

Your Thoughts Control Your Feelings

Erica Honoré & Sharon Brubaker

Grief Specialists

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

Hey girlfriends. Welcome back to healing starts with the heart, the podcasts where it's all about you, the griever and your broken heart. My name is Sharon and I'm with my beautiful sister, Erica.

Erica ([00:14](#)):

Hi friends. Welcome to our makeshift podcast recordings. I should say Sharon and I have gotten pretty crafty at how to continue bringing these amazing shows to you in spite of not being able to travel, to be near one another and have them professionally done. But I think Sharon's getting pretty good. Yeah,

Sharon ([00:37](#)):

I'm getting really good. Cutting out all the rigor, Moreau. I don't know. Frustrating. This is just crazy. Anyway, the show we have today is on thoughts. Erica, we're doing a show on thoughts. This is called controlling your thoughts, control your feelings. And we think this is so amazing where grief is concerned. It is

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

Very, very amazing because this is something we teach to our clients and it's something that we have experienced firsthand. Me specifically, when I was really struggling after losing Donovan, I was allowing my thoughts to control all of my feelings and in, I was my grieving process became 10 times harder.

Sharon ([01:28](#)):

And it was a, it's a discovery for us because we didn't really know. We couldn't put our finger on what was really happening. So it was a huge discovery, which I love that we've gone and taken it even deeper because now that we've been through this with you and with Donovan, we're able to help our sisters on such a deeper level, which is so, so totally amazing, but here's the thing that I want to get across. And it's the most important thing. If you remember nothing else from this show, grief happens in your heart. Grief is a broken heart. Your heart is broken. You have feelings regarding this. Those feelings are overwhelming. They happen in your heart, not in your head.

Erica ([02:14](#)):

There's so many times we meet people and we can tell they are just living in their head. They are saying the things that they have heard throughout their lives, things that their parents have said to them, things society has put out there and they think that that's grief. And they think that they're in the grieving process. So many times we hear people referenced the stages and we've done a podcast in the past. So if you're not familiar with that friends, I said, Jess, you go find it. The stages, the five stages of grief do not apply to grievers, but it's such an easy place for people to get stuck because they think that's a roadmap that they're supposed to follow. And then it's, it's just something that causes more chaos. Unfortunately,

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

One of the other things we've been able to do is work with our grieving sisters and friends, and really help them separate their thoughts from their feelings. I know that sounds so rude, but it is truly in the feelings that the grief appears and happens. So it's, I miss him. I can't breathe. My heart is hurting. I'm sad. I'm embarrassed. I never got to do this. That's where the grieving takes place. It doesn't take place

in I have no meaning in my life. I'm sick and tired of this. I hate my job. I weight 275 pounds. I keep yelling at my kids. I drink five glasses of wine every night. Those are all thoughts. Those are thoughts. And sometimes what happens when we are grieving and we're grieving deeply, these thoughts attached to the grief and we start living in the, we live in the pain of that thought.

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

Well, there's a lot of Shuda coulda, woulda, right? Yeah. Yeah. And those are also fought it doesn't if you're going to say I've shared this story in the past where I felt bad about a missed phone call, I had the night before Donovan died and I was so wrapped up in that, that I felt if, I mean, maybe there was something I could have said in that phone call that could have changed the scenario for the night and he wouldn't not have got on that motorcycle and he would not have died. That's those are thoughts. Those aren't feelings, the feeling was ultimately, I feel bad. I feel bad for not taking the call. I didn't ignore him completely. I sent him a text cause I wasn't able to get the call. But those, that was my thought on that scenario. And it consumed me for so long. It was finally when I was writing a blog on regret and I realized our relationship was so much more than just that one missed phone call, but I allowed myself to waste time and energy on that thought. I had people do that a lot. They get stuck in their heads and they imagine these scenarios like they could go back and change history, but you can't

Sharon ([05:20](#)):

100% Erica. So the, the thoughts and feelings are something that we teach and we teach pretty heavily because it helps it's side it's aside from our grief work. But it really helps with a lot of grievers. A lot of griever sit, come and sit in our office when we were meeting in person and I sit down on the couch and the first thing they start throwing out are all these spots. So let me break this down for you a little bit. So you have a circumstance, a circumstance and things that happen in the world. So your circumstance was Donovan called me that's it Donovan called me. And you didn't answer the phone. And your thought about that was what Erica

Erica ([06:02](#)):

Thought about at the time.

Sharon ([06:04](#)):

Yes. Ma'am.

Erica ([06:05](#)):

Or after he died?

Sharon ([06:05](#)):

After he died.

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

I thought about that was I should have answered the phone because I maybe there was something I could have said to him during that conversation that would have made him think twice about getting on the motorcycle and driving recklessly.

Sharon ([06:22](#)):

Right. And then your feeling about that, but your thought was I should have answered the phone. Yes. I shouldn't have answered the phone. And then your feeling of, I should have answered the phone was

Erica ([06:36](#)):

That I left, I left him alone. Even for me, I struggled. My feeling was I felt bad. I felt bad.

