



7 Effective  
Tools To  
Heal From  
Pet Loss

the  
POWER of  
PETS

*Companion Journal*

Marybeth  
Haines



THE POWER OF  
**PETS**

— COMPANION JOURNAL —

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1st edition, X, MMXIII

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Author: Marybeth Haines

Title: The Power of Pets Companion Journal

ISBN: 978-1-927892-56-5

Category: SELF-HELP / general

Layout Design: Lloyd Arbour, [www.mynewart.com](http://www.mynewart.com)

Publisher:

Black Card Books™

Division of Gerry Robert Enterprises Inc.

Suite 214

5-18 Ringwood Drive

Stouffville, Ontario,

Canada, L4A 0N2

International Calling: 1-647-361-8577

[www.blackcardbooks.com](http://www.blackcardbooks.com)

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Printed in Canada

# THE POWER OF PETS

— COMPANION JOURNAL —

MARYBETH HAINES



IN LOVING MEMORY OF:

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Photo  
Here







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## WHY DO PETS COME INTO OUR LIVES? .....

*"Pets bring us many gifts. It is when we  
open our eyes fully that we can see the  
magic that each gift brings."*

– MARYBETH HAINES





## WELCOME TO THE POWER OF PETS COMPANION JOURNAL. .....

Without question, my role as Author and Educator for *The Power of Pets - 7 Effective Tools To Heal From Pet Loss* has been one of the most rewarding positions of my career. It is truly an honour and a privilege to support each and every one of you. You see, in supporting you, we become a part of the collective and are actually supporting one another. When we come together, we can heal together.

In the beginning, I had an idea for this book on helping pet lovers heal from loss. From there the idea grew and I let it flourish and got it out of my imagination and onto paper. I think that if something means a lot to a person, it can perhaps, seem more difficult to bring forward, whether it's a book, or a piece of art, or a scientific idea.



This companion journal is to be used side by side, along with *The Power of Pets – 7 Effective Tools To Heal From Pet Loss* book.

One tool that helped me start and complete this book was writing down my thoughts on pieces of paper, and if you could see my office, you'd see the many, many thoughts put on sticky notes on my computer screen, and all over my office walls. My cat Mooshie would play with the notes and get them stuck on his paws. This made me laugh and taught me to take my precious idea of a book less seriously, which in turn helped me complete my goal.

I wanted *The Power of Pets Companion Journal* to be an added tool that you can use in allowing healing to take place. This companion journal is to be used side by side, along with *The Power of Pets – 7 Effective Tools To Heal From Pet Loss* book.

It includes a summary of each chapter. After each summary, I decided to write "Heart Reflections" which took on the form of questions for you, the reader. It also provides exercises and opportunities for creative journaling. Maybe the "Heart Reflections" were like my sticky notes that helped me process everything I needed to in order to write my book. Maybe people just need space... space to write their thoughts without any

deadlines or pressure. Some questions might not have immediate answers and can be left until later when the answer is clear.

My goal for this Companion Journal is to assist you in processing the information in the book *The Power of Pets*. I wanted a journal that could be expressive and easy to do. If you want to draw in it you can and you don't have to write on the lines, you can even write in between the lines! Imagine that!

I hope you enjoy this journal and that it helps you understand each chapter and yourself a little bit more. Before my Dad passed away, he gave me many significant tools to deal with grief. One of the tools was writing one's own thoughts down without judgment and putting a thought on the 'backburner' if it wasn't ready yet. I smile as I write this because processing grief takes time and guts and I assure you, that the time to process is worth its weight in gold.

SINCERELY,  
MARYBETH HAINES.





## THE POWER OF PETS HEALING MODEL





## YOUR JOURNEY

This is your personal journal. You will find that each chapter reflects one of the 7 tools in *The Power of Pets* book.

There is something powerful in the process of expressing from pen to paper. It has been shown that journaling is an important part of healing as it allows for the release of emotions and most importantly allows further healing to occur.

**At the beginning of the review of each tool, I invite you to remember the following statements:**

- I embrace the opportunity to honour, remember and cherish my pet.

There is something powerful in the process of expressing from pen to paper. It has been shown that journaling is an important part of healing as it allows for the release of emotions and most importantly allows further healing to occur.



- I am grateful for the time we shared together as that time brings forward many gifts.
- It is those gifts that will always remain with me.
- I am open to the possibilities of healing.
- I thank my pet for this time of connection and for receiving tools to celebrate their life.

## TOOL #1 – RECOGNITION

*“I am thankful for the gift of courage.  
It allows me to spread my wings.”*

– VIRTUES PROJECT INTERNATIONAL



Photo credit: Joanne Ingrassia, Toronto

Without judgement, here are some questions to reflect on and answer for *Tool #1 - Recognition*. Remember this is your private space to write what you want. It is a safe place for you to share and release so that you may move forward on your healing path. Write what you feel and allow yourself permission to do so. There are no wrong answers.



