

# Break Up Grief with Kate Houston

Sharon Brubaker & Erica Honore

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 drowned. Together, they participated in a grief education program were so moved by this experience. They studied and became specialists so they could help the brokenhearted 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](#)):

What is breakup grief? How long does breakup grief last? Is there such a thing as breakup grief? Do we grieve from a breakup? These are all the questions that I think we get a lot of times that people get stuck in and we have an expert here to help us answer these questions. Kate, please introduce yourself and let ladies know who you are.

Kate ([01:07](#)):

Yes. My name is Kate Houston. I am a dating and love coach, and I usually work with women who are successful in business yet anxious in love. Usually a little more. I'd like to say, why is maybe a why isn't there years? And they've also had those rollercoaster relationships that they know they don't want to repeat that they know that there's probably a reason, but there, and they're ready to do the work and step into figuring that out because they're committed to shifting and finding the deeply loving connection with intimacy and love that lasts a lifetime and they deserve it.

Sharon ([01:46](#)):

Wow that's amazing.

Erica ([01:46](#)):

And Kate is working on how to heal a broken heart series. So you have, have been very busy lately, right?

Kate ([01:54](#)):

Yes. There's an online series. One of the amazing things that came out of 2020 from my community is everything slowed down. I think we talked about this before. Everybody's taking stock of what's going on in their lives or they're they have to because everything's slowed down, right? And they're acknowledging and honesty. Hey, you know, there's something I get to look at here. It's not just about what's external. How could I do something different for these results out there? It's Oh, maybe there's something for me I can shift and that'll shift. And they're really getting the message because a lot of the work I do with my clients anyway, is we do the internal work to shift the vibration of my clients. And that attracts different people because they're more in alignment with their dreams. They're more in integrity with their word. They have standards that they are strong about and are able to voice them in a way that is mindful and receptive by others. So that it's about preferences rather than demands. And it is seen as empowering rather than from a victim of instate.

Sharon ([03:01](#)):

Wow.

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

I know. I wouldn't even think, cause you, you do have to make some sort of shift in your everything really to do that law of attraction and to get something different. So how is there, do you get a lot of resistance with that? Are people like, no, that's not going to work or are they willing to like, you know, trust you on that, on that path?

Kate ([03:23](#)):

It depends. It can come and go because resistance, I mean, it's the blind spot they're not seeing that is resisting. And so my work with them is we build the trust, the reports, we can go underneath that and say, okay, you're not getting what you want. We get to find out what's underneath it. You know, it's like an iceberg. The tip is what you see. And then you have this, you know, million pounds underneath the water stuff going on, driving your life. And we gotta to go under there because it could be something small, a small tweak or a belief. One of the examples I'd like to give this very benign, but it makes sense to explain how we may have unconscious beliefs that are driving our lives. So when I was like six or seven, my mom gave me a peanut butter jelly sandwich and I had the sandwich and I was like, not even the crust, how many kids don't eat the crust? Right? And she would say to me, Kate, eat the crust. It has more vitamins in it. Well, I'm not. And I'm in concrete thinking as a six or seven year old. I don't understand the bigger concepts yet. I think I was 36 before I looked at a sandwich and looked at the crust and went, that is not more vital. I mean, this is just an example of where something, we embed that isn't one that's benign, but there are things like that, that once we release, we don't realize it's eliminated belief. That's been holding us back. It's been holding us back. And some of that can even be what keeps us in a loop of grief. There's there's grief, that's intended and has a purpose. And I know you all know this too. There's then where grief is not serving you any longer.

Erica ([04:57](#)):

Right?

Sharon ([04:59](#)):

Exactly. Kate, tell us a little bit about your backstory. Like, how did you get started in what brought you to this point?

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

Wow. My own wild rollercoaster relationships. I've had two different marriages. My first marriage, my husband came out of the closet and that was a high emotional rollercoaster. We were best friends. We got along, we laugh, we had intimacy, all of that. And what I got to do is really look underneath and go, how did I source this relationship? That's really responsibility. And it's like, Oh, at first I was like, I don't want to look at that. But you know, you get to look at it or else you repeat things about drawing the types of people. And I didn't look at it for awhile and a year and a half later, I met my second husband who on the outside presented as fully, you know, wound healed, healed, warrior all these things. But as we were in relationship together and it was perfect in the sense that what he brought as wounds, matched my wounds and gave me the opportunity to heal, we ended up butting heads because he was too scared to heal and go in there. I mean, and it makes sense. He had some serious PTSD from childhood, which, you know, we don't have to go into, but he has to choose to do the work.

Sharon ([06:12](#)):

Right.

