

# You Can't Heal What You Won't Feel

Sharon Brubaker & Erica Honore  
Grief Specialists

Tony ([00:02](#)):

Erica and Sharon, are sisters who began a grief journey in 2006, when Erica's ten-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 the 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 ([00:40](#)):

A new year, and we are back and yet the grief just still won't go away.

Erica ([00:47](#)):

I feel like there's so many different levels that have been added to the grief. Considering we're still in the pandemic, the numbers are still going up. The just now we had all this political craziness, like when are we going to have like a new year? We'd be like, yeah, like the last few have been like another year.

Sharon ([01:12](#)):

I think you're right. Exactly. You're the one didn't you send me the meme? Like I feel like 20, 21 just put on a wig and came back in 2020s.

Erica ([01:21](#)):

Just 20, 21 is 2020 with bangs. Yeah.

Sharon ([01:27](#)):

Okay. We can do this. Right. We can do it. We can survive.

Erica ([01:33](#)):

Absolutely. We got this. We got this. Yeah.

Sharon ([01:36](#)):

So today we're going to be talking about you can't heal what you can't feel. You can't heal what you won't feel, right? Yeah. And I love that topic. I love that topic because people don't realize sometimes that they absolutely have to feel this miserable, broken, sad in order to get through it.

Erica ([01:59](#)):

Right. You know, they're, they will allow themselves to feel like for me personally, I allowed myself after Donovan died to feel anger. I was able to feel that. So that's the only thing I would let in the sadness, the like intense, longing, all of that stuff was like, it was too heavy. I couldn't, I couldn't do it. So I wouldn't. And you saw what I went through. I mean, it was just, it was a wreck. I was a wreck of myself and I wouldn't acknowledge that stuff. So I wasn't healing or even like letting it out at all. So people come into us and they'll have the one feeling they're allowing and they'll want to work on that, but they don't want to address any of the other stuff.

Sharon ([02:47](#)):

Well, 100%. So what we're talking about right now is what, what are they trying? What are we trying to tell them that they need to feel? They need to feel all the feels. They need to feel all of the emotions. So if today the emotion is anger. Be okay with the fact that you're sitting in anger. But then the second part of that is call it by its name. Say, this is anger. And if you're, if you're really in tuned enough with your body and with your heart, you can say why you're here Having the anger. Right? What was the anger from Erica?

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

Every well, one that he did, all the things I didn't want him to do, and that I knew something bad was going to happen. So it was like, he proved me right in the ultimate way that there was no recovering from.

Sharon ([03:33](#)):

So you, the anger was really pointed towards Donovan. Oh, completely. Completely. Yeah. Yeah. And so we have to feel the feels. We have to feel all the feelings, but what happens to us, We feel like if I allow this anger in, this is what a lot of clients tell us I'm going to, I won't be able to stop it. Right. I'll rip the house apart. I'll pull my husband's eyes out My cabinets and throw everything on the floor, which is actually what it feels like. And that's okay. But they feel like they're not good if I allow some of the feelings in, then more are going to come. And what if I don't know what comes, what if, what comes? I can't control.

Erica ([04:13](#)):

Well, and that's the thing. Yeah. I think instead of saying anger, we should say rage because that's great. . And you, do, you want to tear everything off the walls, cut up clothes. You know, you just want to tear everything down because that's how intense it is. And that's how bad it is. Like, that's how bad you feel. So you just, you feel like you won't be able to dial it back. Absolutely. And I think there's another piece to it where people feel bad or they, and they use guilty. I feel guilty. Yes. We we'd say we don't use that word, but about being mad at the person who's deceased. Because, you know, it's the sad thing. Like, I can't, I can't be mad at him. You know, he, he had a heart attack and he died. Well, yeah, you can, you're human. You have the right to have whatever emotion shows up.

