



If You Are Grieving Your Pet

Printable Worksheets

To use alongside the book
Gino Giambruno Poblete

How to use these pages

Read the book first

These pages work together with the book. Each worksheet names the section it belongs to, and that section explains the exercise and how to do it. Read it first, then come back to the page.

These pages go with the book. You can print only the ones you want, in any order, and write on them with a pen or a pencil. You can print the Daily check-in as many times as you like.

Every exercise tells you how long it takes, what may come up, and when you might want to skip it. All of them are optional. Each one has a level. One dot, *gentle*, is a short, light task. Two dots, *steady*, asks for a little more reflection. Three dots, *deep*, touches the hardest material, such as guilt and goodbye, and is best saved for a day when you feel steadier. Some of the deepest ones sit in Chapter 3, after you have had some practice.

If an exercise feels like too much, put the pen down and pause. You can come back to it later or skip it. Nothing in this book depends on finishing anything.

This book is not therapy, a diagnosis, or medical advice, and it cannot take the place of a professional who knows you. There is no right way to grieve and no schedule to keep.



gentle



steady



deep

Contents

Help	4
Settling pause	5
Daily check-in	6

If They Are Still Here (before Chapter 1)

Before Chapter 1 While there is time	7
--------------------------------------	---

Chapter 1: Your Grief Is Real

Exercise 1.1 Who they were	8
Exercise 1.2 What they said, what I needed	9
Exercise 1.3 A map of my day	10
Exercise 1.4 One kind thing, today	11

Chapter 2: The First Days

Exercise 2.1 What I'm noticing these days	12
Exercise 2.2 My "can wait" list	13
Exercise 2.3 My minimum day	14
Exercise 2.4 My steadying kit	15

Chapter 3: Guilt and the Hard Decisions

Exercise 3.1 What I blame myself for	16
Exercise 3.2 What I knew then, what I know now	17
Exercise 3.3 A letter about what I wanted for them	18
Exercise 3.4 Ten minutes, then something concrete	19
Exercise 3.5 A letter to myself, in a kind voice	20

Chapter 4: Talking with Others

Exercise 4.1 Three replies, ready in advance	21
Exercise 4.2 Questions to think about before I talk	22
Exercise 4.3 A list of what I notice	23
Exercise 4.4 My list of supports	25

Chapter 5: Honoring the Bond

Exercise 5.1 A small ritual of my own	26
Exercise 5.2 A page of memories	27
Exercise 5.3 Words I did not get to say	28
Exercise 5.4 What my pet left me	29

Chapter 6: Rebuilding

Exercise 6.1 Small changes in my home and my day	30
Exercise 6.2 My plan for help	31
Exercise 6.3 Questions to decide calmly	32
Exercise 6.4 A card for the road ahead	33

Help: If You Need Someone to Talk With Now

If you are having thoughts of hurting yourself or ending your life, or you cannot get through the day, you do not have to wait until you have read anything. You can contact one of these services now. They are free and confidential, and the people who answer are there to listen.

If you are in immediate danger, call your local emergency number.

United States	988 Suicide & Crisis Lifeline Call or text 988, or chat at 988lifeline.org. Open 24 hours a day, every day.
Canada	988 Suicide Crisis Helpline Call or text 988. Open 24 hours a day, every day. In immediate danger, call 911.
United Kingdom	Samaritans Call 116 123. Free, from any phone, at any hour.
Ireland	Samaritans Call 116 123. Free, day or night, every day of the year.
Australia	Lifeline Call 13 11 14, or text 0477 13 11 14. Chat online. Open 24 hours a day.
New Zealand	1737, Need to talk? Call or text 1737. Free, 24 hours a day. In immediate danger, call 111.

If you live in another country, please look for your own crisis line before you read further, if you think you may need it. A free directory of helplines by country is at findahelpline.com.

For grief itself, the Association for Pet Loss and Bereavement (aplb.org) lists support groups and a directory of pet loss counselors. It is not a crisis line.

These details were checked in October 2026. Services can change, so if a number does not work, a search for "crisis line" with your country's name will find the current one.

My own contacts: you can write here the people and numbers you would call.

Someone I could call

A crisis line near me

From the introduction

Settling pause 5-4-3-2-1

● ○ ○ **gentle** Time: about 2 minutes

In the book: How to Use This Book (introduction)

5

see

4

touch

3

hear

2

smell

1

taste

If it's too much. Stop, and look at one thing in the room for a few breaths.

