

Healing Through Words



50 Pet Loss Grief
Journal Prompts

Welcome

Grief after the loss of a beloved pet can feel overwhelming and isolating, and at times impossible to put into words. This guide is here to gently support you.

Inside, you will find 50 journal prompts designed to help you honour your pet's memory, explore your emotions, and navigate your healing journey.

One word at a time. There's no right or wrong way to use these prompts. Pick one that speaks to you today. Come back when you're ready for more.

Let this be your space for reflection, remembrance, and release. Your love is real. Your grief is valid. Your healing matters.

With warmth and strength

Sandra Lynne ♥



About Me

I am a Regulation-Based Pet Loss Grief Specialist and Pet Bereavement Coach. My work integrates nervous system regulation, embodied practices, and reflective writing to gently support those navigating the loss of a beloved animal.

Shaped by lived experience and the animals who have touched my heart, I offer grounded, compassionate spaces where grief is honoured without judgement or urgency.

This guide is one small offering from my heart to yours.



Tails of Tribute

Journaling Prompts



Part 1: Honouring Their Memory

1. What is your favourite memory with your pet?
2. Describe the first day you got them.
3. What made your pet unique?
4. What were their quirks or habits that made you smile?
5. How did they greet you when you came home?
6. What was your daily routine together?
7. Write a letter to your pet as if they could read it.
8. Describe their personality in three words.
9. What nickname did you have for them?
10. If they could talk, what do you imagine they'd say to you now?

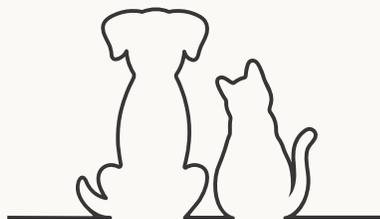


Journaling Prompts



Part 2: Sitting With the Grief

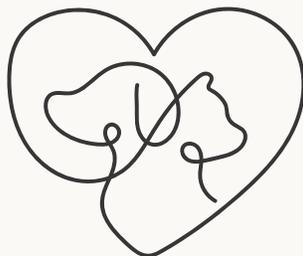
1. How does your grief show up in your body today?
2. What do you miss the most right now?
3. Describe a recent moment when the grief felt overwhelming.
4. What are some things people say that help - or don't help?
5. Write about a moment when you felt connected to your pet after they passed.
6. What does guilt look like in your grieving process? Can you write a message to that feeling?
7. What do you wish you had done differently, if anything?
8. What would your pet say to comfort you now?
9. Where do you go, physically or mentally, when the pain is too much?
10. What do you need most from others right now?



Journaling Prompts

Part 3: The Bond Beyond

1. How has your pet changed you?
2. What did they teach you about love?
3. How do you feel their presence in your life now?
4. Have you had any dreams or signs involving your pet?
5. Describe what you believe the Rainbow Bridge or the afterlife looks like for them.
6. What songs, scents, or places remind you of them?
7. If you could spend one more day together, what would you do?
8. What rituals or objects help you feel connected to them?
9. What has surprised you about the grieving process?
10. Where do you feel their legacy lives on?

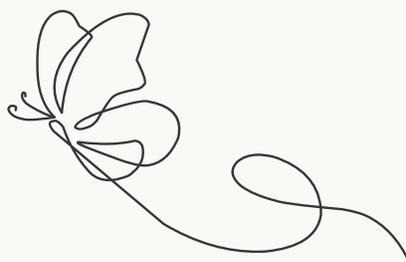


Journaling Prompts



Part 4: Creating Meaning and Tribute

1. Describe your pet's impact on your family and friends.
2. Have you created (or do you want to create) a memorial? Describe it.
3. If your pet were a story, how would it begin, peak, and end?
4. Write a poem or song in their honour.
5. What would your pet's social media bio say?
6. Create a list of things your pet loved.
7. What advice would your pet give someone who's hurting?
8. What would you tell someone grieving a similar loss?
9. How could you honour their memory in your daily life?
10. If your pet could be remembered for one thing, what would it be?



Journaling Prompts

Part 5: Growth and Gentle Hope

1. How has this loss changed your view of life and death?
2. What have you learned about yourself through grieving?
3. What small moments bring you comfort now?
4. What are you ready to forgive - yourself or others - in this journey?
5. What gives you hope, even on difficult days?
6. How do you want to feel one month, six months, or a year from now?
7. What does healing mean to you? (not "moving on," but healing)
8. What do you want your next chapter to look like?
9. How do you continue to love your pet even after their passing?
10. Write a goodbye or a thank you in your own words.





Explore Further Support

If you are navigating pet loss and finding it difficult to steady yourself, you do not have to carry it alone. Grief can feel overwhelming and confusing. It can be deeply physical, not just emotional.

As a Regulation-Based Pet Loss Grief Specialist, I offer 1:1 sessions that integrate nervous system awareness, reflective dialogue, and embodied practices to gently support your healing.

Whether you are experiencing waves of emotion, guilt, anticipatory grief, or simply need a grounded space where your bond is understood, support is available.



1:1 Support

If you would like to learn more about working together, you can visit:

<https://tailsoftribute.com/pet-loss-support/>

or scan the barcode to schedule a 1:1 session



Substack Newsletter

You are also warmly invited to join my Substack newsletter, where I share reflections, original poetry, and embodied grief support. Free to subscribe.

Weekly reflections delivered directly to your inbox.

Either scan the barcode or click on the link below:

<https://tailsoftribute.substack.com/welcome>