Kate (06:12):

You know, and I can't make him or point out my point, my finger at his blind spots and say, you better this because that's not how it work, works on yourself. You know, that doesn't have transformation work. So we had many conversations and it ended up being that we were not a match because I, I felt for me, I got out of that relationship when I was supposed to, and that I got to get honest with me. I was a people pleaser. I was took responsibility for people's feelings. I felt that my value is by doing the more I could do for somebody, not just my being my essence. And that can rent back to just behaviors and patterns I learned from my family. And I had a pretty good growing up. You don't like trauma can be, there's no hierarchy in trauma. So, you know, for me, I created some stories as a child to try and navigate some upset that I was reading and trying to not rock the boat. My family never required any of that. But when you're a little kid, brain creates these worlds to understand and create some order out of chaos and it's not, it wasn't serving me any longer. So after those two, I'm like, okay, how did I source that? And I had an opportunity to really dig deep in that. So I think my family history is about safety and security. You know, I think a lot of people have families like that out of the, if you have grandparents, great-grandparents et cetera, out of the great depression that that lineage of DNA of safety was heavy for the 20th century. So if you've got a good job with benefits and a pension, you're living the high life, that was the fifties, 1950s dream, which my parents, you know, being from the sixties, forties and fifties and sixties is young kids and teenagers and things that was their understanding of, of the pinnacle. So that's what I learned, you know, as, you know, as lower middle-class work in education, you know, all those things. So I think what it was is for me, when I, how I started my first husband is his family had some wealth and that, wasn't what I fell in love with. But that was a comfort that I think my subconscious was seeing that no matter what my children are going to be cared for, which is actually great. I mean, other things didn't work out for me, but I can see now where, where, you know, you don't always have to say what was wrong. How did I source what was wrong? What was wrong with me? It could be, that was a really valuable thing that I didn't didn't know. And I get to just acknowledge. And also, I think he was in search of himself on some levels. And so was I when we first met in our twenties, you know, when you're young and one of the most beautiful things that came from that relationship was him saying, you showed me what love truly was, because I didn't understand that before that he had some, you know, a little cooler parents, they weren't so affectionate. And for me, that was valuable, then my children have that because I give it to them that he gives it to them because he now had that experience. So I get to say that I sourced that, but it's also, I have comfort in that. Right?

Sharon (09:05):

Right.

Kate (09:06):

And with my second marriage, I think I was still looking for that security. I didn't break that yet. And he had a great job and, you know, was in those ways outwardly really secure and grounded, but he had a lot of insecurities. And I think that was me still. I hadn't fully healed from the first relationship ending was a year and a half when I met him. That wasn't a lot of time. I was figuring things out in my thirties. So these last, you know, that was like, I got to get to work. I gotta get to work. I gotta figure this out. And I was a librarian for decades and did research, like only a librarian can, you know, all the Alva studies, all the psychology modalities, also memoirs and personal stories and antidotes, because I feel at all is a part of learning and discovered all these things for me about what needed to like where I could get to go, where I get to shift how to say no, as a complete sentence was like one of the biggest things I've ever learned. And then one of the things that was beautiful, even in this process was being intimate with me, accepting my shadow, accepting me as a human being, not a superhuman person coming from the good

little girl story I created that, you know, I only wanted to focus on the good, not the things that I, you know, yes. I could be passive aggressive. Yes. I had an agenda. Yes. Maybe they were with good intention, but they were still right. So for me, it's such an interesting thing to realize. I got to work on those things and when I created the methods that worked for me, that's how I help to support other women too. And specifically highly intellectual women, because I was very heady and I'm an aerosol intellect. So yeah. Yeah. I get up here, but I wasn't embodying it in my heart, my soul, my body. And there's a shift that happens when we drop into our hearts. When we're back into self compassion, self love, self empathy, first and foremost, forgiveness to ourselves, guilt and forgiveness as a mom. Oh, how many of you know, there's that grieving, not having a partner to turn to for those joyous moments when a kid does something amazing. And it's just, you yeah.

Sharon ([11:21](#)):

Brings me to two, two questions, actually that I actually had written down that I want to go into. Not every person. I'm going to say person thinks of the breakup as a grieving experience.

Kate ([11:31](#)):

Yeah.

Sharon ([11:32](#)):

We always, we kind of associate the grief with death. So we don't always think of the breakup as a grieving experience. Number one, that I'm going to ask you about that. And that, that, because of that, I think we always don't go up to the work. You clearly went after doing the work. And a lot of times us as women, especially we just give it some time, let it settle, and then we go right back into the next relationship. Well guess.

Erica ([11:58](#)):

Repeating the same pattern.

