



Memories of

MEMORIES

Date:

REFLECT ON YOUR STRENGTHS:

WHAT QUALITIES DO YOU ADMIRE ABOUT YOURSELF? HOW HAVE THESE STRENGTHS HELPED YOU NAVIGATE YOUR GRIEF?

WHAT STRENGTH DID YOU GET FROM YOUR PET?

MEMORIES

Date:

ACKNOWLEDGE YOUR EMOTIONS:

WHAT EMOTIONS ARE YOU EXPERIENCING TODAY? HOW CAN YOU HONOR THESE FEELINGS WITH COMPASSION AND UNDERSTANDING?

WHAT EMOTION BEST DESCRIBES YOUR PET?

MEMORIES

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PRACTICE SELF-KINDNESS:

WHAT ARE THREE KIND THINGS YOU CAN DO FOR YOURSELF THIS WEEK TO SUPPORT YOUR HEALING JOURNEY?

WHAT KIND ACTS DID YOU EXPERIENCE WITH YOUR PET?

(This section contains horizontal dotted lines for writing.)

MEMORIES

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CELEBRATE SMALL VICTORIES:

WHAT SMALL STEPS HAVE YOU TAKEN TOWARDS HEALING? HOW CAN YOU CELEBRATE THESE ACHIEVEMENTS, NO MATTER HOW SMALL THEY MAY SEEM?

WHAT BEHAVIORS DESCRIBE YOUR PET CELEBRATING?

YOUR LETTER

