

Midlife Prime Part 1

Sharon Brubaker & Erica Honore

Grief Specialists

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

Erica and Sharon, her sisters who began a grief journey in 2006, when Eric has 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 can 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 ([00:42](#)):

I am so excited. I have some exciting news for you, ladies. We have someone great. We have a guest here. Okay. I want to tell you about Pam. She is my personal coach and that's why she made it to the platform. This is Pam Transom. And Pam, go ahead and introduce yourself and tell us a little bit about who you are and what you do.

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

Well, Sharon, first of all, and Eric, I want to say to you both how thrilled I am to be here today. Like this is super fun. It's super fun. And I am honored. I'm grateful that I'm to be with you all today. I am a coach for Midland women who are kind of stuck in their world, their current worlds that are revolve around the needs of everybody else. And what I do to is help them to transition into a world that they get to create based on their needs and their desires and their dreams. It, it, it's, we all, I always kind of say it's for the woman who, who hears that little voice whispering, or you're saying the best is yet to come, I help them to realize that make the reality, make that a reality. So, so yeah, so I, and I have a I mean, that's my professional side. I'm almost 60 and proud. It's a beautiful thing. I'm on the countdown to 60. I have two grown children, two girls 22 and 25, who, you know, who live on the other side of the country and happily married with two cats. And that's me in a nutshell, that's awesome.

Sharon ([02:30](#)):

She says, she's almost 60 Erica. I called her last week. She's like, I can't talk right now. I'm on the slopes. What are you talking about? I need a picture. She sends me this picture. She literally, I love it. It's like I said to her, this encourages me so much. You don't even know because I shared with Pam earlier, I feel like we get to this point, our life. And we're just like, our kids move out our or second half of our life. And it was like, and we experienced this. You and I it's almost like, okay, I'm an old lady now I'm ready to die. What is that? Right?

Erica ([03:10](#)):

Well, I have two questions, not uncommon. What, what constitutes what is midlife? Cause I last week legit said this to myself, like maybe you're having a midlife crisis. Am I too young for that one? And two women are allowed to have needs. We're allowed.

Pam ([03:29](#)):

Oh, it's so true. I mean, Erica, it's funny. It's like, yes, we're allowed to have needs, but it's almost like from societal perspective of those needs have to go behind the needs of everybody else in our, in our family. I always, I always refer to it as the Linus mentality where everybody else eats

first and you get to eat when everybody else has done and we're wired that way as women. But there's also this societal underpinning of that's the way it's supposed to be. You know, we're nurturers, you know, we're, we're there to care for everybody else. We're, you know, we're supposed to put everybody's needs ahead of ourselves. That's a part of our job description. And then we get to that point where it's like, where'd everybody go, wait a second, wait a second. You know, and we have a hard time because so much of our identity is tied into taking care of those needs and being needed. It being needed is, Oh my gosh, like it's a drug. It's addictive.

Sharon (04:31):

Why didn't you click? I'm sorry. Why do you think the word midlife and crisis has such a negative connotation? And why is it always it's with men? This is a two part question because women actually experience it.

Pam (04:45):

Oh yeah, no, we, we experienced on a different level just because of the you know, the, and energy is a little bit of a different thing, but I got to tell you midlife, I have some people that I work with. Just those words, two words put together, just make some kind of go because nobody wants to be midlife. It's like, we don't want to step into that because if you step into being, you know, kind of like into your midlife being, that's admitting that, you know, you're not that spring chicken anymore. Correct. So, so w you know, like you think it'd be even just like the, you know, the anti aging creams and that like all the, all of the messages that are coming from society it's that? No, no, no, no, no. You don't want to age. You don't want to get older. So, so we inherently like start tapping the brakes as we hit that point. And you say midlife to a woman, Excuse me, of course, I look like I'm 30 still. Right? I'd be like, like we compare ourselves. One of my clients, she showing me pictures from her Instagram feed and she's like, Oh, this is my look. And I'm like, okay, That's a 28 year old, and you're 55, own it. Comes to us on so many different levels. But the whole crisis thing, we absolutely go through it. We look at, we look at men and, and you know, it, you know, the the stereotypical midlife crisis for the men, man, as you go out and you buy a sports car and you get a girlfriend, right? But, but for, for women, we experience it differently. When you think of the male and the female energy, you know, the female energy being that of the nurture and the, you know, the, the masculine, manly man kind of energy. Like you can see why they come across different way or that we respond to them in different ways. But for us, it's just, I mean, the thought of having to take care of your own needs or create for yourself or do for yourself, it's, it's something we've never really done before on that.

