

Loss of Trust

Tony (00:02):

Erica and Sharon, are sisters who began a grief journey in 2006, when Erica's 10-year-old son, Austin drown. Together they participated in a grief education program were so moved by this experience. They studied and became specialists so they could help the broken-hearted find recovery. In 2015 tragedy struck their family once again, when Erica's oldest son, Donovan was killed in a motorcycle accident. Erica and Sharon are committed to sharing their experiences of love, loss and healing through this podcast. Now your grief specialists, Sharon and Erica.

Sharon (00:41):

Hey guys, welcome back. We're talking about today. A loss of trust, a loss of trust that can be experienced in a person's life. Oftentimes there's lots of trump goes, trust goes along with the grief that they're already experiencing.

Erica (1:00):

You know, I think people are not aware that it's possible to grieve in tangible things. Like, you know, we, we talk about a breakup of relationships, death, divorce, all those things, but you can grieve a loss of trust because when you have a traumatic experience, when you have a breakout, when you have a death, when you have a divorce, your trust is broken.

Sharon (1:21):

Yeah. Yeah.

Erica (1:23):

And that causes pain.

Sharon (1:27):

Yeah. But a lot of times, Erica, that trust showed the loss of trust showed up way before the, the actual death or the divorce, right? The loss of trust could have shown up. Ummm. When they didn't show up for you, every time I reached out for you and called you, I need you to stop at the grocery store and pick up some groceries.

Sharon (01:43):

I needed you to be here on time so that I could take the baby to the doctor. I needed you to bring the entire paycheck home yet you didn't bring anything home. That loss of trust could have happened way before the loss of death.

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Erica (1:58):

Well, and I would, I would add, go back more because, you know, if you take the stuff that you experienced in your childhood, so if you have that in your childhood, you know, I, you were supposed to pick me up from school on time and you didn't, you were supposed to do that. And then you fast forward to then the husband relationship. It's like, you have its two-fold, right? You understand what I'm saying?

Sharon (2:24):

Yeah, right. It's not uncommon for someone to take their loss of trust for one person in their life and start attaching it to every person life.

Erica (1:32):

Right.

Sharon (02:33):

I can take this loss of trust with my mom never showed up for me. She was never here. She lied to me. She would never, she didn't do the things that she promised. Right. She promised me she was going to take me out for ice cream on Friday. And then next Friday she promised me again, or she promised me I can go to the ice skating rink and day in and day out of her not fulfilling those promises that she was making can start to build up this loss of trust. And then we can take that of trust and start associating it with everyone around us. It can really formulate who we are as a person.

Erica (3:06):

Absolutely. Because it affects, it affects all areas of your life. It affects your parent relationship and then it affects your significant other relationship. And then it also can affect your friendships because I won't make plans with Susie because she's not going to make it anyway. You just start to assume people are not going to show up for you. And it affects all areas of your life. Much like grieving a death does.

Sharon (03:26):

Yeah. Yeah. But then you start to look for the evidence, right? You start to prove your loss of trust is valid, right?

Erica (3:44):

Yeah.

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Sharon (3:45):

Oh, okay. Well she said she was coming to have lunch with me and she never showed up. So she's untrustworthy. I can't trust her anymore. Right. She said she was going to call me tomorrow and tomorrow came and went and she never called me. I can't trust her. We start to look for the evidence. But then we start to look for the evidence in everyone, everything and everybody.

Erica (4:07):

Yeah. And to, to live in that, because when you, for me personally, if I'm thinking of a loss of trust, I'm associating a little bit of fear, you know, with it.

Sharon (04:16):

Yeah

Erica (4:17):

You, so you're fearful to put yourself out there. You're, you're scared you're holding yourself back. So you're really living a very limited experience.

Sharon (4:27):

Yeah. Yeah. Our loss of trust can also start to affect our identity of who we are. Yeah. It can start to affect, I am a strong woman with this going on this great career path. We can start doubting ourselves. We can turn the loss of trust on ourselves. We don't, we don't trust the decisions we're making. We don't trust that we should be doing this thing or that thing because of a certain inability to have the identity of who we, we thought we were.

Erica (5:00):

Yeah. And we all know people like that. I used to work with a woman like that, that she would have a problem. And then she would come to my cubicle and I would talk her through it and say, yeah, you could do this and this and this. And then she'd leave my cubicle and go to the next cubicle and I'd hear and I'm like, I just, you know, and then she talked to that person, then she'd go to the like three or four cubicle visits later. She'd finally go back to her desk and do the thing. But you could tell, she did not trust herself to make decisions. She needed all that affirmation that she was doing the right thing.