Skip it if counting or naming things feels like a task you cannot manage right now.

Date _____

Daily check-in

You can copy this page into a notebook, or write on it. There is no score and no right answer.

Today I noticed

Today I did

Today I needed

One kind thing I did for myself

Before Chapter 1

While there is time

● ○ ○ **gentle** Time: about 10 minutes

In the book: If They Are Still Here

If it's too much. Write one line and stop. If it becomes too heavy, the Help page at the beginning of the book is there.

Skip it if reading about the end feels like too much today. This page will be here when you want it.

One thing I would like them to have this week

One thing I want to say to them

One question for my veterinarian

One person I would want near me

Exercise 1.1

Who they were

● ○ ○ **gentle** Time: about 10 minutes

In the book: 1.1 Why It Hurts This Much

If it's too much. Put the pen down and pause. You might try "Settling pause" from the introduction. You can come back later, or skip this one.

Skip it if the loss is very recent and writing feels like too much right now. It will still be here when you are ready.

Exercise 1.2

What they said, what I needed

● ● ○ **steady** Time: about 10 minutes

In the book: 1.2 Grief That Others Don't See

If it's too much. Put the pen down and look around the room. You might try "Settling pause" from the introduction. You can come back to this later, or skip it.

Skip it if thinking about a particular comment feels like too much today. It can wait.

What they said

What I needed to hear

A sentence for myself

Exercise 1.3

A map of my day

● ○ ○ **gentle** Time: about 10 minutes

In the book: 1.3 There Are No Stages

If it's too much. Put the pen down and pause. You might try "Settling pause" from the introduction. You can come back later, or skip this one.

Skip it if you cannot remember much of the day. That is common in the first days, and it can wait.

Morning

☐ toward them ☐ toward my day ☐ both

Afternoon

☐ toward them ☐ toward my day ☐ both

Evening

☐ toward them ☐ toward my day ☐ both

Exercise 1.4

One kind thing, today

● ○ ○ **gentle** Time: about 5 minutes to plan, then whatever the step takes

In the book: 1.4 A First Small Step

If it's too much. Choose something even smaller, like a glass of water. You might also try "Settling pause" from the introduction. You can come back later, or skip this one.

Skip it if nothing feels possible today. That is allowed, and you can try again tomorrow.

My one kind thing

When I will do it

How it went

Exercise 2.1

What I'm noticing these days

● ○ ○ **gentle** Time: about 10 minutes

In the book: 2.1 What Your Body and Mind May Do

If it's too much. Put the pen down and pause. You might try "Settling pause" from the introduction. You can come back later, or skip this one.

Skip it if you are very tired. A list like this will keep until you are rested.

My sleep

My appetite and energy

My thoughts and focus

My body

My feelings

One thing to be gentler with this week

Exercise 2.2

My "can wait" list

● ○ ○ **gentle** Time: about 10 minutes

In the book: 2.2 What You Don't Have to Decide Today

If it's too much. Put the pen down and pause. You might try "Settling pause" from the introduction. You can come back later, or ask someone to write the list with you.

Skip it if you already feel clear about what is next. This list is for when the questions are crowding you.

Everything on my mind

Soon

Can wait

Ask (and who)

My permission to wait on

Exercise 2.3

My minimum day

● ○ ○ **gentle** Time: about 10 minutes

In the book: 2.3 Taking Care of Yourself on Hard Days

If it's too much. Put the pen down and pause. You might try "Settling pause" from the introduction. You can come back later, or skip this one.

Skip it if making any plan feels like too much today. You can come back to it on a steadier day.

Body

Day

Connection

My hardest hour, and one small thing for it

Exercise 2.4

My steadying kit

● ○ ○ **gentle** Time: about 10 minutes

In the book: 2.4 Staying in the Present

If it's too much. Stop and look around the room. Name the color of three things you can see. You can come back later, or skip this one.

Skip it if you are in the middle of a wave right now. You can try the options out when things are calmer.

The two that suit me

Where I will keep them

A moment this week when I could try one

Exercise 3.1

What I blame myself for

● ● ○ **steady** Time: about 15 minutes

In the book: 3.1 Guilt Is Part of the Story

If it's too much. Put the pen down and use your steadying kit from Chapter 2. You can come back later, or skip this one. If it turns into thoughts of hurting yourself, the Help page at the beginning of the book lists people you can contact.