Sharon (06:52):

Oh, that's huge. That's huge. So, Erica, what set you off? Did you get your ARP part?

Erica (06:58):

No, not yet. That's the thing I find you. I'm definitely bringing up the rear in our family. Cause I'm the youngest, but I I'm no spring chicken, even though I, I complete Peter pan syndrome here, I own it. I know it. But I'm having issues like physically my, with a hip, like my body is starting to show signs of my real age. And then Jordan is 18. He's going to go to college this summer and I am an extreme nurturer. That's all I've done. Since I was in my twenties, I had

kids, young was take care of people. And he's my last person. Louis is always busy. He always finds a project. He cannot sit idle. So I spent a lot of time in the house by myself with like crickets, like where do I do now? And so I, I feel like I'm this person you're talking about, you've just described, I need to reinvent myself, but I don't know what the stuff I was interested in before. I don't want to do that.

Pam ([08:04](#)):

I know. I know it, it's funny, isn't it? Because we talk to our kids and we go, Oh honey, you know, the world is your oyster. You can choose. Now. You can be anything you want, you can do anything you want to like, it's just up to you to step into your light. And then all of a sudden we do that and we're going wait. And we turn that conversation back to ourselves and we're, and we're like, what do you mean the world's my oyster. When you wait, what do you mean? I can do anything I want, what do you, what do you mean? What do you mean? It's like, no, I don't want to go there. Like, what do I do? Show me how, like, that thing we get. We, we feel as though someone needs to show us how to do. Right. And, and when you think about it, like our last transition was, you know, when we got our period and it was, it was, it was the world's signaling to us that we were now in a position to where we could actually reproduce. That was our job here. You were. But we could look at the look around us. And there were, you know, there was, there was mothers all around our own mother, our, you know, like w we saw what that looked like. We could envision what that looked like. And for some of us, it was exciting. Other people, maybe not so much. Right. But, you know, I know I remember myself, you know, like you start to dream about, Oh, if I have a little girl, I'm going to call her over. And if I have a boy, I'm going to call him that and you practice writing your name. Right, right. Like we would dream about those things. And then it happened me, it go through that. Well, the next page we get to go through is the one where eggs are drying up. And we're, you know, we're dealing with sagging skin and vaginal dryness and you know, all of these things. And it's like, okay, so this is signaling the next stage of my life, but there is a lot of people out there. It doesn't feel like that. There's a lot of people out there leading the way going whack over here. It's awesome. Right? But I mean, as women, for the most part, we weren't supposed to, you know, like, you know, it wasn't that long ago that that women only really lived to be 15, right? So historically there's not that long list of people for us to look for and look to as guide.

Sharon ([10:28](#)):

So midlife of crisis for a woman is absolutely a grieving experience. That's what we're establishing here. It is 100% Grievant experience feeling of guilt. And I don't know why we have to have that feeling of worthlessness, a lack of interest and enjoyment, right. Change in our body weight. The one you're going to love their body weight is going to change loss of interest in sex, withdraw from social interactions. These are all of the things we as women can experience in our midlife crisis, tearfulness on uncontrollable emotions, thoughts of death, or self harm, and almost looking to our future. Like there's nothing there and aches and pains welcome, Erica.