Sharon ([12:00](#)):

Yes. And so I think that's what I was doing. Like I was saying with those two relationships, they were diametrically opposed kind of energies and personalities. And I was looking for that security and I didn't even know that was embedded in me as that, that DNA from my history. I mean, I'm Irish. So working hard is how you get, you know, all those stories that abundance is evil, all that kind of stuff. That's kind of, you know, there's stories around that, that come generationally that I got to shift out of. And so me leaving my job was a huge move towards me, leaning into this new version of me, trusting in me. That's great trusting me that I get to create my future. That is a hundred percent on me and how I create that, how exciting a little nerve wracking and leap and the net will follow. That's like everything I keep in learning and discovering is that when I didn't look at those relationships as how did I source that pain? Cause that would be staying in the pain story, which I think in grieving, if it's the pain story, you never get to the hero. You're the hero story. You know, of every like Joseph Campbell, we all know that you go down into the depths of despair and then you become resilient. If you stay in that pain, you don't come out, you don't come out. So me shifting the story to, I sourced exactly what I was looking for, which gives me now that empowerment to say, Oh, so I get to source at whatever, all these other things in life, it's not just love and relationship, but it's for my business, for my friendships, for my creative outlets. I am source. I am so powerful. I sourced that for the person I was then and look how amazing I am now

and what I've evolved to that I get to source moving forward. And when we say so that grieving is really important to feel your fields.

Sharon ([13:59](#)):

Yes, exactly.

Kate ([14:01](#)):

And ask the questions, right? Those difficult questions of is, am I, is it my fault?

Sharon ([14:08](#)):

That's the first step. So you have a PR you have a woman who's in a relationship breakup. Is that her first step is to feel the feels or ask the question?

Kate ([14:17](#)):

Oh, I think it's like, well, I think it's a mixture because I'm about be curious first and foremost, which means open-ended, unjudged non-judgemental questions to yourself. Non-Critical to say what's underneath this, what's possible opening up your eyes to the things you may not have been willing to look at for yourself and not beating yourself up over it. You know, until I knew, I didn't know until I knew

Erica ([14:44](#)):

I want to talk about fear. So how, how, cause, you know, it's like, that's one of the hardest things I think when you are opening yourself up to the possibility of, okay, I'm ready to be out there again, but that you're so fearful because you don't want to feel that hurt or rejection or the pain. What's a tip you can use to try to get women to kind of overcome that fear of putting themselves out there again?

Kate ([15:11](#)):

Well, first and foremost, you're probably feeling some of that pain now not getting what you want. So the truth is you're already feeling a similar feeling. You're just labeling it something different or making a story to make it okay. Or to ignore it or not think about it. Or, you know, I don't need to worry about it. Or maybe it's just, I'm not supposed to be with somebody. You know, we get to create that protection.

Sharon ([15:35](#)):

Right.

Kate ([15:35](#)):

But the truth is when we really lean into this work is we get to be courageous. Then it's heart-centered and vulnerable and share truth in a receptive way. Learning how to speak in a language that is responsible rather than blaming or finger pointing out so that you can share your feelings with someone and then do so without any fear of how they respond. Because usually the fear from the women I've worked with for a highly anxious is before they even have a challenging, difficult, scary conversation, they've thought of 6,000 ways they think somebody will respond and they come up. Okay, not this one, not this one, not this one. I don't want to go, okay. I want to say what I say, but I don't want to upset I'm going to go for this one. They say it, they spent all the days in this fear. And then the response is none of the 6,000 things that they had and they're still hurt. So really speaking your truth and knowing that when you upset, it's not your responsibility to take care of somebody else's feelings.

Sharon ([16:40](#)):

Yes.

New Speaker ([16:40](#)):

I did this for so long. Not knowing it. It was just learned. I didn't know until I didn't know. And grief, I think that can be interesting because it's a, it's a a unconscious discomfort with intimacy when somebody is grieving and you have an opportunity to be empathetic and go, wow, I can't even, you know, like you've had a son die. Like, wow, I can't even imagine what that would feel like. I have no concept. And I can say that and be in the essence of the feelings of maybe what wow. And just, wow is empathetic towards the person. You don't actually have to share a story of what I kinda know, because when we share that kind of story of what I think I've had something like that happen, it's distancing your connection. Yes. False empathy. Bernay Brown talks about this and it was like an aha for me to go, that's what it was called. And it's because we're still protecting ourselves from even being present for somebody else, because we're not able to be present for ourselves. If we don't start with us, how would the hell can we do outside of ourselves?

Erica ([17:49](#)):

So true.

Sharon ([17:52](#)):

So here's the question that people have does a breakup change you?

Kate ([17:59](#)):

Yes. And this is great. See it as you, or.

Sharon ([18:03](#)):

is it the healing actually going through the work that changes you? And I think it's both.

Erica ([18:07](#)):

I think it's both

Kate ([18:07](#)):

I think it is both too, because you know, you think of a a seed.