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

Yeah, yeah. Yeah. He had a heart attack and he died, but he left me with all these bills. He had a heart attack and he died and he never got the life insurance that I asked him to get. He had a heart attack and he died and I have to raise her all by myself now. Right. Okay. So every single thing we do in our life is because of how we think it's going to make us feel. Every single thing we do in our life is because of how we think is going to make us feel. We go to magic mountain Disneyland, because we want to feel happy that day. Right. We also avoid emotions. I know it's expensive. We also avoid emotions And Feeling the feels of guilt because of how we think it's going to make us feel.

Erica ([05:44](#)):

Right.

Sharon ([05:45](#)):

So we've Avoided because of how we think Feel inside when we go there. So we have to allow healing by, through even the ugly.

Erica ([06:00](#)):

That's the truth, because that's the only way you can get to the healing, right. By going through it. And I think there's such a misconception. We talk about this all the time that, you know, people just feel, they have to wait it out. It's going to get better. I'm just going to, yeah. I'm just going to give it time. I'm just going to keep praying. I'm just, you know, that's not going to get you through.

Sharon ([06:19](#)):

Right. Feelings are directive. They direct us in the healing. They direct us of what direction to go. So your anger came up, you were mad and you chose to stay in that for awhile. That was your directive. That's that was the direction that you took. And you, sometimes we can get stuck there for great years for years.

Erica ([06:44](#)):

Yeah. I could see that. I could see that at that one year, Mark, if I didn't make a choice to move towards healing, I was going to be stuck in there or something even worse. And it was even worse that scared me. And so I, I knew I had to take some sort of action because it was just going to get darker and deeper and I was going to get deeper. So yeah, at that moment, if I wouldn't have made that choice, I don't know. We wouldn't be doing this podcast right now because I'd be a hot mess.

Sharon ([07:19](#)):

One of the reasons that I think we, as a species, don't like to feel our feelings is because we're a species of over pleasure. We want all the good feelings we want to feel good all the time. And I don't want to feel the best. I am insistent that I feel good all the time. Even in our grief, you wouldn't think that that's the case, but that is the case.

Erica ([07:44](#)):

Yeah. We're definitely a pleasure seeking society. And that, you know, they have those those studies that they do on mice, where they trigger their endorphins. So they hit this little tab and it gives them like an endorphin rush. And then they have a tab that gives them like a shock. Well, the endorphin rush feels so good. They will continue to just sit there and hit that to their death because they will negate eating and drinking because that pleasure sensor is so like, Oh my God, I like this kid. So yeah. I feel like we are like that as well. Especially with our social media stuff, you know, we just constantly, you want to, if you like the tiktokers, I'm not a actually Tiktoker..Yet. I'm trying to hold out, but you see the one video that's funny and you like that, something like that. And then they start giving you more. Well, if you like that, you're like this. And if you're like that, you're like this it's kind of the same thing.

Sharon ([08:41](#)):

Is that what they did to me?

Erica ([08:44](#)):

You're a mouse tick-tock mouse.

Sharon ([08:48](#)):

Right. A society of over pleasures, right? We also try to avoid the emotions and the feelings with food, with drinking, with drugs, with sex, with technology. And even with work, we use all of these things to

avoid the feelings, to avoid the pain and, and give us this heightened sense of pleasure or that this heightened sense that everything is okay. Yeah. Because when we look to the right it's ominous and painful, and we don't want to go that way, but if I look to the left, Hey, I can have a little glass of wine and I can forget that this is happening, or I can have a little glass of wine and I can go deeper into the pain and then ugly shows up and we don't know what to do with it because we've really it's not the true sense of where, where we feel, right?

Erica ([09:45](#)):

Yeah. Well, and, and you have those moments where you're indulging in whatever it is. And you, like you said, you get a little bit of the pain or you let a little bit of it out. And then the next day there's like a complete disconnect because you're either sober or you're out of that zone. And so nothing has processed, you know what I'm saying? It's like, it was like a mute moot transaction because you didn't learn or grow in any way. It just kind of like, you let a little bit, but you didn't gain any healing or any kind of satisfaction from, okay, now I need, I need to go on and, and really go after this. You know, am I making, is that clear?

