



A Gift From
Olympia Veterinary Specialists

Guided Grief and Loss Remembrance Workbook

A keepsake to help through the path
of losing a precious pet.

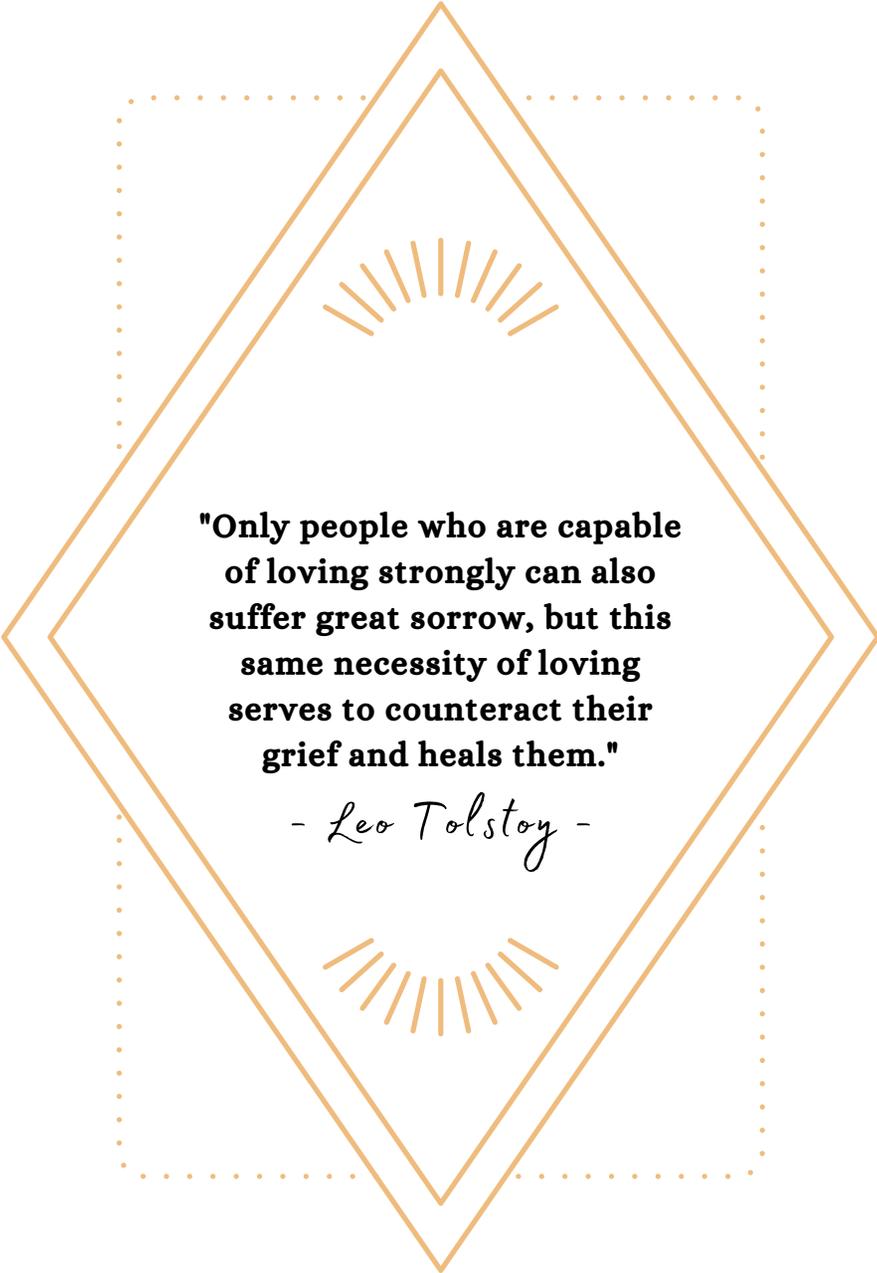
Dear,
The owners of

A Message From Our Staff

First and foremost, we want to offer our sincere condolences for the loss of your beloved fur-baby. We know that the loss of a pet is an especially difficult time for everyone involved. This booklet was put together with thought and care to help, in some small way, to comfort you during your time of grief.