Skip it if you are in the first days and the thoughts feel too raw. This exercise will still be here.

I blame myself for

I blame myself for

I blame myself for

The one that weighs most

What I was trying to do at the time

Exercise 3.2

What I knew then, what I know now

● ● ● **deep** Time: about 20 minutes

In the book: 3.2 What You Knew Then

If it's too much. Put the pen down and use your steadying kit from Chapter 2. You can come back later, or skip this one. You might also share it with a professional. If it turns into thoughts of hurting yourself, the Help page at the beginning of the book lists people you can contact.

Skip it if your list from "What I blame myself for" still feels too raw. This one asks more of you, and it will be here when you are ready.

The thing I am looking at

What I knew then

What I know now

Which is it

☐ *only clear now* ☐ *I knew it then*

Exercise 3.3

A letter about what I wanted for them

● ● ● **deep** Time: about 20 minutes

Optional

In the book: 3.3 When the Decision Was Euthanasia

If it's too much. Put the pen down and use your steadying kit from Chapter 2. You can come back later, or skip this one. You might also share it with a professional. If it turns into thoughts of hurting yourself, the Help page at the beginning of the book lists people you can contact.

Skip it if the loss is very recent, or if writing about the day itself feels like too much. It will be here when you are ready.

What I wanted for you was

What I did, and what I was trying to do

One sentence for you now

Exercise 3.4

Ten minutes, then something concrete

● ● ○ **steady** Time: 10 minutes, plus a few minutes afterward

Before you start

Sudden loss can bring vivid images of what happened, or a body that stays on alert. If writing brings those images up strongly, you can stop. If they keep intruding, or you cannot sleep for a long stretch, that is a good reason to talk with a professional.

In the book: 3.4 Sudden Loss and the "What Ifs"

If it's too much. Stop the timer and use your steadying kit from Chapter 2. You can come back later, or skip this one. If the images of what happened feel overwhelming, please talk with a professional. If it turns into thoughts of hurting yourself, the Help page at the beginning of the book lists people you can contact.

Skip it if thinking about the event right now feels like too much. This will keep.

The time I will try this

My "what ifs"

The concrete thing I will do afterward

Exercise 3.5

A letter to myself, in a kind voice

● ● ● **deep** Time: about 20 minutes **Optional**

In the book: 3.5 A Letter of Self-Forgiveness (optional)

If it's too much. Stop writing and do one thing from your steadying kit (from Chapter 2). You can return another day, or skip the letter altogether. If the guilt turns into thoughts of hurting yourself, please contact one of the people on the Help page at the beginning of the book.

Skip it if the loss is very recent, or if reading your own kind words feels false or unbearable right now. You can always come back to this page later.

Who is writing (a friend, someone who loves me, or me in a year)

Dear

What I have been blaming myself for

What a kind voice that knows me would say

One sentence I want to keep

Exercise 4.1

Three replies, ready in advance

● ○ ○ **gentle** Time: about 10 minutes

In the book: 4.1 When People Say the Wrong Thing

If it's too much. Stop after one reply, or after none. Look around the room and name three things you can see. You can return to this another day.

Skip it if you are not facing these conversations right now. It will still be here later.

A person or place I expect it from

A reply that closes the door kindly

A reply that opens it

A limit, if it keeps coming

Exercise 4.2

Questions to think about before I talk

● ● ○ **steady** Time: about 15 minutes

In the book: 4.2 Telling Children

If it's too much. Stop and put your feet on the floor for a moment. A short version is enough for today: "Our pet died. We are sad, and you can ask me anything." You can say more later.

Skip it if there is no child in your life right now, or you have already talked with them and it went as well as it could.

What my child may already know or have noticed

The plain words I might use

One sentence about it not being their fault

A question I expect, and one answer I do not have

Exercise 4.3 1 / 2

A list of what I notice

● ○ ○ **gentle** Time: about 5 minutes a day, for a week

In the book: 4.3 Other Animals at Home

If it's too much. Write one word a day instead of a line, or stop. You can start again another day.

Skip it if you have no other animals at home right now, or if keeping a list would add another thing to carry.