Sharon ([10:27](#)):

Yeah. Yeah. That's that I need to go after this because what happens when we don't go after this? So we use the word feeling and emotions interchangeably, they're kind of the same, right? You have a feeling, you have an emotion you're expressing that emotion. We use them interchangeably when you don't allow those feelings and emotions, they build up, builds up into this volcano that can just explode on anybody. Right? So let me just say this simply stated a feeling or a emotion is simply a vibration in our body. It's just a vibration that we feel, but sometimes we don't know what that is. That vibration is. So it is our job to call it out by its name. Like you were very clear that that was anger. Sometimes our clients don't know that that's anger. So it's their job to figure out what is this and why am I having it? And allow that emotion, even for five minutes, for five seconds, just sit in it for a minute, without going to grab that glass of wine to get it to go away. I'm really mad at him. I told him not to buy that bike. And he did what I told him not to do, but when we resisted and pushed back against it, it makes it harder to heal it.

Erica ([11:42](#)):

Yeah. And it just, like you said, it keeps building until the volcano is at the breaking point. And when it breaks, it's bad for everyone it's bad for your children. It's bad for your significant other bad for your sibling. It's bad for everybody.

Sharon ([11:57](#)):

Well, and I also find that when you allow little bits of it to just sit there without processing it, without processing it all the way through. So I, this is what I, my own personal experience, I would get upset and really miss Sharon. And I would let it sit there and I would just push it away. I mean, I literally was the teacher that needed the grief recovery, right. So I, just push it away and then a little bit more would come. And I'm like, I have no one to talk to. I really miss her. I need her. And I kept letting it build up and build up until finally that just like this avalanche of tears just came out, that I almost couldn't stop. And that's why I really speak about this. Because even if we just go to clean our kitchen, because we feel uncomfortable and then I'm, Oh, that's fine. I'm just going to do laundry. We keep ourselves busy. We're keeping away from that vibration sitting in our body and, and the thing that's so crazy, the more we allow ourselves to feel the faster we can go through this and heal Broken heart, but we do the exact opposite. We'd go sit on the couch and let the laundry pile up.

Erica ([13:05](#)):

Yeah. So you're just prolonging it. That's the truth. You're just prolonging the inevitable, because at some point it is going to break the dam's going to break the volcano's going to erupt, but the more you resist allowing the vibrations and you're just delaying it and, and, and adding more because the longer it takes to get through that, the more intensity.

Sharon ([13:28](#)):

Yeah. Right. And I think that what, and one of the things you and I teach and we help them through is understanding that you can allow five minutes in. You can allow it in for five minutes because it's otherwise you're putting a cork in it. Right. And what happens when you put a cork in it, right. It explodes up the other end. So you can allow it for five minutes. As I talk to clients all the time, and I say, okay, I have an injection here. And it's, it's grief and a broken heart, and I'm going to inject it into you. But I promise the worst feelings are only going to last for five minutes. They're only gonna last for five minutes. Would you agree to allow me to inject this in you? You're going to feel sad. Tears are going to come down. Your stomach might even hurt, but in five minutes, it's going to all be done and you'll be done with that portion of the healing. And most clients like, yeah, I could take it for five minutes, but yet they don't go in the room and allow five minutes of just grieving. They resist that five minutes. They're fine. And okay. If I tell them every, if they know all the, if they know all the stuff, but we don't know all that stuff. And the truth is you got to go in the bathroom, you got to do the ugly cry. Sometimes you gotta be by yourself. You gotta let it out, resisting it and avoiding it. It's not going to help you.

Erica ([14:45](#)):

You know, it's not, you know, and like we said earlier, people think that if they start, they'll never stop. Well, that's just impossible to never stop. Right. Your body's not going to allow you to cry for the rest of your days. Right. Meals like that. It absolutely feels like that. But even if you start to cry by five, 10 minutes, you're, you're not in it anymore. You're, you're done. You're not doing the heavy, you know, the deep breathe and all that. It's just a couple of tears. Maybe your eyes are wet, but it starts to pull itself back. You just have to, you just have to go through it. And the fighting of it makes it so much harder.

