Adieu

Honoring your pet's memory,
and holding space for you.

A KEEPSAKE FOR THE JOURNEY THROUGH GRIEF

Grief Reflections

Grieving Your First Pet

There's a particular kind of quiet that shows up after a first loss like this. It's the kind that used to be filled with something and now just isn't, a collar that isn't needed anymore, a bowl still sitting exactly where it always sat.

Notice what that silence is actually made of: every ordinary moment they used to fill, all the small things neither of you ever thought to count until now.

What's the smallest, most ordinary thing you miss, the one nobody would think to ask you about? Stay with that answer for a while if you can. That detail is exactly where the love still lives.

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Finding Compassion for Yourself

Guilt has a way of finding pet parents before grief even gets a chance to settle in, running through decisions, timing, moments that might have gone differently.

Try this instead of replaying it again. Picture a friend sitting across from you, carrying the exact same guilt over the exact same loss. What would you actually say to them?

You'd probably tell them they loved well. That they did what they could with what they knew. That none of this makes them careless, or foolish, or anything less than someone who cared deeply. Let those words land on you too.

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When It Feels Like No One Understands

Someone has probably already said something that landed wrong. Maybe it was "it was just a pet," or an expectation that you'd be further along by now, or just a silence where support should have been.

Bring that moment back for a second, not to relive it, just to look at it clearly. What did you actually need someone to say to you in that moment instead?

You don't need everyone around you to understand the size of this for it to be real. Say the words you needed to hear, quietly, to yourself, right now. Let that be enough, because it's allowed to be.

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Journal Prompts

What did their presence feel like in the house?

Write about the last ordinary day you had together, before you knew it was the last.

What did they teach you about love?

What do you want to make sure you never forget about them?

If they could send you one message right now, what would it say?

What does honoring them look like for you?

What's a small, ordinary moment with them that you keep returning to?

What would you want someone who never met them to know?

Ways to Honor Their Memory

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There's no single right way to keep someone close. Here are a few that other pet families have found meaningful.

- Create a memory box with a collar, tags, or a favorite toy.
- Start an annual ritual, a walk, a quiet meal, a moment set aside each year.
- Commission a portrait from an artist who paints pets.
- Plant something living in their name.
- Donate to a cause that helped them, or one that helps pets like them.
- Write them a letter every year on their birthday.
- Frame a favorite photo somewhere you'll see it every day.
- Share their story in Adieu's In Memoriam.

Whenever you're ready, and not a moment before, Adieu holds a place for their story too.

Resources

Resources Worth Keeping Close

Adieu's Grief Guides
More reflections and guidance, whenever you want them

Join the Adieu Community
A free space for anyone who has loved and lost a pet

Held, Adieu's Newsletter
A newsletter for whenever you want it in your inbox

The Bridge, In Memoriam
Share their story, whenever you're ready

Curated Memorial Resources
A few things other pet parents have found meaningful

Adieu started with Honey, the dog who changed everything I thought I knew about love, and about fear. When she was gone, the quiet she left behind was the loudest thing I'd ever heard. This is the place I built so that grief like that would have somewhere real to land. That is what this is for. This is Honey's legacy.

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