

I Have No One to Talk to

Erica Honoré & Sharon Brubaker

Grief Specialists

Sharon ([00:01](#)):

Hey girlfriends. Welcome back to healing starts with the heart I'm Sharon and this is Erica.

Erica ([00:08](#)):

Hi friends. Welcome to another amazing episode of our podcast, where we are really, really get into some great topics, some new material. And I know you're just going to love everything we're putting down now, even though they're homemade,

Sharon ([00:30](#)):

What are you talking about? What's homemade. Oh our, but our podcasts put the sound is good. They don't know it's homemade.

Erica ([00:39](#)):

So friends, I just want you to know Sharon are getting very creative during our no traveling COVID whatever still happening. So we are making our own podcast, which I am very impressed with the quality and all the techie stuff. You're doing sister. So I got to give you your props because you got this thing online.

Sharon ([01:02](#)):

Three, three Sundays ago, we were all on the phone and that's even came out. Okay. Except for you with the bleep in the beginning. I couldn't even get that off, but anyway, here we go. Thank you guys for coming. I saw a young lady post the other day. I have no one to talk to. She was not one of our friends. I just saw it on PO a post that she made and she was a new griever. And it is not uncommon for Erica, for people to think. You just don't even know how I feel. I have no one to talk to. And I thought that was such a great subject for us to talk about today because there comes a time when you're going through grief. When you can literally check the list and check the box of everyone, you know, and you don't feel like they're a safe place to talk, or they're not going to understand what you're going through. And so you suffer alone.

Erica ([02:01](#)):

There are so many directions. We could take this topic into because there's so many layers to it, but absolutely it is not uncommon. And we see it in people who comment on some of our posts about how they don't feel that they have a safe space. And unfortunately, because there's such a misconception out there in terms of, in terms of a timeframe for your grief, you can tell when you are sharing your story with your same set of friends, that they get over it, they're over it really fast. You know, they get tired of hearing the same old thing, and then we feel we shut down and we hold every, we start to hold everything in because we don't want to bore them. We don't want to not get it, not get a safe response back of I'm so sorry. You're hurting.

Sharon ([03:02](#)):

So let's talk about, About what a safe space is. Let's start at the beginning to me, a safe space is I can say whatever I need to say, and you're not going to cut me off or correct me. That's a safe space. And even if it's ugly, I can say it.

Erica ([03:19](#)):

A safe space is also someone who spends more time listening, just listening, mouth closed, ears open, and doesn't give you any unsolicited advice or tell you, just turn it around to make it about them.

Sharon ([03:43](#)):

The natural reaction to creating a safe space. So what you just described as how someone can create a safe space, which I love. So that's how someone can create a space, a safe space for someone else, but our natural reaction after we've created this space and we allow them to talk and even I did it. And I know that I did it when you are grieving is to try to fix it. That's our natural reaction to object, to what they're saying, give them other examples or share our own story. That's negating all the safe space you've already created. Correct?

Erica ([04:17](#)):

Exactly. We as a society are so uncomfortable talking about negative, meaning negative emotion, negative circumstances, most specifically death that we automatically want to fix it because we want to turn the negative into a positive and we ignore the person's pain.

Sharon ([04:43](#)):

We ignore the person's pain, or we think it's our job to fix them. I clearly thought it was my job to fix you. It wasn't that I was ignoring your pain. I wanted you to feel better. And I wanted our life back together and I didn't know how to do it. So yeah, we ignore it and we disrespected Erica.

Erica ([05:01](#)):

Completely,

Sharon ([05:03](#)):

Don't you think we disrespect it because it makes us uncomfortable.

Erica ([05:07](#)):

Yeah. I mean, I've shared this example where, and we've all had this experience where you've been in the grocery store and the, you might set me in behind a chatty Cathy, and they told you about their divorce and their son that, that ran away and they're this and they're that. And then they would ask me, well, how many kids do you have? And I'll say, Oh, well I have three children, but I've lost two. I mean, and they facial expression change and they want to make a beeline for the door. And I'm like, well, wait, I listened to your story. You know, it was my turn to share, but not to make light of it, but it makes people so uncomfortable. We don't know what to say. And we just want to get out of there and, and, and turn away from it. And that's, that's happening often than not to our friends out there that are hurting, who are saying they don't have anyone to talk to. That's one part of it. And then the other part is for me, personally, what I felt is no one would understand how bad, how bad it was. No one was going to grasp the, the complete hopelessness. I felt the utter despair I felt. And the fact that it was the challenge, the ultimate challenge. It took me to get out of bed and face another day without my boys in this world. I didn't think anyone would ever understand.

Sharon ([06:40](#)):

And so I feel like you have ESP, cause I just wrote this down. You just don't understand how I feel. And I wrote that down because I wanted to go to that next, but then you brought it up. So thank you. A lot of times we're reluctant to call anyone because they, we feel like they just won't understand. They won't understand the depth of where I'm at. They won't understand how big the hole is in my heart. And the truth is Erica, did I need to understand in order to be therefore, you know, what happens when, what happened on the days? Maybe you can share this for our friends. What happened on the days where you're just like, I can't talk, I can't talk to anyone. No one would understand. What, what did you do? Did you just let that day path

Erica ([07:33](#)):

And be home by myself? Yeah, I completely isolated. I completely isolated. And then I, I engaged in what you and I call mine numbing behaviors. So in the event I was able to get out of bed and make it to the couch. I would just binge watch reality television all day and just get, lose myself there. Or I would sleep all day. I would sleep all day to try and avoid the pain and the feelings. And I would definitely, because people were calling, people were calling and trying to check in. Cause they, you know, everyone cared. I just couldn't do it. I just didn't want to get on the phone. And, and, and just feel that feeling that no one knows how bad this feels.

