Respeonses to those who don't understand...

15 compassionate and assertive responses you can use when someone is dismissive or doesn't understand the grief associated with losing a pet:

"I appreciate your perspective, but my pet was a significant part of my life and their loss is deeply felt."

"I understand not everyone feels the same about pets, but my connection with my pet was very meaningful to me."

"Losing my pet is like losing a family member to me, and I'm allowing myself the space to grieve."

"I know it might be hard to understand, but my pet brought me immense joy and companionship, and their absence is profound."

"My pet was a beloved companion, and their loss has left a big gap in my life."

"Thank you for your concern. It's important for me to honor my pet's memory and process this loss."

"Grief can be different for everyone, and for me, losing my pet is a significant loss."

"I appreciate your support, but this loss is very real to me, and I'm taking the time I need to heal."

Respeonses to those who don't understand...

"While it might not seem significant to you, my pet was a source of unconditional love and their loss is deeply affecting me."

"I know it might be hard to relate, but my pet was an important part of my life, and I'm grieving their loss."

"Thank you for listening. My pet's companionship meant the world to me, and their absence is deeply felt."

"I understand that everyone grieves differently, and for me, losing my pet is a significant emotional experience."

"My pet was a cherished friend, and their loss has a profound impact on my life."

"I appreciate your attempt to comfort me, but it's important for me to acknowledge and process this loss in my own way."

"Grieving my pet is part of my healing process, and I hope you can respect the significance of this loss for me."

These responses are designed to assert your feelings and the importance of your grief, while also maintaining compassion and understanding towards those who may not fully understand your experience. If you need further assistance or additional support, I'm here to help!