## SUMMARY

- Recognition is a tool that is very simple yet can be very difficult.
- We sometimes resist our feelings of grief.
- We often do not accept that our feelings are valid and instead of working with them, we push them away.
  - Until we recognize and acknowledge our feelings, true healing won't be able to start taking place.
  - It is okay to have emotions such as anger, worry, sadness, frustration and confusion.
  - We often don't give ourselves the time we truly need to heal from the death of our pet.
  - By acknowledging Recognition, you can take the next step forward on your healing journey.

Until we recognize and acknowledge our feelings, true healing won't be able to start taking place.

## HEART REFLECTIONS

### 1. Have you taken the first step in Recognition?

YES      NO

**If yes, how have you done this?**

**If no, why haven't you?**



What is one thing you can do to take this step?

2. What are 3 things you learned from this first tool?

1.

2.

3.





## TOOL #2 – GRANTING PERMISSION

*“The only way to make sense out of  
change is to plunge into it, move with it,  
and join the dance.”*

– ALAN WATTS

Without judgement, here are some questions to reflect on and answer for *Tool #2 – Granting Permission*. Remember this is your private space to write what you want. It is a safe place for you to share and release so that you may move forward on your healing path. Write what you feel and allow yourself permission to do so. There are no wrong answers.



## SUMMARY

- We often feel the need to hide our feelings of grief from pet loss.
- These feelings can build up inside and feel similar to a large knotted ball.
  - If the feelings are not released, they will continue to grow and build.
  - Having access to our emotions and understanding the true reason behind why we are feeling them can be often overlooked.
- We sometimes feel like we don't have the time to give to ourselves.
- Without granting permission, healing cannot continue to occur.

We often feel the need to hide our feelings of grief from pet loss.

## HEART REFLECTIONS

1. **To access your true feelings, go inwards and ask yourself the following:**  
**“What are the feelings I have at this time?”**  
**- Write down whatever comes to your mind:**

2. **What is one thing I can do today to make time for myself?**

3. **One Minute Exercise:** Take 3 slow deep breaths. On each inhalation, breathe in love and healing. On each exhalation, breathe out any emotions that do not serve you any longer. How do you feel after doing this?



Photo credit: Glenn Willcox Photography

## TOOL #3 - LEARNING

*“In the midst of difficulty lies opportunity.”*

- ALBERT EINSTEIN

Without judgement, here are some questions to reflect on and answer for *Tool #3 - Learning*. Remember this is your private space to write what you want. It is a safe place for you to share and release so that you may move forward on your healing path. Write what you feel and allow yourself permission to do so. There are no wrong answers.

### SUMMARY

- Learning is a key tool that can help the journey of healing to continue.
- Learning assists in why you are experiencing these emotions. Uncovering the reasons why will help you to understand more clearly.



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Uncovering the reasons why will help you to understand more clearly.

- There are several types of loss. The loss of a pet is one of them.
- We feel loss due to the emotional attachment we have to our beloved pets.
- There are 5 stages of grief:
  1. Denial
  2. Anger
  3. Bargaining
  4. Depression
  5. Acceptance

- Guilt is a very common emotion. Understanding the role that guilt plays in your healing gives you a new outlet on why you are feeling these emotions.
- Learning how to help yourself is very valuable and allows you to take the next step in healing.

## HEART REFLECTIONS

### 1. What stage of grief are you at right now?

### 2. Do you see yourself in more than one stage? If so, in what stages do you see yourself?

### 3. What are 3 things you can do to help yourself in the area of Guilt?

**Examples:** Be kind to yourself; remind yourself that your intention was always of love; tell yourself that you did the best you could.



## TOOL #4 – PERSONAL EMPOWERMENT .....

*“Let your tears come.  
Let them water your soul.”*

– EILEEN MAYHEW

Without judgement, here are some questions to reflect on and answer for *Tool #4 – Personal Empowerment*. Remember this is your private space to write what you want. It is a safe place for you to share and release so that you may move forward on your healing path. Write what you feel and allow yourself permission to do so. There are no wrong answers.

## SUMMARY

You have it in you to both grieve AND to heal – a wonderful blessing when you can see both sides.

- Personal Empowerment comes from within.
- It is the realization that something must change.
- Becoming involved in your healing leads to attainment.
- Universal Law – the Law of Polarity: there are two sides to everything. “When there is sadness, there can be happiness. When there is depression, there can be vitality. Where there is loneliness there can be connection.”
- You have it in you to both grieve AND to heal – a wonderful blessing when you can see both sides.
- Universal Law – the Law of Germination: whatever is planted requires some time before it comes into fruition. “When you are ready, plant the seeds of healing. Give it time so that the seeds of healing can take root. Then step by step, bit by bit, start sowing those seeds so they may grow into beautiful flowers”.
- Each time you heal, you grow stronger. It may not take the pain away fully but it can make it easier to handle.

