

Tapping Script to Heal from Losing Your Dog

If you've ever suffered the loss of a pet, you know that it can be every bit as painful as losing a human loved one. Regardless of whether the loss you've experienced is brand new or took place decades ago, when EFT is used to heal your grief, the layers of pain simply melt away, leaving in their place a profound sense of peace and acceptance. Though the intensity of grief can make it seem like it will never end, when you use EFT to release it, you soon realize that your sorrow is finite, and that though love is forever, your suffering doesn't have to be.

Below are some tapping statements to guide you in your healing. As with all of my tapping scripts, these statements can be used as is, or modified in any way that makes them resonate more fully with your experience. Once you start tapping, you may notice thoughts and feelings arising that can be turned into new tapping statements, which will then give rise to more thoughts and feelings that can be used as tapping statements, and so on. By using the statements in this script along with the ones that come to you while you're tapping, you'll find that you are able to heal and release a lot of grief in a short amount of time.

Here are the tapping statements:

My dog died and I am really, really sad.

I loved my dog so much and I can't believe he/she is gone.

_____ has been my constant companion for a long time, and I don't know what I'm going to do without him/her.

I really wish _____ was still here.

I would give anything to have _____ back.

I really wish there was something I could have done to save _____.

Sometimes I felt like _____ was my only friend, and now she's/he's gone, and I feel really alone.

I miss _____ so much that I don't know what to do.

TAPPING SCRIPT TO HEAL FROM LOSING YOUR DOG

Ever since my dog died, all I want to do is cry.

It's hard to see how sad my kids are over losing _____.

I wish there was something I could do to help my kids heal from this loss.

I loved _____ with all my heart, and I'm so sad that he's/she's gone.

I'm really not ready to say goodbye to _____.

I'll never get to see _____ again and I am so, so sad.

Putting _____ down was the hardest thing I've ever had to do.

The hardest part about losing _____ is missing his/her sweet little face.

_____ was a part of our family and we all miss him/her so much.

I wish that dogs lived as long as people do.

_____ was always there for me, and now he's/she's gone.

Coming home is so hard now without _____ here to greet me.

I'm really lonely without _____.

Our house seems really empty without _____.

I miss the sound of _____'s paws pitter-pattering across the floor.

_____ was the most loyal and loving friend I've ever had, and I miss him/her so much.

It's really hard to face the fact that _____ is gone.

I wish I could wake up tomorrow and realize that this has all just been a bad dream.

A lot of people don't seem to understand what a big loss this is for me, and that makes me feel even worse.

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_____ used to be the one to comfort me when I was sad, and now he's/she's gone.

Every morning when I wake up the loss hits me all over again, and it is really painful.

When a person dies, everyone seems to understand the magnitude of the loss, but when your dog dies, a lot of people seem to think, "He was just a dog—get over it," and that makes me feel really alone in my grief.