

# *Grieving Them with Respect*

**Erica Honoré & Sharon Brubaker**  
**Grief Specialists**

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 ladies, welcome back today. We're talking about Respectfully Grieving someone which is different than giving respect to the griever or giving the griever their space. This is about you actually doing your work. This is about you actually getting down in the trenches. A lot of times when Erica and I are re-working with grievers, we describe it this way. You're already in the trench of pain, right? How are you going to get out of there? What are the tools you're going to need to get out of there? What are you going to do to get out of there? And should you honor your grieving process

Erica ([01:18](#)):

And absolutely this, this is really about you honoring the relationship with your loved one. By making sure you find healing and take care of yourself in a way that they would want you to.

Sharon ([01:32](#)):

Right. Right. We all know that grief is painful. We know beyond a reasonable doubt. It is the ugly cry not running out of your nose, balled up on the floor of the bathroom floor, crying for three hours, ugly. That's how ugly it is. But here's the thing. When you do that, when you allow that when you get on that bathroom floor and you roll up in a ball and you cry for them, that's a way of you showing respect to them. You're showing respect to your grieving process. You're showing respect to the process you have to go to. You're honoring that.

Erica ([02:13](#)):

It's so, um, it's so challenging because those feelings are so overwhelming and they're scary and you don't know what's going to happen if you let them out. But I feel in my heart personally, um, and I did this, I, I did the resistance. I said, no. After Donovan died, I don't want to feel this. I'm not doing this. I already did it once with Austin. I'm not doing it with Donovan. And it was dis-- it's disrespectful to Donovan for me to not take care of myself, for me to not say, okay, I need help for me to not acknowledge that I needed to be better. So then I could attend to his siblings so that I could tend to his dad. You know, it's not, it's not right to do that.

Speaker 3 ([03:03](#)):

It's umm and that's the way I was. I was just going to go in that, like when you have that relationship with that person, but it's also that I loved you so much. I loved you so much. You were such a part of my life. You were so important to me. I have to do this part, right. This is part of honoring you. That's why I call it respectfully. The most important thing we can do is to grieve someone properly the way it was meant to be, right? It's because you love them so much that you have to give an honor. You have to honor those days that are the bad days. That's for them. You honor the days that are the good days. Sometimes we

hear grievors are grieving friends. They'll say, well, I laughed. And then I felt really bad about it. That's also part of the respectful part. It's like you, you notice, you're noticing the things that don't feel right to you. You're noticing the things that don't feel good to you.

Erica ([04:00](#)):

And when we say properly, there's still no rule book, there's still no format, we're saying to just go through the process, to allow the process in and to however that shows up for you to whatever steps you need to, um, start mending your heart. That's what we're saying by properly, because what's do what, how to grieve someone. Improperly is to, uh, turn to substances, to try to numb the pain, to avoid talking about them completely to, um, absolutely deny any of the feelings to come in and to just, you know, act like I'm fine. You know, I'm fine. We did a fake it till you make it show, faking it until you make it is not honoring them and doing it. Improperly it's, it's denying the process.

Sharon ([04:50](#)):

I agree with you 100%. And that's exactly where I was going. Grief is unique and individual to each and every person, how you go through your process is unique and individual to you. We work with some clients, um, that they get it right away. They're ready. They're they know what they have to do. They understand it. Some people get it right away. They know what they have to do. They understand it. And they do it kicking and screaming all the way. Right? And we use that example all the time, the Austin version versus the Donovan version, right? We use that as an example all the time. So it's always going to be done differently for each and every person but doing it. It's the doing it. Even if you're kicking and screaming, even if you're yelling all the way, even if you're mad at us that you have to do it, it's still honoring that person until you've gotten all the pain out. It's honoring them. What happens, Erica, when you're mad and you hate that person?

Erica ([05:56](#)):

You still have to go through the process. It's even more important when you have hate in your heart, because that is, you don't want that living in you, that's toxic. So you still have to go through it. You don't, you don't get to just say, well, he was a jerk. And you know, he ruined my life. So, you know, deuces, you don't get to do that because the feelings, the anger, the resentment, the bitterness is living inside of you. You still want to get that out.

Sharon ([16:23](#)):

Yeah. You got to get it out. What I think when we're also saying, when we say the most respectful thing you can do as grieve them properly is, um, it's not resistant, not resist to healing, not push back against it and not be mad at it. Not just be like, I'm just never going to do this. The pain will never go away fast. Even if you wish it well, to go away fast, this I'm going to get the over this as quickly as possible. It's going to take its time. It's going to take what it takes.

Erica ([06:55](#)):

And I feel like if you try to rush through it, you miss things. There's pieces of the relationship that you push back, or you forget about because, you know, if you have a long standing relationship with someone, if it's a parent, a sibling, you know, there's a lot of stuff there. So you want to make sure you take your time

and go through it as a whole, in its entirety. So you don't miss anything because those miss things will resurface when you least expect them. And then they throw you for a loop.

Sharon ([07:23](#)):

Right? And what about if I ignore it? Will it go away faster?

Erica ([07:28](#)):

No. If only if only that could be real.

Sharon ([07:35](#)):

Yeah If I just ignore this pain and this loss, and it'll go away faster, we know that grievors need to talk in the beginning. They are just doing so much talking because the brain can't even believe what just happened. That brain, can even believe the amount of pain, their heart is feeling. Um, we know a lot of times that people will say, um, Uh, be strong and face your loss, be strong and face your loss. Acting like you're the strongest person in the room is not necessarily respectful to the person.

Erica ([08:06](#)):

And I feel like that's so insensitive to say, um, to someone whose heart has just been obliterated, Oh, be strong. You know, you get over it. You gotta, you gotta fight your way through it. There's a time for that conversation. But when the loss is fresh and it's just occurred, that's not the time to give someone permission to, to feel. However they feel. I don't know what this is like for you, but just feel whatever you need to.

