

What to say after someone loses a pet

Use the pet's name. Remember one true thing. Offer one specific kind of help.

Start with the pet's name

A short message that names the pet and remembers one true detail is enough. You do not need to explain the loss or make it better.

"I am so sorry about Milo. I keep thinking about the way he waited by the window when your car pulled in."

"I know how much Luna was part of every day in your house. I am here, and you do not need to reply."

"I am thinking of you and Pepper today. Would it help if I brought dinner on Thursday?"

Offer something specific

Bring a meal that requires no hosting. Offer one errand. Cover a meeting. Help with another pet's walk or medication. Check in again after the first week.

Phrases to avoid

"At least..." A long life still leaves an empty doorway, bed, or morning routine.

"You can get another one." A future animal is a different relationship.

"Everything happens for a reason." Explanations may not match the person's beliefs or needs.

"I know exactly how you feel." Your experience may help you listen; keep the attention on this person and this pet.

Ask before sharing a photo, story, or announcement publicly. More examples are available at bestieballad.com/help-someone-after-pet-loss.html.