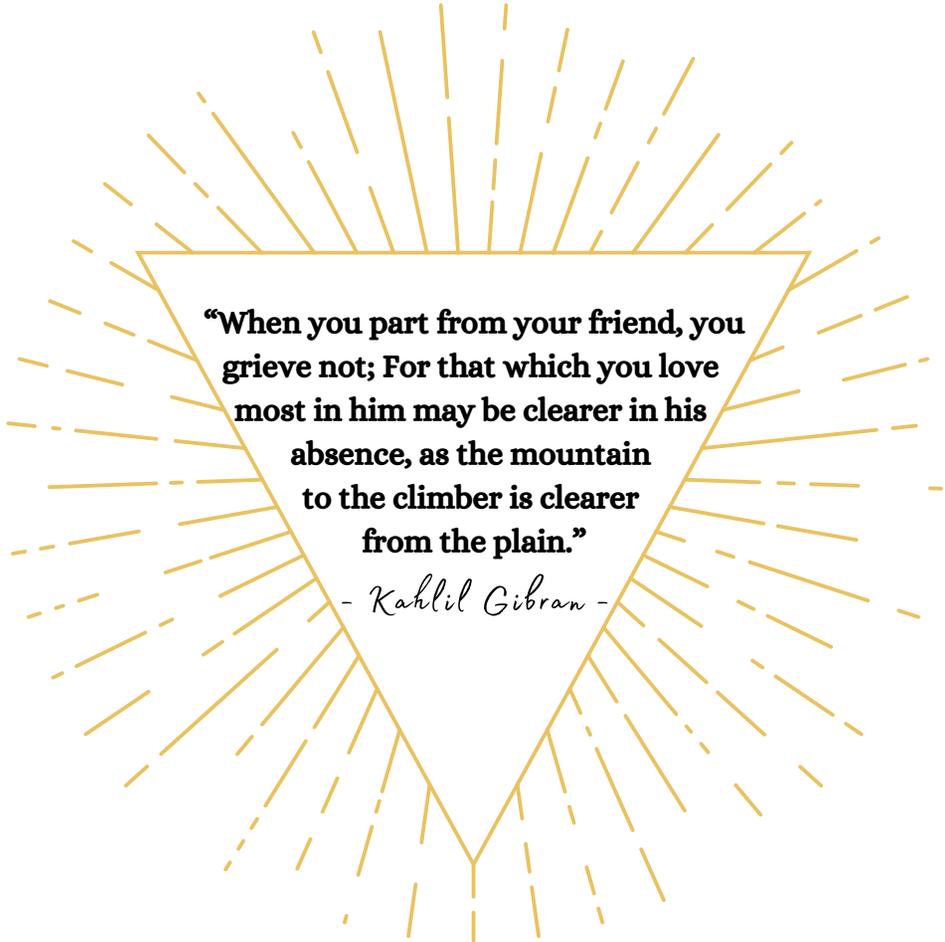
*Sincerely,
Olympia Veterinary Specialists Staff*