Day 1: what I noticed, and what I did or offered

Day 2

Day 3

Exercise 4.3 2 / 2

A list of what I notice

Day 4

Day 5

Day 6

Day 7

One thing I might mention to the vet

Exercise 4.4

My list of supports

● ○ ○ **gentle** Time: about 10 minutes

In the book: 4.4 Finding Your People

If it's too much. Fill in one line and stop. You can come back to the others later.

Skip it if you already have people you can lean on, or if making a list of who is missing would hurt today. It can wait.

Someone who listens, and one thing I could ask for

Someone who can help with something practical, and what I could ask for

Someone or somewhere that understands what an animal can mean, and what I could ask for

A professional or service I could contact if it gets heavy

Exercise 5.1

A small ritual of my own

● ● ○ **steady** Time: about 20 minutes to plan, then whatever the ritual takes

In the book: 5.1 Small Rituals

If it's too much. Make it smaller: say their name once, or light a candle and stop. You can plan again another day.

Skip it if you are not drawn to it right now. It will be here later.

When and where

What I will do or bring

What I might say

Who, if anyone, I would like with me

How it went (after)

Exercise 5.2

A page of memories

● ● ○ **steady** Time: about 20 minutes

In the book: 5.2 Remembering

If it's too much. Stop after one line. Look at something in the room or drink some water. You can come back another day, or never.

Skip it if looking at photographs or old things feels like too much right now. It will keep.

The day they came into my life

A habit that was only theirs

A moment that made me laugh

A place, or a time of day, that was ours

Something only I knew about them

Exercise 5.3

Words I did not get to say

● ● ● **deep** Time: about 20 minutes

Optional

In the book: 5.3 Letters and Words

If it's too much. Stop and do one thing from the steadying kit you built in Chapter 2. You can come back another day, or skip this one. If the writing turns into thoughts of hurting yourself, please contact one of the people on the Help page at the beginning of the book.

Skip it if the loss is very recent, if you have already said what you needed to say, or if writing brings back the same blame again and again. You can always return to it later.

What I wanted you to know

Thank you for

My goodbye, in my own words

Exercise 5.4

What my pet left me

● ● ○ **steady** Time: about 15 minutes

In the book: 5.4 What Stays

If it's too much. Stop after one line and do something ordinary, like drinking water or stepping outside. You can come back another day.

Skip it if it is very recent, or if the question of what stays feels like pressure today. It can wait.

A habit or a way of seeing that I have because of them

How I feel them in my days, or do not

One thing I would like to keep

One thing I am not sure about

Exercise 6.1

Small changes in my home and my day

● ○ ○ **gentle** Time: about 10 minutes

In the book: 6.1 Your Routines and Your Home

If it's too much. Write just the hour and stop. You can come back to the rest another day.

Skip it if the days still feel too raw to look at this way. It can wait.

The hour or place that is hardest

One small change I could try, or "leave it"

One thing I will keep exactly as it is, for now

Exercise 6.2

My plan for help

● ● ○ **steady** Time: about 15 minutes

In the book: 6.2 When to Ask for Help

If it's too much. Write one line and stop. You can finish another day, or ask someone to sit with you while you do.

Skip it if you are in crisis right now. In that case, please go straight to the Help page or your local emergency number.

Signs that tell me it is time to reach out

The first person I would tell

A professional or service I could contact (name, number)

A crisis line from the Help page

One sentence I could say

Exercise 6.3

Questions to decide calmly

● ● ○ **steady** Time: about 15 minutes

In the book: 6.3 Another Animal, Someday?

If it's too much. Write the first question only, and stop. You can come back in a few weeks, or never.

Skip it if the question feels like pressure right now, or if someone else is pressing you for an answer. It can wait.

What I hope another animal would give me

What worries me

Who else would be affected, and how

One small thing I could try first, or "not now"

Exercise 6.4

A card for the road ahead

● ○ ○ **gentle** Time: about 10 minutes

In the book: 6.4 Looking Ahead

If it's too much. Write the first line only. The card can stay unfinished.

Skip it if you would rather not put anything more on paper today. The book will still be here.

One small thing I could do this week

Dates that may be hard, and one gentle thing for each

One person I could call

On the back, a few lines to myself for six months from now (optional)

The book these pages go with was written with the assistance of AI and reviewed, edited, and approved by the author, a psychologist.