

Is This Grief?
Take the quiz

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**Healing Starts with the
Heart**

*Sharon and
Erica.....*

The Broken Heart

Quiz

You are in possession of a tool that is the first step designed to get you massive eye-opening results when implemented correctly.

Here is the deal friend, we know that this looks and feels so simple.

The truth is that a broken heart although it feels like the worst pain ever, (and it is). The tools for repairing your broken heart are *simple*. You just have never been given the correct tools for the job.

But unless you understand what each tool is used for and how to use them it can be quite confusing.

But when you see all of the tools put together as if we were building a large heart puzzle you will understand it.

Your First Tool: You have to answer this question:

Is this grief? Take the quiz.

The Broken Heart.....*quiz*

Have you experience the death of a close family member?

Yes | No

Have you experience the death of a distant family member?

Yes | No

Have you ever experienced a miscarriage, stillbirth or abortion?

Yes | No

Do you have a strained relationship with your current spouse or romantic relationship?

Yes | No

Are you having a strained relationship with a living parent?

Yes | No

Have you ever experienced the death of a spouse?

Yes | No

Did you ever have a pet die?

Yes | No

Have you ever quit a job?

Yes | No

Have you ever been fired from a job?

Yes | No

Were you ever bullied in school/work?

Yes | No

Have you had a major financial change?

Yes | No

Have you experience a divorce? Or multiple divorces?

Yes | No

Do you harbor sad feelings towards a deceased parent?

Yes | No

Are you in a difficult relationship with your brothers and sisters?

Yes | No

Are there long stretches in your childhood that you do not remember?

Yes | No

Have you experienced a series of illnesses or accidents?

Yes | No

Have you had a long series of unsuccessful relationships?

Yes | No

Did you **NOT** graduate from high school/college?

Yes | No

Have you had a change to your health? Or a series of illnesses or accidents?

Yes | No

Are you questioning your relationship with God/Your Higher power or church?

Yes | No

Did you move multiple time in your childhood? Leaving family and friends behind?

Yes | No

Did you have childhood religious training that has broken your heart?

Yes | No

Do you harbor any resentment or sad feelings towards a friend or relative?

Yes | No

Were you physically abused during childhood/adult?

Yes | No

Was a non-typical child born into your family?

Yes | No

Have you experience a loss of safety?

Yes | No

Have you experience a loss of fertility?

Yes | No

Have you experienced a change in your independence?

Yes | No

Is a family member questioning their relationship with God or church?

Yes | No

Were you sexually abused during childhood/adult?

Yes | No

Have you experience sexual abuse as an adult?

Yes | No

Did you experience a loss of trust?

Yes | No

Have you experience a loss of safety?

Yes | No

Are you experiencing a loss of hopes and dreams?

Yes | No

Are you over-drinking or using illegal drugs? To cope with the pain.

Yes | No

Have you experienced the loss of the us or function of any part of your body?

Yes | No

The Broken Heart. Survey

Take the Survey?

We are committed to providing you with the best heart discovery experience possible. Our goal is to give you as much awareness as possible. So, if you are ready let's take a deeper look into your heart. Please rate the following:

Best Possible Score 25

Support- How much support do you have right now?

1 2 3 4 5

Disappointing

Exceptional

Plan- Do you have a plan for healing your heart?

1 2 3 4 5

Process- Do you know the steps for processing a broken heart?

1 2 3 4 5

Disappointing

Exceptional

How much are you over sleeping are you doing to deal with the pain?

3-5 hours per day 8-15 hours/day

Days Other

Equipped- How equipped are you to handle this pain?

1 2 3 4 5

Disappointing

Exceptional

How much are you drinking to deal with the pain?

3-5 times per week 1-2 times/day

Once every 2 months Other

Are you avoiding friends and family?

1 2 3 4 5

Disappointing

Exceptional

The Broken Heart.....*quiz*

Our Coaching Philosophy:

We coach women who are grieving the death of a loved one. So that they can discover their ability to heal and live again.