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Sharon (5:36):

Right. So we going to have a loss of identity. The other thing we can have as a loss of self-confidence right. And that's what you're explaining. It's really a loss of self-confidence and understanding. We feel inadequate when it comes to making the right decision or choosing the right person. And it, it literally can send us in a turmoil spin.

Erica (6:01):

Well, just imagine if you have, like, we have so many clients that have experienced traumatic breakups, you know, via divorce or just, you know, ending of a relationship, how do you then pick up the pieces and then not bring all of that fear and anger and all that to your new guy, you have a crush and he's sweet and he wants to take you out to dinner and you, that loss of trust can overwhelm you. He's just going to break my heart. You can already fast forward and play off the relationship before you even had coffee with this guy.

Sharon (6:35):

Right? One of my personal experiences is that the loss of trust also led to a loss of security and safety because of being put in a certain situations that were not taken care of, or as I perceived as unsafe. So the loss of trust can also lead to a loss of security and safety with that person. And that's totally something intangible that goes along with the grief of the pain of a death, or someone's still alive. It's not uncommon for us to have to walk clients through our program, showing them how to just grieve that loss of trust, that loss of safety, the loss of security and acknowledging. They never protected me. She never protected me. He never protected me.

Erica (07:27):

And I think how that would, how that shows up for that person is they have to be in control all the time. They have to, you know what I mean? They, they don't allow anyone else to take the lead or because they don't trust that they're going to finish or they're gonna do what they say. So they always just I'll do it. I'll do it. I'll do this. I'll do that. And we also know that person, right? Like when you go to the PTA meeting and you have that one, I'll do that, I'll do that. Well, how are you going to make the costumes, write the play and uhh get the food. How are you? Do you have to do all that?

Sharon (8:05):

Yeah. I'm going to bring the napkins. I never signed up for napkin. I gotta start signing up for napkins.

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Erica (8:10):

Drinks. I'm always drinking. That's easy.

Sharon (8:14):

That's my new motto. I'm signing up for the next cause I was the other person doing all the stuff.

Erica (8:19):

I know.

Sharon (8:21):

One of the thing about loss, loss of trust? Keeps us looking into our past. Yeah. Loss of trust keeps us looking into our past and we're looking for not how to rebuild the trust, but we're all looking for the evidence in the past. She never did this. She never did that. And it's always with these absolutes, it's kind of how it shows up.

Erica (8:46):

Yeah. Well, cause you need, you need to validate that your lack of trust in a current situation is right. So you go back to the past and you say, it was just like this time when she said this to me and she said she was going to do it. She did it. This is the same. So therefore, I can't trust her. Absolutely.

Sharon (09:08):

The loss of trust keeps us looking into the past, but it makes us so fearful of our future.

Erica (9:14):

Oh, for sure. How can you, how can you be spend any time in your present moment when you're constantly, you're looking for the validation in the past and then you're like, I'm sorry, I can't do this with so-and-so because it's not going to turn out. Right. Right. So then you're worried about the future. I mean, it's exhausting, isn't it?

Sharon (09:33):

Absolutely exhausting. But the other thing that happens with the futures, we're afraid to make decisions because now we don't, like I said, we don't even trust ourselves. We find a lot of women that are suffering from a loss of trust. Also suffer from just a loss of any direction whatsoever. Right? Like they can find function, but this whole, I know where I'm going. I know where I'm headed that future thing. But the loss of direction.

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Erica (09:57):

Right. Well, it's a lot of talk, right? It's a lot of talk, but no action. Oh yes. I'm going to do this and this and I'm going to do that. But then when you see them five months, a year, whatever later, they're still in that talking phase and there's been no action towards one, you know, one of the things that they said they mentioned they were going to do.

Erica (10:21):

So uhm And then a lot of these things that we're talking about, a loss of future, loss directions, we call those the intangibles, but we find out that so many of them come from a loss trust. So what about a loss of dreams and expectations for our future and everything that we thought was going to happen for us? And it didn't happen that way?

Erica (10:38):

Well, I think when you lose hope in a certain scenario, so you lose the trust, it definitely impairs your dreams and your expectations. When you feel this sense of unfulfillment that you didn't get to have that complete experience because something was taken away from you, therefore it diminishes future experiences. And I don't think that that is uncommon at all.

