

Pet VIPs

Your pets can bring immense joy and comfort into your life, offering a consistent source of unconditional love. Activities like playing fetch, cuddling on the couch, or walking your dog not only deepen your bond but also help alleviate stress and anxiety. Research supports the benefits of the human-companion-animal bond, showing that pets can significantly reduce feelings of loneliness and emotional strain (Friedmann and Son 2009; Koukourikos et al. 2019). By cherishing these moments with your pet, you can manage daily stressors more effectively and maintain emotional balance.

VIP Mapping: Pets as VIPS

1. Reflect on pets and animals that have come into your life. What do you most appreciate about them? What else?
2. Suppose these pets and animals could talk; what would they say they most appreciate about you? What else?
3. What have they done to provide you? What else?
4. For pets and animals you have lost, consider inviting them into this conversation. What would they most appreciate about you? What else?
5. What would your pet's best hopes be for you? What else?
6. How satisfied are you with the relationship between you and your pets from 1-10 (10 being the best and one the opposite)?
7. Suppose we asked your pets how satisfied they are with their relationship with you from 1-10; what would they say?
8. What keeps the number from being lower? What else?
9. What would be a good enough number?
10. What is one small thing you could do to raise your number by one point? What else?