

Coping With Grief

Family Matters

Grief is the price we pay for love.

If you've lost a pet and your heart feels broken, it's because that relationship mattered.

It was real.

It was important.

And it was family.

At Amity, we believe that grief isn't something to "get over." It's something we learn to carry. Our purpose is to **Empower You Through Education**, helping you understand that what you're feeling is both natural and deeply human.

Your Grief Is Real

Sometimes people say,

"It was only a dog."

"You can always get another cat."

Those words, although often well intentioned, can feel incredibly painful.

Your grief is not measured by the species you've lost.

It's measured by the bond you shared.

For many people, a pet is a constant companion.

A source of unconditional love.

A familiar face waiting at the door.

A quiet comfort during life's hardest moments.

Losing that relationship is a genuine bereavement.

Everyone Grieves Differently

There is no correct way to grieve.

Some people cry openly.

Others become quiet.

Some want to talk constantly about their pet.

Others struggle to mention their name.

You may feel:

- Sadness.
- Anger.
- Guilt.
- Loneliness.
- Relief that your pet is no longer suffering.
- Even moments of happiness as you remember the good times.

All of these emotions are normal.

Grief is rarely a straight line.

Some days will feel easier than others.

Guilt Is Common

Many guardians replay the final days again and again.

"Did I make the decision too early?"

"Did I leave it too late?"

"Could I have done more?"

These questions come from love.

The fact that you're asking them tells us how deeply you cared.

The reality is that no loving guardian makes these decisions lightly.

You made the best decision you could with the information you had, guided by one simple goal:

Doing what was best for your pet.

Keep Talking About Them

One of the healthiest things you can do is continue talking about your pet.

Share photographs.

Tell stories.

Laugh about the mischievous things they did.

Remember the adventures you shared.

We don't honour a life by pretending it didn't happen.

We honour it by remembering it.

There Is No Timeline

Some people feel better after a few weeks.

Others take months.

Some continue missing their pet years later.

That's okay.

Love doesn't disappear because time has passed.

It simply changes.

Eventually, the tears become smiles.

The sadness becomes gratitude.

And the pain softens into treasured memories.

Love Leaves a Legacy

One day, you may choose to welcome another pet into your home.

Doing so is not replacing the one you've lost.

No pet can replace another.

Every relationship is unique.

Instead, it's allowing the love your previous pet taught you to be shared again.

That is one of the greatest legacies they can leave behind.

Family Matters

Our pets give us thousands of ordinary days that become extraordinary memories.

They teach us loyalty.

Patience.

Joy.

Forgiveness.

And, ultimately, how deeply we are capable of loving.

Although their lives are shorter than ours, their impact lasts a lifetime.

Because love doesn't end with goodbye.

It lives on in every memory, every photograph, every story and every life they changed.

Including yours.

Because they were never just a pet.

They were family.

Family Matters.

If you need more information or simply need someone to talk to about your pet, the Amity team is here for you. We're here to Empower You Through Education—and to support you through every stage of your pet's journey.