Sharon ([15:26](#)):

I definitely agree. I definitely agree. So there's a difference between a feeling and an emotion and an involuntary sensation. An involuntary sensation is something that we feel in our body, right? And it goes to our head. I'm hot, I'm cold, I'm tired. Right? I I need to drink a glass of water. Sometimes we, we feel these things and it's just that you need to drink water. Some self-care. I feel I have to go the restroom. It comes from our body and go start it typically with emotions and feelings, they come from our head and go to our heart. That's the difference. So we will have a thought I'm so stinking mad. He bought that motorcycle. That's a thought, why didn't you listen to me? And then immediately the anger goes to our heart. So it's an it's opposite of what we think it's going to be. So typically we have the thought first about the situation. And then we have the, the feeling. So the, if that helps too. And a lot of times where people say I was so mad today, clients will say, I was so mad. And I'll say, well, what were you thinking? What were your thoughts? What was this around? And if we can grab those and understand them that the thoughts going to come first, it does help with the healing as well.

Erica ([16:49](#)):

And people also get stuck in their thoughts, just get stuck in an emotion. You could get stuck in your thoughts. So it's like you get on that little hamster wheel and it's so hard to get yourself off.

Sharon ([17:03](#)):

It can just spin in your head all day. Here's the other thing you can get stuck in the thoughts and cause you, and I say, all the time, grief is not an intellectual, right? It's not in your brain. We can get stuck in the thoughts and never allow the emotions. Right? What have you stayed there and thought about him buying that motorcycle? What if you were so mad and you refuse to go beyond that, we see clients that do that all the time. Yep. They make grief all intellectual around their head. And then they start trying to solve the problem as if it's a problem to be solved. It's not a problem to be solved. You're not going to fix this unless you allow yourself to feel it. And I'm going to tell you right now, it feels like crap. Grief feels like crap. It's the worst experience of your I'm not going to sit here and lie to you. That's the truth. But unless we allow ourselves to feel it.

Erica ([17:56](#)):

And you, and you it's like a grief. It's like a roller coaster ride. It's like, you know, you zig and zag. And in an hour you can be all over the map with your emotions and then come back. And you're like, what just happened? That's why people feel like they're crazy. Or like, something's wrong with me? I'm going crazy. We've had, how many clients have we talked to that? I said that I'm going crazy. And it's no, you're not. It's normal. Everything you feel is normal. This is just what it is.

Sharon ([18:27](#)):

They feel like they're going crazy. And how many times do they say, I don't want to be here anymore. I don't want to do this. I can't do this. I can't do this. I'm not going to live through this. This is going to kill me. That's what it feels like. It absolutely feels like that. That's another reason why Erica, I say this all the time. You need somebody with you to guide you and help you. First of all, you don't know how to do it. We didn't know how to do it. You need somebody to just say, yeah. What about that? What about that? Let's let's go there. Let's talk about that. Let's talk about that thought. What if he didn't buy the motorcycle? What would have changed? Right. What if he didn't get on the motorcycle that day? And you just walked through every scenario that you can until you've gotten to the bottom and the degree of what's really going on and what's really happening, right?

Erica ([19:23](#)):

Yeah. That is absolutely true. That is. And, and the, the, a lot of the, you know, the, what ifs, and even more than the, what is, are the lies, you know, getting stuck in the why, and we've gone round and round with that with clients of the, you know, the why, but the why is not the issue. It's the here, the, now the present it happened, right? You can't, you can't get stuck down the rabbit hole. The what is, and the why you have to be present in the, this happened. Yeah. This happened.