Sharon (11:08):

Yeah. I think also that when we start to have this loss of trust, I find that a lot people blame it on one person, but when they actually get in the trenches and start doing their work, they see that it went across the board of all, so many different relationships. The other thing that a loss of trust or an intangible loss can cause is our ability to focus on our life, our ability to focus, because we're only hyper-focused on that one point with the pain. And many times that one point that we think is the pain is not even the cause of the major, major crux of it.

Erica (11:43):

Right. I want to, I want to bring in, because I know that in some of our past shows and in this one, we talk a lot about what the problems are, but I think we're, we're not, we need to remind ours sisters out there what the solution is. We teach a program that deals with this, the reason why we talk about all of these things and all of these problems and the solution is you have to do some work and we have that work. We have the program that helps manage it touches on all of these things. So, you know, okay. You've, you've identified me. You've called me out. Basically. You're telling me what's wrong, but how do I fix it?

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Sharon (12:23):

Yeah, yeah. And doing that work is not sunshine, rainbows and daisies.

Erica (12:32):

No, it's not. No, it's hard. It's hard work. If it were sunshine, rainbows and daisies, Sharon, you and I would be on the cover of every magazine and you know, on every talk show, cause everyone would want to sign up and do this, you know? Cause it's like the, you know, that magic stick that people are selling, you know, for your face on your face and you're going to be 20 years younger. Oh yeah. Sign me up for that. That's simple and easy, right? This is not that.

Sharon (12:58):

Yeah. Yeah, yeah. Yeah. And I don't even know how we ended, it ended up picking up this career. But because I was making flower arrangements when all this started. But, but the truth is that you got to get in the trenches and then you and I jumped in the trench with them and we help them dig their way out. It's action steps that move us beyond the pain it's action steps that move us beyond the loss it's action steps. Then give us a future that help us to see. And when we come out of that trench and we wipe the dust off, Right, we're doing that. We've done the work we wipe the dust off. Our life is not perfect. No you'll have cellulite. We still got to put gas in our car. We still got to go to the grocery store. But guess what? It's a hell of a lot easier than it was six months ago. It's a hell of a lot easier than it was the day you got here.

Erica (13:51):

Absolutely. Absolutely. And there is a little bit of sunshine. There may not be rainbows and unicorns, but there's some sunshine and there's hope.

Sharon (13:59):

Yeah.

Erica (14:00):

There's a lot of hope.

Sharon (14:02):

There's a whole lot of the dreams come back. We can. Now see the dreams. We can now see the future. I'm not so worried about the future. I can make a plan. Right? My brain is clear. My backpack is empty. Life is not happy. It's not, I mean, we can still feel happiness. We can start to feel happiness. Yeah. And start to feel that not that life is not happy. We can start to feel that happiness, Hey, side note. And this should probably be its own show. Why do you think so many of our friends are scared to do the work?

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Erica (14:32)

Oh, this is going to be a different show. But yeah, because it's hard. It's like the person who you know, wants to go to the gym, but doesn't, you know, you're reluctant to sign up. Cause you don't know how to use any of the equipment. It's like saying, nobody wants to be made a fool of right. You don't want to be taken out of your comfort zone. And we see those videos of people, the equipment wrong all the time and it's comical. But you don't want to be in that position where you don't know, everyone likes to feel confident. They like to feel like they have the answers and you don't want, it's scary too, to admit you don't know what to do.

Sharon (15:10):

Yeah. And I think, I think the, the victory for us as we're not therapists, this is not therapy. We're not going to give you, we're not telling you how to live your life. You are doing the work for yourself. We were just guiding you. We're like, Hey, look at this, look at this with some definitions. And some homemade slides that we made.

Erica (15:35):

In wit with some real definitions about grief really is. Yeah. You know, people would not say think that because my mom didn't show up for me in elementary school that created this loss of trust. That that is still causing me problems to this day. We can pinpoint it and show you. It absolutely is. And then we can tell you what to do about it and we'll hold your hand through it.

Sharon (16:01):

Yeah, yeah. Yeah. We're the girlfriend that sits at the table with you with the best advice. Yeah. We're that friend. Absolutely. Oh Yeah. Sharon and Erica had great advice. They really got it. They understood it. We're that girlfriend.

Erica (16:15):

Without the no judgment, we're not going to leave the dinner table and go call the other friend and be like, girl she doesn't know what she's doing, we're not that friend.

Sharon (16:25):

No, we're not. No, we're not. We're going to leave it right there. Perfect ending.

Erica (16:30):

Bye.

Sharon (16:31)

Bye Thank you.