



# Some thoughts to comfort you

After your pet has died.

The joy of owning a pet goes hand in hand with the sorrow of losing one. It makes no difference that we know they have a shorter life span than we humans – but we just get so attached.

Grief can often feel like an isolating experience, it can be hard to talk about and the people around you might not understand why you are so upset. It's normal to be out of sorts, and possibly more emotional than you expected.

Here are words of wisdom from others who understand our attachment to pets and their gift of unconditional love and friendship. They also let us know we are not alone in our grief – to grieve is to be human and honest and real.

“Until one has loved an animal, a part of one's soul remains unawakened.”

ANATOL FRANCE

“Animals are such agreeable friends – they ask no questions, they pass no criticisms.”

MARIAN EVANS

“Horse sense is the thing a horse has which keeps it from betting on people.”

WC FIELDS

“Heaven goes by favor. If it went by merit, you would stay out and your dog would go in.”

MARK TWAIN

“There are two means of refuge from the misery of life – music and cats.”

ALBERT SCHWEITZER

“Dogs are not our whole life, but they make our lives whole.”

ROGER CARAS

“Dogs come into our lives to teach us about love, they depart to teach us about loss. A new dog never replaces an old dog, it merely expands the heart.”

ERICA JONG

“Cats have it all – admiration, an endless sleep, and company only when they want it.”

ROD MCKUEN

“Grief is like the ocean; it comes in waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.”

VICKI HARRISON

“Not the least hard thing to bear when they go from us, these quiet friends, is that they carry away with them so many years of our own lives.”

JOHN GALSWORTHY

This factsheet is written by **Doris Zagdanski**, a leading figure in modern day grief and empathy education. She is the author of 'When Pets Die – It's alright to grieve' and the Convenor of [www.mygriefassist.com.au](http://www.mygriefassist.com.au), a contemporary website offering information and resources to foster an understanding of loss and grief in the community.