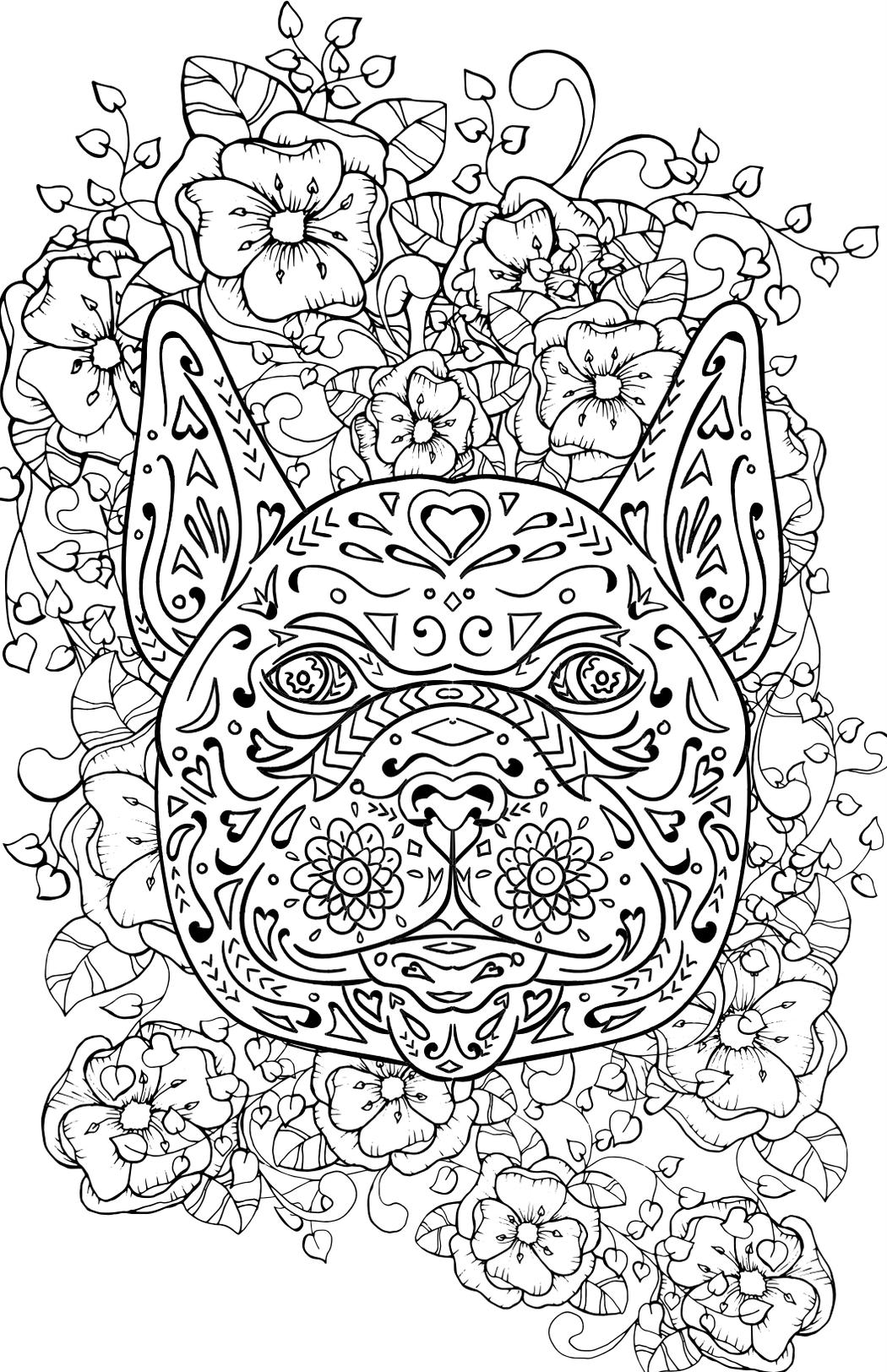
**"Only people who are capable
of loving strongly can also
suffer great sorrow, but this
same necessity of loving
serves to counteract their
grief and heals them."**

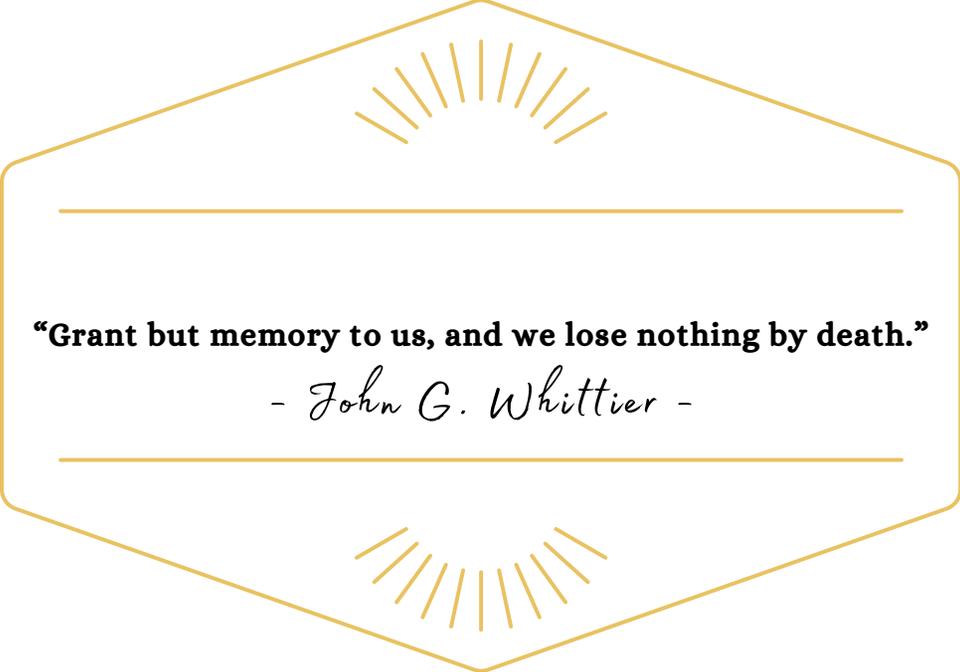
- Leo Tolstoy -



**"When you part from your friend, you
grieve not; For that which you love
most in him may be clearer in his
absence, as the mountain
to the climber is clearer
from the plain."**

