

Things to Remember

As a companion, it is important to remember your grieving friend might neglect the basic elements of physical care. They might need to be reminded to eat, get plenty of sleep, and other basics.

Take this time to reflect on those rituals people do when there is a death of a loved one. Take a casserole to their home. Do the laundry while your friend naps. Run a hot bath.

Good physical care is necessary at this time but certainly can be neglected through the mourning process.

"Friendship is always a sweet responsibility, never an opportunity." - Kahlil Gibran



"But let there be spaces in your togetherness and let the winds of the heavens dance between you. Love one another but make not a bond of love: let it rather be a moving sea between the shores of your souls."
-Kahlil Gibran



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A Companion  For Your Journey

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*Helping a Friend
in Grief*
Your companioning role





For You the Companion

Someone you care about is suffering through the death of a beloved pet. As a friend, you care and want to help them through this journey.

“Companioning” is an honorable role and one not to be taken lightly. You, too, will be tested as you befriend a grieving person.

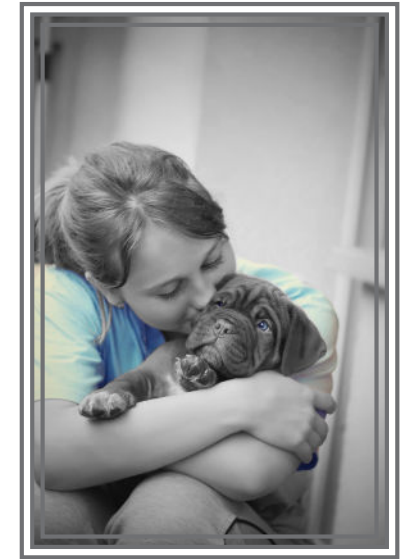
What's My Role?

As you begin this journey, make sure that your own grief work has been done.

As with any type of companioning, you can only go as far as you have gone yourself. Recognize if you have grief work you still need to do. Possibly this time is not right for you to continue on your grief journey and work will be done later. By knowing this, you will know your capabilities and limitations on this road together.

As a companion your role has nothing to do with “making the grieving person” better. Your role is:

- To just be. You are not there to have the answers or take the pain away.
- To listen. To actively listen with your entire heart and body.
- To wonder with the grieving soul. They ask questions, it is the grieving soul's way of fact and feeling finding within their own heart. This questioning process has nothing to do with knowing the answers.
- To create a safe place for the grieving soul to mourn.
- To know and support the grieving person.
- To allow the grieving person to take their own grief journey, not anyone else's. In addition, whichever pathways they take in this process, those are the correct pathways.
- To be guided by the grieving soul. Your role as a companion is NOT to lead. The journey is theirs.
- Ask questions. Honor the story of the pet who has just died. Let them tell the story as many times as needed. The stories are healing.
- Allow the grieving soul to hurt. To hurt means to heal.
- To not judge nor rank the grief of the mourner. At this time, no one has it worse than they do, and their grief work and journey is their own unique process.



Other Ways to Help

A bereaved soul will appreciate the opportunity to have support during their grief journey. As a companion who is actively assisting someone through grief, consider some rituals you can do together to honor the deceased pet's life:

- Light a candle.
- Share in special readings, poems, or Bible scripture together.
- Start a scrapbook with photos, stories, and journal entries for the pet and about the pet.
- Create an area in the home with special photos, favorite toys, treats, and other items symbolic of the pet and their life.
- Accompany your friend on a special walk to share stories, following the familiar path walked together when the pet was alive.