Erica ([11:14](#)):

I'm all in that. Have you been, is there a camera in my house? Have you, I am all in it. So, so it's so crazy. I had a hysterectomy two years ago and I, it was for my, the best interest of my family. And I feel like when I did that, I totally, it was life-changing because I was had so such painful periods, but now it's the weight gain. I can't shake. I feel like the other parts of my body are

reacting. And I am just like having these emotions I'm not used to. So then I'm like, is this, is it too early? Is this tied into the hysterectomy? You know, there's so many parts of me physically that I don't understand anymore, let alone emotionally, it's a constant struggle.

Pam ([12:07](#)):

It is. It is. And, and what's interesting is that I think because women didn't usually live for that long, like the medical world in general has just stuck their head in the sand in terms of, of menopause. Yeah. Yeah. You know, it's, it's the word, you know, and there's, they, you know, there's surveys about the kind of information, information and learning that was required in, in medical learning about menopause. And it's, you know, it's, it's up there right beside nutrition, you know, those two things nobody really learned a lot about in medical school. And, and there's a lot of, you know, we're, we're turning to people and a lot of times, even, you know, our OB GYN, we turn to them and they're, they're going, yeah. Can I get that too? You know, like, yeah, I'm suffering from that is what, like, they're in that same boat with us, nobody, like, there's not a tremendous amount of knowledge out there about menopause and about how our body's changed and about these, these things. But I think more and more now, I think that the knowledge is out there. It is available. We have to do more digging from us, but, you know, I feel it an obligation to help uncover it as much as uncover as much of it as I can, you know, to leave the breadcrumbs for the people that are coming behind me. Anytime somebody gets talking about, you know, I hear you, or an article or whatever about menopause and change. I'm like, I'm listening. Yeah. Yeah. And I feel as though, you know, knock on wood menopause, wasn't a horrible experience for me. But what I've come to understand is from the research that I'm doing, one of the reasons why I think I went through it with the ease that I did is, was my activity level. And, and that huge thing about, you know, about life that I think is critical is just the ability to, to stay active. Yeah. You know, I mean, I've had this conversation with Sharon before. I, I believe, you know, just this last whole pandemic thing I got through it safely because I did not miss a single day out there walking. Yeah. I don't run anymore, but I have a very aggressive walk that I do every morning. Aggressive. That's not the right word, but That's not me.

Sharon ([14:52](#)):

I want to connect the dots. Thank you, Pam. I want to connect the dots on this, all of this, this list that I gave up for women, I would imagine the men go through the same thing. Right. I don't want to compare, I don't want to spend too much time on it, but they probably feel guilty and worthless and lack of interest and enjoyment and fun, and this loss of sex and lost interest in sex. And they withdraw from social interactions, but they get to get a sports car and a Tutsi and a fat butt. I mean a saggy neck.

Pam ([15:28](#)):

Oh, it's the truth. But because, but because our bodies had to go through all of those things in order to be able to grow babies, like that's pretty significant. All they had to do was have a good time one night. Right. You know, they don't have the physical, the physical changes that we had to endure.

Sharon ([15:48](#)):

Well here, let me go ahead. No, no, go ahead.

Erica ([15:52](#)):

I'm sorry.

Sharon ([15:54](#)):

Well, I want to throw this one thing out when you say, when you see a guy with a sports car and a see, and we're like, and I'm not, I'm making jokes of this. I'm making light of it, guys. I understand this is really serious. And it's a true grieving experience. It's almost like as a society, we accept that. Always having a midlife crisis. Like it's okay. I'm so glad that you're doing what you're doing because we had never had the title for ourselves as women. Right. We weren't allowed. And what happens when your daughters go away to college and you realize that your marriage is in really bad shape, or he's not the man of your dreams that you thought, and you're stuck there with this list and America that needs help. So I want to say it's okay for us to say, we're in a midlife crisis too, anyway.

