

Supporting the Whole Family Through the Loss of an Animal Companion

Supporting Your Partner



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When you and your partner lose an animal companion, you both will ride the waves of the uneven and unpredictable grief process. Though you experienced the same loss, your grief journeys may not always follow the same path. You may experience your emotions together, or you may feel them separately.

Though you are going through the saddest of circumstances, helping each other through grieving the loss of an animal companion can bring you closer. Your partner may be the only other person who understands the bond you shared with your animal.

You can help your partner by:

- Accepting their experience for whatever it is.
- Remembering that everyone grieves differently based on their past losses, culture, and personality.
- Keeping in mind that how much a person shows traditional signs of sadness (such as crying) has no bearing on how deeply they are grieving a loss.
- Checking in with them to make sure they are taking care of themselves and spending quality time together.
- Taking time to adjust to changed routines, identities, roles, and responsibilities.
- Being kind and patient with each other.

For more information and other resources for coping with loss, please visit amcny.org/socialwork or contact AMC's social worker, Jamie Cohen.

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