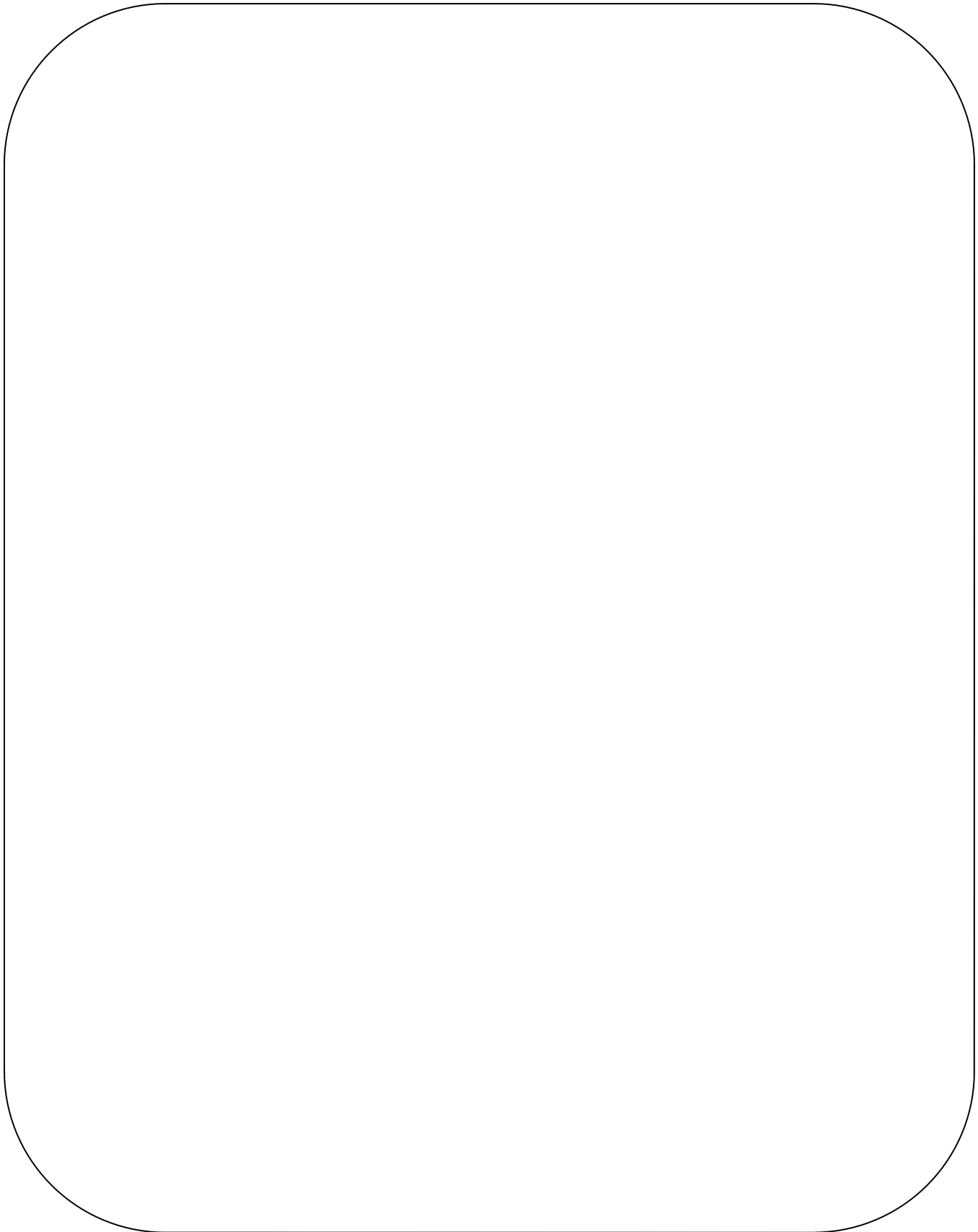
My pet loved to:

The funniest thing my pet ever did was:

