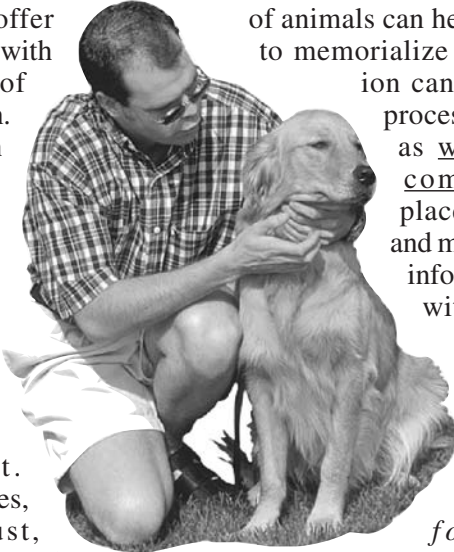


# Our Faithful Companions

One of the most emotional events we face is the death of someone we love. When that someone is a beloved pet, it can be even more painful. Pets bring out the best in us. They offer unconditional love with no expectations of something in return. They love us even when we do not love ourselves. Their constant adoration becomes so much a part of the fabric of our lives that they are as natural and necessary as air to breathe and food to eat. When the day comes, as it always must, when our faithful friend dies, the fabric is torn and we grieve in ways that only pet lovers can understand. It may have been “only an animal,” but that does not make the grief any less real or any less intense. Yes, we can get another kitten or puppy, but the special relationship between us and that one special animal cannot be replaced. We often feel embarrassed to admit that we are suffering acutely from the loss of a pet. Others may not understand, and they may dismiss our feelings as overreaction. Where we could get support and sympathy in the loss of a human, a pet loss can



leave us isolated in our pain. Dealing with that grief, like all other forms of grief, require us to be patient with ourselves. Finding someone to talk to who shares the love of animals can help. Finding a way to memorialize the lost companion can help the healing process. Web sites such as [www.MyPetStory.com](http://www.MyPetStory.com) can provide a place to share photos and memories. For more information on dealing with the loss of a pet, contact your local Dignity Memorial® provider for a copy of *Letting Go and Grieving for our Animal Friends*, a part of the “Picking up the Pieces” brochure series.

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*For information on any of the Dignity Memorial Community Outreach programs, please call (561) 585-0555 ext. 219.*



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