Sharon ([19:58](#)):

You know, when I, my heart just really hurts for everybody that is, has embarked on their own personal grieving experience, but more so my heart really hurts for everyone like you and I who didn't know how to do it, who didn't know how to do it, who went with what we thought was right. And, and in the process ended up making so many mistakes. We did so many things wrong, but I'm glad we did, because now we can see them in other people right away. What if somebody had just come up and said, you need to feel this. You need to just go there. You need to feel this. Would we have been resistant to it? I

don't know because you and I were so stuck in the five stages and trying to What stage you were in, not me, what stage you were in that it Distracted us. Right? Completely. I mean, completely distracted us. When you talking about a problem to be solved, I was trying to figure out how to get myself to fit into it. One of those stages. So I was stuck on that. Right? Imagining someone coming up to us and saying that We would've been like, get out of here freak, which is what I think most people say to us when they're listening, they might be listening to our podcast or See our post whatever. They don't know what they're talking about right. At the time, because you have to be, you have to be ready to receive the message and you have to be ready to go after it. And so at the timeframe, the eight months when we found the program, and we're talking about Austin here, and we're talking about Austin, when we found the program, we had, we were tired of stumbling. Yeah. We were so tired of stumbling and not getting anywhere. We were ready to receive the message and to do the work. So I think, I think the timing of everything has to be right. Because, if someone who's brand new, who's grieving experience just happened this week. And someone shares this podcast with them, they're going to be like, whatever those ladies don't know what they're talking about. Like, Ugh, but eight months from now, they might go back to this podcast and be like, it'll hit different because they'll they'll have stumbled the way we did and realize, okay. Maybe they might know a little bit.

Sharon ([22:14](#)):

Right. And so, and I, my favorite client always is, and we get them so many times, you know, my grandmother did. I tried when I was 12 or my grandmother died when I was 18. And she was the one that raised me. And now my grandfather has passed away. I love him dearly. I can't do this the way I did it. Last time I suffered for 20 years with him. When my grandmother died, I refused to do it anyway. So now I need to know how do I do this? Right. And that, that person literally comes with a mind of, I did it wrong before, how do I do it? Right. And that was also a spot that you and I were in for eight months, we were just wandering. We didn't know how to do it. And that's why when we walked in the room and we sat down and she said, tears may or may not be a sign of your grief. Like everything. She said, just made so much sense. The part where we were ready to hear the message and show us how to do it.

Erica ([23:18](#)):

Yeah. When she said, because we, well, I started cause you didn't go. I started in some of those support groups and saw the people in there. And I was like, I don't want to be that, you know, 25 years later, still coming back to this support group. And then when she said, the five stages of grief does not apply to grievers. I mean, it was like you and I both heard that one thing, we needed to get our attention and say, Oh my gosh, we're in the right place where we found the right place.

Sharon ([23:51](#)):

Yeah. And I want to leave this for our friends. The negative emotions have to be felt, all of it, all of it, the negative emotions have to come through. You. You have to feel them. There is no getting around them. There's no pretending they don't exist. Erica. And I promise you, we have met women that have, Greg are still grieving from 30 years ago. No matter what happens in your life, you've got to feel the feelings. And I agree with you. They feel terrible and it hurts so bad and you want it to be over, but we are here for you and we're with you. And we've been on this journey before you, and I promise you, we have answers to where you are right now.

Erica ([24:45](#)):

Grief absolutely sucks. It sucks if it didn't, everyone would be signing up and being like, Oh yeah, let's do this great thing. You know, we'd be, we wouldn't, our business would be like abundant. Like we'd be having to add 30, more people to help because everyone would want to jump on the grief wagon. No one wants to jump on the grief.

Sharon ([25:03](#)):

No, that's why we have no friends. We only have each other.

Erica ([25:11](#)):

It works though. It works.

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

It's funny because all we ever talk is grief.

Erica ([25:18](#)):

Yes, it is absolutely one of the hardest things you will experience everyone, no matter what is going to experience it. So I would feel it's best to, like you said, find the guide. That's going to get you through and get you through in the safest and least traumatic way possible.

Sharon ([25:45](#)):

Yeah. Yeah, absolutely. Absolutely. Okay. Friends, thank you for allowing us to in. Remember to feel your feelings.

Erica ([25:54](#)):

Bye friends. Thank you.

Erica ([25:57](#)):

Hi friends, Erica Honore here with Healing Starts with the Heart. Sharon and I are so glad you joined us for another great episode of our podcasts. We hope you enjoyed this episode. We want to let you know for more information you can go to our website@healingstartswiththeheart.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.