Pam ([16:41](#)):

Yes. Right there with you. I'm right there with you. And you know, it's one of those things, it's I always use the analogies of building and construction, but I mean, this is that point where in order for us to move forward, we kind of got a knockdown. What exists, what we built. We like, that's got to somewhat be demoed if you will, so you can build forward. But building, building the next phase of our life is what we're looking at. And I've got a tight, I'm sorry. I, you know, I'm, and I'm not dissing any of the men out there, but we are far more, you're so much more emotional than men or I'm in this feminine energy that we have. And, and I, I want to throw that out there that I think we all are a mix of our feminine and masculine energy. And, and women, like, I, I'm one of those people, like, I'm a fixer. I like to get in there, get it done. You know, like, that's, that's a part of my personality, but that's my masculine energy. And it's that feminine energy though. And that men have their transition. Like if they're in fixer, get it done mode, you know, that the more superficial fixes are what they, what they look towards. Right. Or they seem to British onto us. I'm not, I'm not sure I would, I would just offer, say, I don't know that men go through the same kind of emotional changes though, that we do psychological changes. They go through it on their level. It, and it's a tie it's tied to how much have I achieved so far? Have I lived up to my expectations for myself where, you know, for us, I mean, if, if we're launching adults into the world, I'm sorry. That's cause for celebration right there, but we're grieving. And like, we, we look at Oh my gosh, you can tell you the number of clients that I work with, who tell me about, they can't walk by their daughter or son's room, empty room without bursting into tears. Yeah. But it just, and they, they, they, when they're, when their kids leave for school, they, they find themselves sitting in their kids' rooms, crying, you know, day after day, week after week.

Erica ([19:29](#)):

I can honestly say that if Jordan hadn't broke up with me when he got his license at 16, cause he did, I would be that big, but he's prepared me with his active social life and sports and all that of him being gone. And now he is going to be physically gone to college. If I didn't have that time, I would be in his room sobbing every night because he is Lou travels for work. And it's just mostly the two of us here. And we had Kayla here for a little while and then she moved out and got her own apartment. So then we went back to the two of us. I would be that I would be in his room

sobbing. And I could, I almost feel like I know I'm going to be emotional. It's going to be really hard for me when he's gone. So I'm like, Oh my God, sister, get it together. You gotta do some work, but I just am like, I don't want to,

Pam ([20:24](#)):

Right. No, you don't want to give it up. I mean, it, it, it's, it's saying to the drug user who really looks at, you know, or, or, or the, or the, you know, the woman who drinks, you know, two or three glasses of wine every day and saying, okay, you can't have any more. And she's like, no, but I like this. I want this. I want to keep,

Sharon ([20:48](#)):

You know, and you're saying, well, sorry, it's gone. It's that kind of disconnect, right, exactly. This show could go on for an hour. First of all, I think that we totally relate to it, but good notes for you. My friends is that this is a two-parter. So I want to leave you here with this thought a mid-life crisis for a woman is absolutely a thing. A mid-life crisis for a woman is absolutely a grieving experience that we have to go through process and not resist. And that's the most important thing. If this is you call it out for what it is and know that you are grieving and getting prepared for the next stage of your life. And that's what we're going to go into next. And part two, we're going to be talking about great ways to go into the next part. I'm sorry.

Pam ([21:39](#)):

I just say you're grieving. Sorry, but can I just add that you're grieving, but I think the most important thing for women to understand is you are not alone. Yeah, totally. Yeah. This is the sisterhood.

Sharon ([21:51](#)):

So that was fun. That was the funniest show. We've done a long time. All right, friends. See you in part two on the other side.

Erica ([21:59](#)):

Bye friends. Thank you.

Pam ([22:03](#)):

Bye everybody. Thank you.

Erica ([22:08](#)):

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 podcast, but all of our podcasts, along with our blogs, the information on the programs that we offer and the Grievers 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.