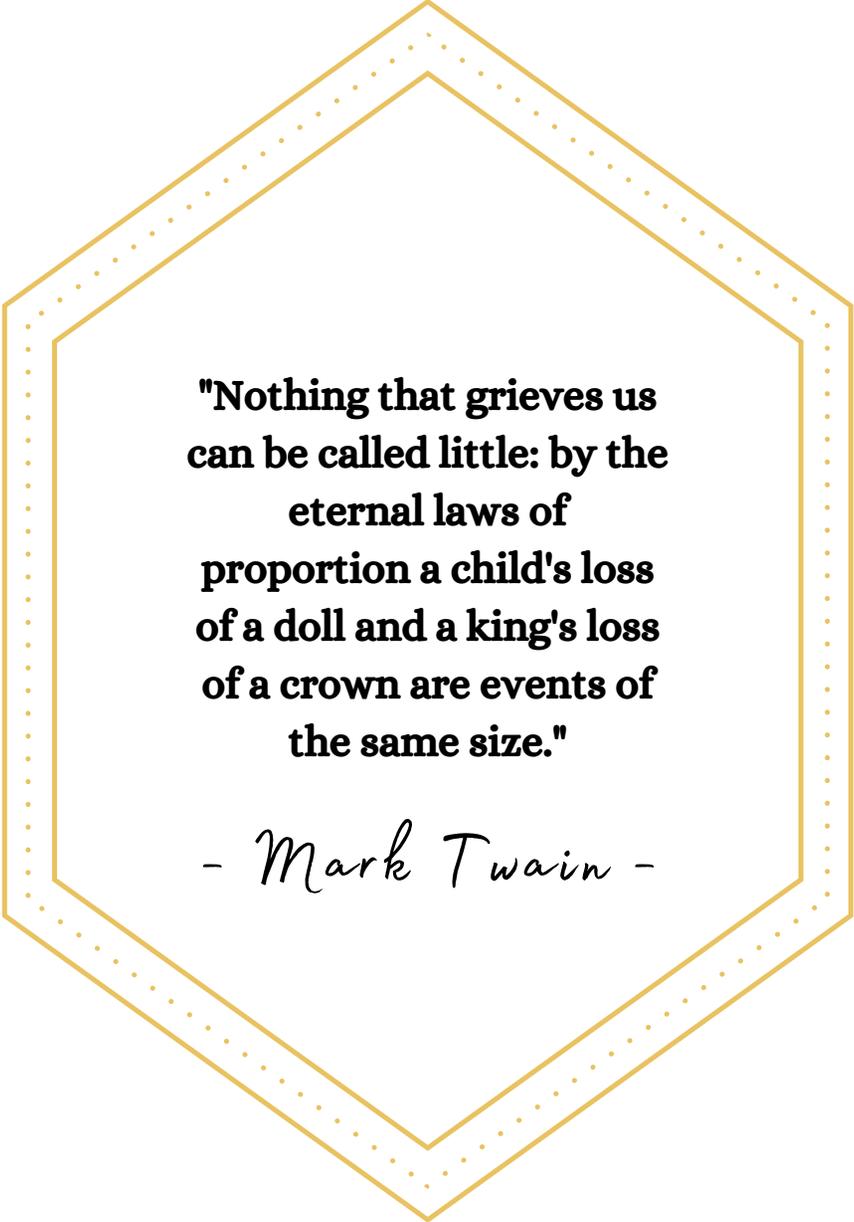
- Kahlil Gibran -





"Grant but memory to us, and we lose nothing by death."

- John G. Whittier -



**"Nothing that grieves us
can be called little: by the
eternal laws of
proportion a child's loss
of a doll and a king's loss
of a crown are events of
the same size."**

- Mark Twain -



Understanding exactly how the loss of your pet affects your day to day is another important aspect to healing. When you are ready, start answering the questions below.



Today, I am missing...

The hardest time of day is...

I have been feeling a lot of...

I could use some more....

I could use some less...

When I am hurting, I will repeat this mantra:

Is there someone else who is hurting, and is there something I could do to show them I care?