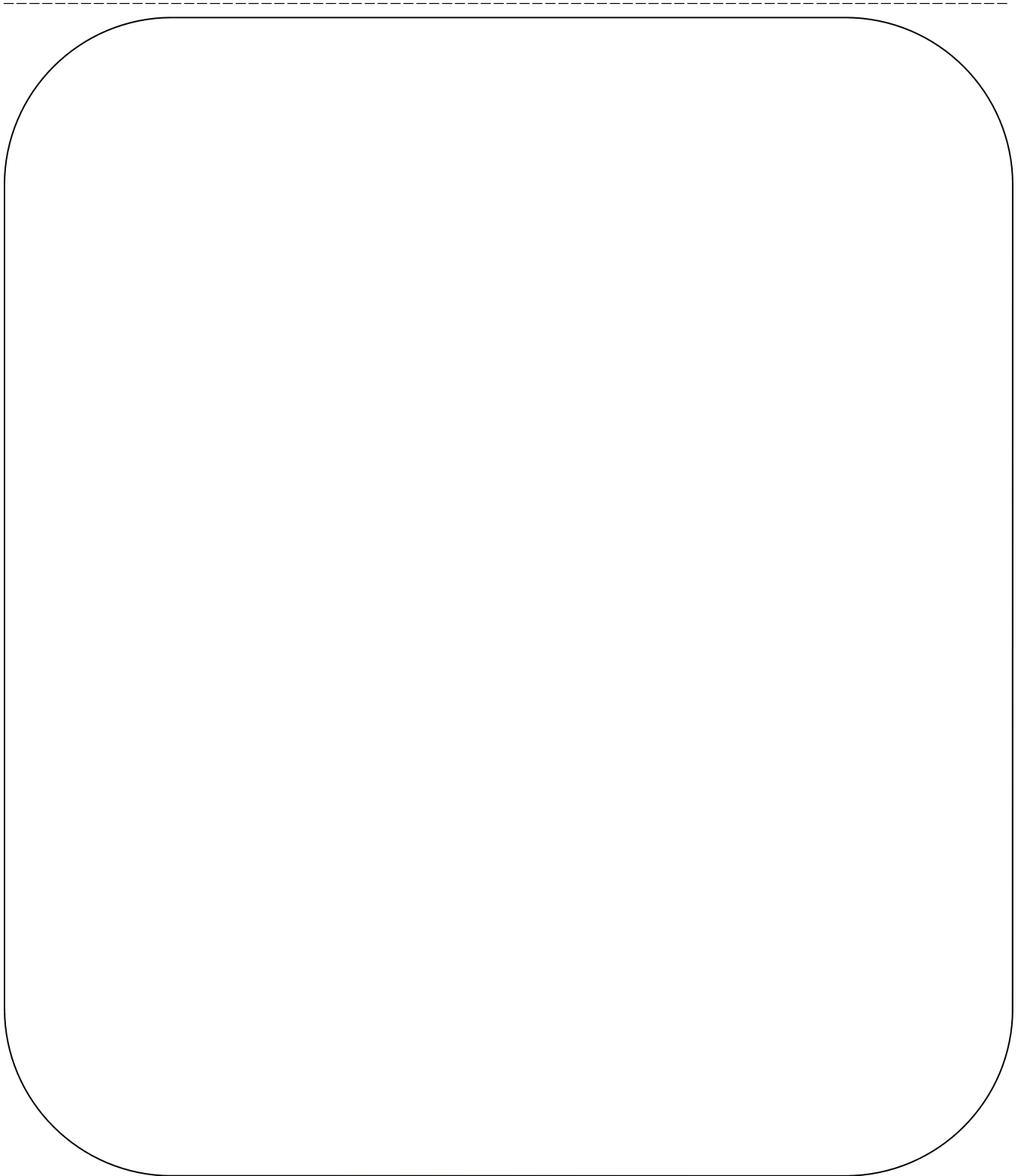
My pet was the best ever because:

I will never forget my pet because:

This is me with my pet:



This is where I think my pet is now. It is called _____
(name of place)



Everyone at Chance's Spot has a special pet that they miss very much, so they know what the hurt feels like. But, even though their pet is gone, they don't hurt like that now. It took some time and they talked to people about it and that helped. They wrote about their pet and drew pictures just like you did in this workbook and that really helped a lot, too.

So remember, just like a cut or bump, the hurt you feel is real and will take time to heal. This doesn't mean that you'll forget your special pet, it just means that someday soon when you think of them you won't feel sad anymore.