## HEART REFLECTIONS

1. **Did you know that you are a strong and deserving individual who can achieve anything?**

YES

NO

2. **Remind yourself by physically writing these following statements:**

**“I am a strong and deserving individual who can achieve anything.”**

**“Nothing is impossible because I have everything I need within me.”**

3. Are you ready to embrace your Personal Empowerment?

YES NO

If yes, how?:

“If no, why?”

## TOOL #5 - RECEIVING GUIDANCE

.....

*“Earth has no sorrow that  
Heaven cannot heal.”*

- AUTHOR UNKNOWN

Without judgement, here are some questions to reflect on and answer for *Tool #5 – Receiving Guidance*. Remember this is your private space to write what you want. It is a safe place for you to share and release so that you may move forward on your healing path. Write what you feel and allow yourself permission to do so. There are no wrong answers.

### SUMMARY

- Many times we don't quite know how to move forward or what we can do to help ourselves heal.



- There are many strategies available to you.
  - Follow through with the ones that resonate with you the most.
  - By working in the areas that feel right and resonate within ourselves, we allow the opportunity of successfully completing them to increase twofold.
  - Remember that with feelings of anger, sadness, frustration or depression, it's important to honour that within you and know that those feelings are happening for a reason.

Remember that with feelings of anger, sadness, frustration or depression, it's important to honour that within you and know that those feelings are happening for a reason.

## HEART REFLECTIONS

- 1. Out of the strategies listed, which ones resonate with you the most?**

- 2. How can you implement these strategies into your healing?**

- 3. Will you give yourself permission to honour yourself AND your healing process?**

YES      NO

**If Yes, how will you do this?**

If no, why?



## TOOL #6 - ACTION

*“Joy and sorrow are inseparable...together they come, and when one sits alone with you...remember that the other is asleep upon your bed.”*

- KAHILIL GIBRAN

Without judgement, here are some questions to reflect on and answer for *Tool #6 - Action*. Remember this is your private space to write what you want. It is a safe place for you to share and release so that you may move forward on your healing path. Write what you feel and allow yourself permission to do so. There are no wrong answers.

### SUMMARY

- You can go through the motions of healing, however the healing can only occur when you take specific action.

- Only you can take this action, no one else can do this for you.

- Taking this step of action is one of the most important and valuable tools in the healing process.
- It is connected to taking responsibility and being proactive in your own therapeutic journey.
- Aligning your desire to heal allows you to feel in control and creates an environment for personal growth, healing and feeling better.

Aligning your desire to heal allows you to feel in control and creates an environment for personal growth, healing and feeling better.

## HEART REFLECTIONS

### 1. Are you ready to take action in healing the emotional pain you are experiencing?

YES NO

If yes, how?

If no, why?

### 2. What is one thing that you can do today to take action?

3. What speaks most strongly to you in this chapter of taking action?



## TOOL #7 - GIFTS OF MANY.

*“Fred’s companionship was his greatest gift to me. He was loyal, always focused on me for direction and aimed to please. If life was fair, our pets would have the same lifespan that we humans enjoy.”*

– GLENN WILLCOX

Without judgement, here are some questions to reflect on and answer for *Tool #7 – Gifts of Many*. Remember this is your private space to write what you want. It is a safe place for you to share and release so that you may move forward on your healing path. Write what you feel and allow yourself permission to do so. There are no wrong answers.



## SUMMARY

- We receive many gifts from our loving pets. There is a reason why you and your pet came into each other's lives.
- There is a purpose to your meeting and time together.
  - You and your pet found each other at the most perfect time.
  - When we realize the gifts we have shared and received with our pets, we can take comfort in knowing that these gifts will always remain.
- The gifts now belong to us as memories. That is empowering and is something that can never be taken away.

There is a purpose to  
your meeting and time  
together.

## HEART REFLECTIONS

### 1. What gifts did you give to your pet?

### 2. What gifts did your pet give to you?

### 3. Use this space to thank your pet for what he/she has given to you. For example, you can write about happy times, laughter, love, affection, companionship. Write whatever comes to your mind. You may wish to do this as if you were writing a letter to your pet or you can also do it in point form. Do this in the way you feel the most comfortable:



## A REASON, A SEASON OR A LIFETIME A PET'S PERSPECTIVE .....

There is a poem with an author unknown that often comes to my mind. It is about people coming into our lives for a Reason, a Season or Lifetime, the blessings each one brings and the reason why it happened.

