

# Signs That You Are Healing

## A list of signs to indicate that you are healing:

- You think more about your pet's life than you do about her/his death
- Emotions are not as intense and you feel a sense of control over them
- Energy level, sleep patterns, appetite, and other physiological changes brought about by the loss are returning to normal
- You are regaining an interest in activities you enjoyed before your loss
- Reminders of your pet and the circumstances surrounding her/his death are not as painful
- You do not try to avoid reminders of your pet
- You are better able to remember the good times you shared with your pet
- "Triggers" or those memories that catch you off guard are not as overwhelming
- You are beginning to focus more on the present and future and less on the past
- You are able to talk about your pet without crying or feeling intense sadness
- You can enjoy yourself, laugh, and have a good time without feeling guilty
- You control your pain, it doesn't control you
- You do not feel guilty when realizing you no longer think about your pet all of the time
- Letting go of your pain does not feel as though you are betraying your pet
- You no longer wish the world would stop because of your loss