Sharon ([08:19](#)):

Right. Right. Thank you. Did that help?

Erica ([08:27](#)):

No, because what it did was it was obviously a temporary fix to a very bad problem, but what it did was it got me way behind on, you know, we've, we've joked about laundry and, and chores. And also on my, my relationship with my, with kids, with Kayla and with Jordan, because I would often binge watch TV, you know, when they were around or Kayla would, Kayla would come and talk to me and I would be so in my own thoughts and in my feelings, I would not hear a word. She said I would not be present for her at all. And I, I feel really bad about that because there there's that solid year. I don't feel as though I was very present and there were, she'd have to repeat things over and over. Cause I would ask her about something. She's like, we just talked about that like two days ago, don't you remember? And I was like, I just fake it. Like, Oh yeah, yeah, yeah. But I had no idea what she was talking about.

Sharon ([09:24](#)):

Yeah. Yeah. And that's the sign of a true griever. One of the things that I want to encourage our grieving friends is this. You can create a safe space with someone who you wouldn't think could give you that listening ear. And it goes something like this. Erica calls me about on the phone and she says to me, before she goes into the conversation, Sharon, I need to talk to you, but I need you to do me a favor. I need you to just listen to me. I don't need a response or your opinion. Do you think you could just allow me your heart and ears just to listen for five minutes? And then I would say absolutely. And Erica could go on about how bad she's feeling. She, I, she set the tone already. She set the tone and I listen. And at the end of that conversation, I could say, thank you for allowing me on a journey with you. I'm so sorry. Your heart's broken. I wish I could give you a hug right now. That's it? That's it friends. You can create the safe space with someone else. I really want to encourage that.

Erica ([10:35](#)):

Yes. It's not hard to just listen and to really try not to give any advice just to listen and then to say, absolutely, I am so sorry that you feel this way. I'm so sorry. You're hurting. I'm so sorry. And the other thing that, that I have tried to do is to let them know every, you have a right to feel everything that you feel because sometimes people feel like they they're wrong for feeling like, I felt like I wanted to die. It was so bad. And I've had people say that to me. And they like, they get nervous when they say it. Like, I felt like I wanted to die. And I say, absolutely. And when I validate that it helps because these feelings are so heavy sometimes. And we feel so alone that it just helps to know that, that you're not wrong for saying that out loud.

Sharon ([11:35](#)):

So true. So totally true. I also want to let you guys know this Erica and I, even though I was there as her support and her listening ear, I was also grieving myself. She didn't call me all the time. It wasn't easy for her to just pick up the phone and call me. And most times when she did call me, she knew what areas not to go in. She would give me just enough because she knew that I would pick up on things. So I guess my point to this is that she was truly hurting and broken. And even where she knew she could get comfort, she didn't reach out in that area. And I know there are women out there right now that are going through the same thing. They know they can call a sister, but they're not doing it because they just aren't ready to release it. And that's okay. If you can't really sit in a conversation, then try at least journaling it. That will at least help a little bit.

Erica ([12:25](#)):

The journaling will help so much because you can speak your truth in your own, on your own paper. You know, if you, you know, you're not, it's not going to be read, you will speak your truth and you can let it all out and it might help you organize your thoughts so that when you get on the phone with your safe space and, and your sister, you, you know exactly where you're coming from and you'll be able to articulate it more clearly. One other thing I want to, I want to tie this in to not just grief from a, from a death, but I want to tie this in for our sisters and our girlfriends out there that are going through a divorce or a breakup of a romantic relationship. When you call your friend and you're pouring your heart out about how I can't believe he walked out on me and he just doesn't want to work on it. And he's just left me here, feeling broken and feeling devastated. And then that girlfriend goes into complaining about their husband or their significant other that is not helpful. Please don't do that because all that does is throw into their face. Once again, that they're alone. It's like, you know, they're, they're extending, throwing out the life raft, like saying, please save me. And you're like, yeah, girl, I can't even get my husband to take out the trash. You have a husband, sister, please. We have to stop doing that. We have to stop. Okay. Let me say this correctly. That's not a safe space that is pouring salt in the wound.

Sharon ([14:04](#)):

Sorry, I, that was so cute. The way you explained it. Yeah. That's so true. That's totally true. And that's where we want the part of the trying to fix it. How are you fixing it right there? Well, your life is not that bad. My life is bad. Girl is just all all over the place. Well, you know what? That's not helpful.

Erica ([14:21](#)):

No, it's not. It's not helpful for anyone refrain from using that, that, you know, there's going to be time for those conversations. And just because your friend is going through a divorce or a breakup doesn't mean that they're, you know, you can't ever talk about your relationship, just in those moments where

she's calling you out of just pure pain and devastation. Just, just create the space, let her have her moment. And there's going to be a time for you to have your moment where she could that for you and lets you vent about, you know, not to get the trash were coming home late and not calling and are not helping with the kids. There's always place for that.

Sharon ([15:03](#)):

Sisters, thank you so much for allowing us in today. This was a great show. Thank you Erica, for going really deep. We hope that this show gave you some tidbits of information, but here's where I want to just reach out everyone actively grieving. We're here for you. We are the sisters that work with grieving sisters.

Erica ([15:24](#)):

Please don't hesitate to reach out to us. We can be a safe space and we will just listen.

Sharon ([15:32](#)):

Have a good day, ladies. Bye.