I have included the poem in this Companion Journal. The poem's rights belong to its originator. I have merely modified it slightly to be in the format of a message from our beloved pets.

My wish for sharing this with you is the hope that it will bring you comfort knowing that all is as it's supposed to be.

**A REASON:**

Pets come into your life for a reason,  
a season or a lifetime.

When you figure out which one it is, you will know  
what to do for each one.

When a pet is in your life for a REASON, it is usually  
to meet a need you have expressed.

They have come to assist you through a difficulty; to  
provide you with guidance and support;  
to aid you physically, emotionally or spiritually.

They may seem like a godsend, and they are.  
They are there for the reason you need them to be.

Then, without any wrongdoing on your part or  
at an inconvenient time, something will happen  
to bring the relationship to an end.

Sometimes they die. Sometimes they run away.

Sometimes they act up and force you to take a stand.

What we must realize is that our need has been met,  
our desire fulfilled; their work is done.

The prayer you sent up has been answered and now  
it is time to move on.

**A SEASON:**

Some pets come into your life for a SEASON,  
because your turn has come to share, grow or learn.

They bring you an experience of peace  
or make you laugh.

They may teach you something you have never done.

They usually give you an unbelievable amount of joy.  
Believe it. It is real. But only for a season.

**A LIFETIME:**

Memories of the time you had with your beloved pet  
remain for a LIFETIME even though your pet may not  
physically be with you.

They are memories you build upon in order to have a  
solid emotional foundation.

Your job is to accept the lesson, keep the memories  
and put what you have learned to use in all other  
relationships and areas of your life.

It is said that love is blind but friendship is clairvoyant.



## AFTERWORD

This journal continues to be your safe space to use, to visit and to come back to whenever you want. I reflect back to a time when my sister once received a note from my father. In this letter, he wrote that she was to “feel free to come home any time you want and use your home to build your future from”.

My wish is for you is to make this journal a place where you can build your future from because all great things need a place to grow.

In the Chapter of *Gifts of Many*, we talk about the gifts that our pets give us. This journal is also a gift that you have given yourself to celebrate your pet.

This journal is yours. Have you ever thought that perhaps it is also a gift from your pet to you so



you can celebrate the time you spent together? That time with your pet is now a part of recorded history and can never be erased. It has happened and now remains with you in the form of a gift. May you use this journal as an opportunity to express yourself, to open yourself, and to heal.

*“A place where you can visit  
and come back to where you build  
your future from.”*

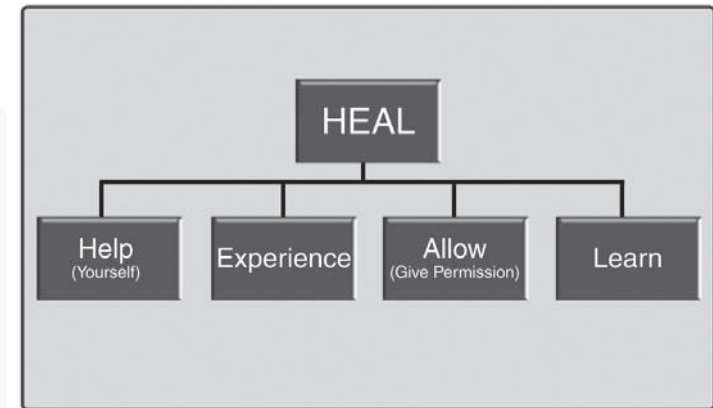


Photo credit: “Dirk” contributed by Monique Verhart and Anneloes Duijster

## THE POWER OF PETS HEAL MODEL<sup>©</sup>

.....

HEALING, ONE STEP AT A TIME



WHEN FOLLOWING THE HEAL MODEL,  
YOU EMPOWER YOURSELF TO TAKE  
EACH STEP WITH THE FOLLOWING  
ACRONYM:

H - Help

E - Experience

A - Allow

L - Learn

## SPECIAL ACKNOWLEDGMENTS: .....

### PHOTOGRAPHY CREDITS

Many photos included in this Companion Journal are from the creative gifts of local photographers. I wish to thank each of them for their partnership with *The Power of Pets*.

**Joanne Ingrassia, Toronto**

[www.photosbyjoanne.weebly.com](http://www.photosbyjoanne.weebly.com)

**Glenn Willcox**

Glenn Willcox Photography

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**Anneloes Duijster and Monique Verhart**

Photo of Dirk: Dirk is from a private shelter in the Netherlands where rabbits with health challenges are given a second chance at life. Anneloes operates this shelter and saves many rabbits. Monique has adopted Dirk providing him with a forever home.

# THE CELEBRATION OF LIFE AND THE POWER OF PETS