Sharon ([08:37](#)):

Yeah, exactly. Exactly. I recently heard someone say that, um, she was told that it, because she wasn't crying because tears weren't coming and meant that she didn't really love her husband. Well, you, you obviously there was something there. You obviously didn't really love him. Respectful. Doesn't always include tears and crying, right?

Erica ([08:59](#)):

Yeah. Mine didn't. Mine didn't. And it's important to point out that was like a little tongue twister there. It's important to point out. Um, you don't want to fall in the trap of putting someone on a pedestal. Like they were the best thing since sliced bread. They never did any wrong. They, you know, Oh my gosh, it's I will never grieve them properly enough because they were a saint. Well, I know that my boys were the most beautiful beings, but they were little turds at times. They weren't saints. You have to tell the truth about the relationship. You have to be honest. And in the, in the part of the relationship where there's the person that you hate, and it's just so easy to, to put them like, be devil them and say they were the worst thing. Well, that's not also true. Cause if like, you know, you see that a lot of marriages in divorce when it happens. Well, he was just a jerk. I hated him. Well, you didn't hate him on your first date, there was something about him. You liked, there was something that got you to the altar. You have to be honest about the relationship and look at it in its entirety and say, there were some good, there's a lot of bad, but there was some good.

Sharon ([10:07](#)):

You're honest about yourself, but you're honest about them too. You're honest about what they brought to the table. And you're honest about what you brought to the table. So, um, I also heard recently we were that, uh, respectful grieving should only last one year.

Erica ([10:25](#)):

If another thing, if only another, if only that would be, you know, a year is not that long, you know? Yeah. You could go to a year just going to get a one year sentence and I could get over that. Great. How many people Sharon, do we know that are going on 30 plus years?

Sharon ([10:40](#)):

Oh, hundreds.

Erica ([10:42](#)):

How many hundreds?

Sharon ([10:44](#)):

Hundreds. It never ends. We meet somebody every day.

Erica ([10:48](#)):

There's no time limit on grief and we need to do a way with that misinformation. Your broken heart cannot just go back together after just one year. Okay. One year to the day. You're your restored hole that does not happen.

Sharon ([11:06](#)):

Respectful. Meaning doesn't mean you're going to forget about them. You're never going to forget about your loved one because you did the work. Sometimes I, I tell them, Grievers, cause they're like, well, I want to remember that part. It's almost like grievers think we have a magic wand and we're going to go tatata and boom and your loved one and all the pain is going to be missing from your heart. That is absolutely not true. What you actually get is more of them. You get to remember the good times we deal with the hurt, the pain what's broken. Respectfully Grieving means you go after it. You go after doing your grief work. That's what, respectfully grieving means. You absolutely go after it.

Erica ([11:49](#)):

I know that as much. And I just, I know this in my heart as a mother, as much as I was struggling here after Donovan, he was struggling for me because he know they don't want to see that they don't want to see you miserable. And just, um, being out of your character, like it's not in my character to be a Debbie downer, 24/7, you know, there's moments, but not 24/7. They don't want to see you live in a dark place. They want to see you find life again. It's going to be different without them. Absolutely. My life is different without Donovan and Austin in it, but I'm still thriving as an individual. I'm still relishing in Jordan's accomplishments. I'm still relishing with uncle Lou's crazy antics. You know, I still have to find that I have to find that and still go forward. That's me honoring my children and giving them respect.

Sharon ([12:50](#)):

Right. Right. And, and that is at that time in 2015 was not what you wanted to hear. No was not what you wanted to do. Um, but you fought the good fight and you stayed in here's some tips, friends, number one, acknowledge your pain, acknowledge who you're grieving and acknowledge that grief hurts. Number three, accept your grief. And that triggers bring on emotions and that your normal response is going to be to resist these emotions and these pains. That's going to be your normal response. Right? Understand that the grief is unique to you. It's unique to every individual, understand that it's going to take the time that it takes no matter what that is. Seek out, support, seek out women like us or men that have been through the grieving process that have been in their own trench that have been in their own trends with a little bitty spoon and they were digging it out. As the trench was filling up with water, seek out someone who's been through it and found the stairway out, support emotionally, everyone around you that is also grieving and know that no, this is not going to be easy, but there is a beginning to grief, the grieving process. There's a middle to it. And there is an end. And when it's done properly, it is the most respectful thing that you can do for your loved one.

Erica ([14:24](#)):

Absolutely hands down that I couldn't have said it any better. And that is so true. And I know that, um, and we from people from personal experience, people that we get in the trenches with, they look back and they're so thankful that they found us. And so thankful that we let them know they're not crazy. They're not broken. They don't need to be fixed. They just need someone in the trenches with them. Like you said, finding those stairs and guiding them out.

Sharon ([14:56](#)):

Yeah. Thank you ladies. Thank you so much for allowing us in for this moment of time.

Erica ([15:02](#)):

Goodbye. Thank you.

Erica ([16:35](#)):

Hi friends, Eric Honore here with healing starts with the heart. Sharon and I are so glad you joined us for another great episode of our podcast. We hope you enjoyed this episode. We want to let you know for more information you can go to our website@healingstartswithaheart.com. There you will find not only today's podcasts, but all of our podcasts, along with our blogs, the information on the programs that we offer and the griever's guide, which is something Sharon and I put together to document how we came to be your grief specialists. We also have a quiz to take, to identify if you are truly grieving. And if you want to talk specifically with either Sharon or myself, you can schedule an appointment there. You will also find a place to join our private face book group at hope, heal and recover. Thank you so much for being with us. Have a great day friends.