Grief is a word that most people are not comfortable with. It is one of the few things that will affect every single living person throughout their lifetime. Most of us were never taught how to grieve.

Sadly, as a society, we are forced to utilize the abundance of misinformation out there in our attempt to recover. Erica can remember hearing the phrase "You will never get over the loss of this child." They are dedicated to helping people grieve in a healthier manner. They use a time-tested educational program which has helped scores of women heal from life-altering grief after a loss of any kind.

After being the full support for my baby sister the number one thing that I learned is: Women in pain from a broken heart need someone to walk along side of them without judgement
-Sharon

The Broken Heart.....*quiz*

How can the sisters help me with this pain?

We use a three-step process:

1. We start with the definition of grief:
What is grief?
We studied the science of grief and why so many in society are ill-prepared to help.
2. We walk you through an exercise where you get to examine your heart and we gently look at all of the brokenness in your heart. You are doing the heart-work we are simply the guide; we look at loneliness, isolation and pain.
3. Then again with heart-work we assist you as you begin to complete your relation to pain, loneliness and isolation. So, that you can hit the reset button on your heart without overwhelm.

Without our healing program we know women that have quietly suffered for years. At some point they feel no one wants to hear their sad story so they stop telling it and give up.

We know that at one point in her journey Erica said, "I will just have to live like this for the rest of my life". Friends we are here to tell you that is not true.

With this amazing healing program, our clients have been able to heal their broken hearts. Go back to their busy families and live again.

Our clients are able to talk about their loved ones without falling apart. They are able to help their children grieve as well. They can look at photos of their love ones and share stories without falling apart. Most importantly they are not living in perpetual anxiety and overwhelm. Like the sisters your life will be forever changed. But you do not have to live in the total pain and agony day in and day out. The women with the broken heart are doing the work we are simply the coach.

The Broken Heart.....*quiz*

Let us give you an example. Step one is acknowledge that you are in fact suffering from the pain of any unfinished business in your heart. This Quiz/Survey helped you to achieve step one. You, my friend all by yourself were able to answer the questions and see that yes, I am grieving. My heart is broken.

It's like you have the keys to your most amazing dream house on the hill with a view of 1000 beautiful mountains and the bluest of sky's. Just off to the left you can see the rolling ocean waves coming in one after another. But you cannot find the front door.

So, if you would like to use these tools to their fullest potential, we want to show you how though an in-depth, advance training where we will take a look at what completing a relationship to pain, loneliness, and isolation truly will look like for you.

The Broken Heart.....*quiz*

Thank you for taking the time out of your grief to take the quiz.

We know that you may feel vulnerable and scared to admit to yourself where you are really stuck in your grief process.

We also know that the program we teach can change everything for you.

Without healing our heart our life would be so different right now.

We would not be living. We both caused ourselves a great deal of unnecessary suffering.

We are on a mission to make sure no griever has to endure any unnecessary prolonged suffering.

Grieving is hard all by itself.

There is an entire world available to you that makes handling grief challenges less overwhelming.

You don't have to heal.

But why would you not want to feel better?

We would be honored to be your grief coaches

The Broken Heart.....*quiz*

The Definition of Grief eBook that was written by Erica and

Sharon: <https://www.healingstartswiththeheart.com/ebook-su...>

The connection to our Podcast so that you can hear us teach grief and brokenness.

<http://healingstartswiththeheart.libsyn.com>

Connections to our website and our Blog: <https://www.healingstartswiththeheart.com/blog/>

Here is the connection to our YouTube Channel where you will be able to watch videos of our work:

<https://www.youtube.com/c/SharonandEricaHealingStartswiththeHeart>

Here is the direct link to our website: <https://www.healingstartswiththeheart.com/>

TEDx: Sharon Brubaker: <https://www.youtube.com/watch?v=nByss5eNj4k>

Facebook and Instagram ~ <https://www.facebook.com/healingstartswiththeheart>

You don't have to heal. *But why would you not want to feel better?*

We would be honored to be your grief coaches.

Let's Continue to Share Our Grief ~ Sharon and Erica