Sharon ([18:11](#)):

Yeah

Kate ([18:13](#)):

When you plant a seed, it's a hard shell. It's really rigid. And there's a bit of a rumble that has to happen for this very delicate, vulnerable sprouts to pop.

Sharon ([18:24](#)):

Right.

New Speaker ([18:24](#)):

And those first moments coming wiggling out of the ground are very vulnerable and you have to be, and then they take in the sun and then they just, they're just in a beingness, you know, it's like a tree just is right. Have them thinking before and after constantly have to remind myself of that. If I start to have those thoughts, it's still it's about, it's not about, it's about mastering. Your mind is not about changing it. So like, you're still gonna have some of those thoughts, but it's not taking you down for days or hours. It's like, Oh, that's a minute. Oh no, I don't actually believe that. And cross-checking and catching that kind of thing. But what I love is that it's, the breakup is the way it's like the breakthrough opportunity to see things you weren't seeing. And then the healing is loving on yourself to be okay with not having been perfect to say, I don't want to repeat that. Let me go in and look and see what was I not connected with with me? Where was I giving myself away? Where was I losing myself? Where was I people-pleasing formatting, not speaking up any of those things and that in grief, because so many people get value from doing like we have, you know, generations of people like that. It's, it's pretty common. They don't know how to just be with somebody grieving.

Sharon ([19:44](#)):

Yeah. Oh yeah. We teach

Kate ([19:47](#)):

Love that. Just, wow. I can't imagine. And just sit in silence with them.

Sharon ([19:52](#)):

Yes.

Kate ([19:53](#)):

You're valuable enough for just being in presence and witnessing their experience, validates their experience.

Sharon ([20:02](#)):

Yeah, exactly.

Kate ([20:04](#)):

And that's what you want to do in relationships because we grieve losing a job, we grieve not getting the promotion. I mean, we get to show up as professional grievers in relationship, but we have to start with ourselves and then letting it go feel the fields, you know, saying I'm sad. Oh, I'm sad. That guy never messaged me back.

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

Yeah.

Kate ([20:20](#)):

Feel that right. Not for a hundred years, but you know, for an hour and get intimate about what you loved about it, how he was, you know, motivated. He was heartfelt Mt. The things you're grieving is the possibilities that you saw, the things you aligned with.



Erica ([20:40](#)):

Right.

Kate ([20:41](#)):

So acknowledge the beauty and say, I at least drew that to me. I sourced different like this, somebody with those qualities, that's different than what I drew before I get to acknowledge me for it. Okay.

Sharon ([20:56](#)):

10 more questions that I want to keep going on. Kate, tell our our, our listeners, where they can find you.

Kate ([21:11](#)):

Yes. Well, you can definitely come to start off with, with the, how to heal a broken heart. Online series, that's kicking off shortly on April 19. So there'll be a link available to you to join. It's a free online show that you'll be getting emails with interviews from 26 amazing experts, including the two of you about ways to heal your heart. And the reason for this series is because of 2020. So many people are willing to look inward. Now, I'm sure you've seen a change in shifts in people that before we're all just, you know, the world opens up. There's an opportunity to do some of that last work. If somebody resonates with you, there's amazing gifts from every single one of them. That's free. If there's a method modality or something, they share, that's the nugget of wisdom that makes you go, Holy crap, that, that the thing and helps you shift and transform before the world is open again. And you're even considering getting out, getting into social events, seeing people again, and changing and shifting your way of being to be more trusting because you trust you because then you feel it's okay to be vulnerable. We've I think even in isolation, we've been protecting our physical selves. We get to practice being vulnerable emotionally outside of our little pods. And so all of that is really key. So we can be in this human experience, we're meant to be relational beings and be there for each other. And with each other first and foremost, with ourselves,

Erica ([22:45](#)):

It starts with us. That's so true.

Sharon ([22:48](#)):

Thank you so much for being willing to share your story and just everything that you're doing. I want to thank you for everything that you're doing. Cause I know that so many people are going to heal their broken hearts from just having an amazing listener who can really guide them and walk them through that process.

Kate ([23:05](#)):

Thank you so much.

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

Thank you so much for being on our show. We really appreciate it. And thank you for allowing us into your broken heart Eriseries.

Kate ([23:14](#)):

I love it. I found you guys and I was like, Oh my gosh, I have to talk to them.

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

Awesome.

Sharon ([23:20](#)):

It's been great. Thank you so much.

Kate ([23:23](#)):

Bye friends. Thank you.

Erica ([23:26](#)):

Hi friends, Erica Andre 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 at [healingstartswiththeheart.com](http://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 facebook group at hope, heal and recover. Thank you so much for being with us. Have a great day friends.