Sharon ([06:47](#)):

Bad. You felt sad. You felt regret. You felt disappointment. You felt discouraged. You felt broken, your heart felt broken. I'm just throwing out a ton that you could add in there. Right? Absolutely. Now would you, or would you not agree with me that feeling those feelings hurt so bad that it was much easier to stay in the thought

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

Correct? I try to avoid my feelings like the plague.

Sharon ([07:13](#)):

Yeah. Because if you had to tell, we say, we teach us, always tell the truth about yourself, always until the truth about these feelings, the truth was staining. Those feelings were, is where the grief was, right? When you went to, sorry. We get so excited.

Erica ([07:32](#)):

The feelings were so overwhelming. I felt like I was like, I was going to die. If I allowed myself to feel how bad it felt, I would've just died. Like I know it sounds outrageous, but that's how you feel.

Sharon ([07:45](#)):

That is how you feel and that's how you felt. And so the minute you're you went to touch those feelings in your heart and felt so bad. You, you retracted and you stayed in the thought, I should have answered the phone. I should've answered the phone. Hear me out friends. She was repeating in her head over and over again for years because this just came. And you just wrote that blog on regret in January of last year, for the year she was living in that regret that she was still holding onto a little bit of it. We had worked through most of it that I should have answered the phone. I should've answered the phone. It was then that she realized it was a thought. So that was causing certain actions, which was sustained away from the grief in that area to snare actions, where she was staying away from the grief thoughts come in so many forms. And sometimes they pass through so quickly. We don't even realize we're living in them. We don't even realize we're holding on to them.

Erica ([08:46](#)):

It's so easy to live in your head because we just have so much time to be there. Know when you're driving in the car, you just start going over that day, over and over. Or when you get to your office and you sit in front of your computer and you S you zone out as grievers are known to do. And again, it's more opportunity to just go over and over. It's so easy to get wrapped up in the thoughts and to try to stay away from the feeling. And because we're not really taught how to speak about our feelings, we're not taught how to speak in feelings. We are taught how to speak in thoughts. So you have to really like it. Just my example, a few seconds ago, where I went right to a thought, you have to train yourself to speak in feelings so you can make those connections and trust and believe. When I tell you, when you

make the connections and you speak in feelings, you release them so much sooner than holding onto them and avoiding them.

Sharon ([09:51](#)):

Absolutely, absolutely. So I want to work this a little differently because I want to tell you that a lot of times we hear people say, well, think this not that. And the truth is that doesn't always work. You can not just change that thought if I would have come to you in the year that Donovan died and said, well, don't think about having to answer the phone, think of something else. Think of all the times you did answer the phone. You know what I mean? It wouldn't have worked. You can't just think this, not that.

Erica ([10:17](#)):

Right and..

Sharon ([10:18](#)):

When you at work, girl, I'm like in the middle of my thing and I was doing really good here. Could you give me a second? One of the things that might help is is one, you're not changing that thought over, but coming up with a bridge thought, so something, a bridge slot could be something like I wished I would have answered the phone instead of thinking, I didn't answer the phone. I didn't answer the phone when you're ready and your heart's ready. You could have gone. You could change to, I wish I would've picked up the phone and just that softening just a little bit. We'll get you to the next part that you have to be. It gets you to the healing part of the journey. It gets you starting. You know what I mean? And here's the other thing saying if you can't get to, I wish I would have answered the phone, writing it down. I didn't answer the phone. I wished I would've picked up the phone. I didn't answer the phone, but that's okay. Writing down a few thoughts that you can pick up until you find the one you feel in your heart, that's going to settle for you. That's going to help you bridge the gap to total healing is, is an idea that we teach also. I'm sorry. Go ahead.

Erica ([11:34](#)):

I love the concept of the bridge spot because this is what I, I feel would have happened. Had you came to me with the thinking other facts, think about all the times you would have answered the phone, my emotional connection to that particular thought. I'm not picking up the night before he died was so strong. I have then pushed away from you and not considered you to be a safe space because you were challenging dragging, you know, trying to reframe the thought. Of course, by offering, the bridge thought was a lot, which is a lot softer and really speaks true. And it is my truth. I wish I would have answered that the phone call, it would let me put the guard down and receive it and then make that new connection and segue then into my feelings. So, so friends, we know this, this is not easy. And we know that certain thoughts you're you have a connection with them because of the circumstance around them. So please know, we are just giving you some suggestions and if you can start to use some bridge thoughts, start to use some writing tools to say, okay, what is it I wish would have happened? I wish.dot dot, and you fill in the blanks and that will help you segue into those feelings that you're possibly avoiding. And when you make those connections, you'll know it because it feels right in your heart. And you can take a deep breath on that and know you're on the right path towards healing.

Sharon ([13:12](#)):

Thank you friends so much for allowing us in. We miss you and we love you all have a great day.

New Speaker ([13:20](#)):

Bye friends.