

Grief Funk

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

Erica and Sharon are sisters who began a Grief Journey in 2006, when Erica's 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 Shannon are committed to sharing their experiences of love, loss, and healing through this podcast. Now your Grief Specialists, Sharon and Erica.

Sharon ([00:41](#)):

Today we wanna talk about Grief, Funk. What's the funk? It sounds like something we don't even want in our life. It is a grief funk to me. Erica is when you have emotions that you just can't get out when you're triggered by a difficult event or an experience or a situation when the oppression sets in, and you just can't move beyond the pain.

Erica ([01:08](#)):

And I would also add to that grief, funks come, when you feel like you're making progress and you get a little, you take some few steps forward in your healing and you start to feel positive about your outlook and the changes that you're making and the work that you're doing, but then something triggers you and you fall back down into the sadness and despair. I feel like there's a level of discouragement that comes because you feel like you had a setback. And like, you never, then I'm like, you get stuck. Like I'm never gonna get over this. I'm never gonna get move forward because I can't. So, I feel like there's, it's double things with the Grief Funk.

Sharon ([01:53](#)):

You know, the other thing that happens we see the grief funk all along the first year of healing. We see it come up over and over, but where it really shows up, or I think it really shows up is after you've done your or work with us, right. And you've gone on to living your life. This is the most prominent kind of funk that I can think of. And I wanna share that I've gone back on my heart feels good. I really feel great. And then sometimes at that one year, mark we'll get calls from clients because now you've made that one year and all of a sudden, you're just like, wait a minute. You know, you can rethink be rethinking or you just really miss them and that can send you into a funk. And so, it is not uncommon for the griever to have to go back and say, hey, put voice to that part of it, of their grief what's going on. But that's, that's not where we're going. I just, all of a sudden, I just thought of someone who called me, she's a beautiful soul. And she's in a Grief Funk after she's done

the work. So, it's not uncommon for us to hear that it's getting into the grief. Funk is like a game changer, right? It's sometimes we can't shake it off. And so instead of trying to really reach out and try to get the help for it, we'll try to fix it our self which makes it worse. I'm gonna go for an extra jog today, right? I'm gonna exercise or I'll have an extra glass of wine thinking that I can shake it off. I can shake this off. I'm gonna plan a vacation. I'm gonna travel somewhere. Let me see if I can shake this off and guess what? Wherever you go, there you are. And you have that grief funk with you because your heart is broken.

Erica ([03:39](#)):

Yeah. For those of our friends that haven't received the full tool set that we teach. In our program. It's very easy for them to get in the Grief Funk because they don't have the, the tools that we provide. But for, like you said, the ones that have gone through the program and something happens, they definitely will try to fix it themselves. Cause they're like, oh, I got this. I know what to do. This is, you know, a, B and C. And then like you said, they'll have the wine and, or, you know I'm gonna just watch this movie and take my mind off of it. I'm not gonna think about it. Well that they start to fall back into old habits. And next thing you, instead of it being a week or two, the funk it's a month or two. Yeah. And then they don't know how to get out of it.

Sharon ([04:27](#)):

Yeah. Here's the other thing that happens with Grief Funk is that we get completely intellectual. We get stuck in our brain and we're not tapping into our emotions and absolutely allowing our self to feel it. We get stuck in these thoughts of not really thinking about the person, not really attaching the emotions, just that I don't feel good. What's wrong with me. Typically, when we see a client that's stuck in a grief funk, they can't even pinpoint what it is. It just feels funky. They don't come in. They're like, something's wrong. I don't know what this is. And they can't describe it or share with us what it is. And then you and I will have to go work with them to break it down and say, when was the last time you cried? When was the last time you thought about David? When was the last time you thought about mom? When was the last time you said mom's name?

Erica ([05:19](#)):

Yeah. That there's definitely a disconnect and we, we have to go search it out and then reconnect it and show them the connection. So that then, like you said, they can give it voice and get out of the funk. You know, it's funny because they have these commercials now, which I'm very glad that they do for therapy services with through better help. There's, I've been seeing a lot of commercials for them lately. And it cracks me up that at you know, the, the people will describe, like, you know, I've really been feeling anxious, having trouble sleeping. And then they show the part where they talk to their mom or their dad or their best friend. And like the dad tells the girl, you just need to smile more. You know what I mean? And it like cracks me up because that's what happens in our world. Yes. When people get in the grief funks, instead of calling us, cause they're like, oh, I don't

wanna bother them. You know? Or we, they, you know, we we've done the work. I know how to do this. They'll go to an outside person, mom, dad, best friend and get the wrong advice. And then it perpetuates the funk because then they're like, well, that's not gonna help. And they feel more stuck.

Sharon ([06:26](#)):

Yeah. The other thing that can happen with someone who is stuck in, in grief funk is that Erica, they can hyper focus on something that has nothing to do with where they're at. Right. We have clients that are just stuck on the fact that they cannot get their pharmacy to give them the right medication or they get hype focused with their job or people at their job. They get hype focused with someone in their family or are getting the right appointment or dealing with the cable company. Right. So, I'm, I'm having all this problem with the cable company, and they bring that to our meeting. Right. They bring that to our session. They're complaining about that. And I'm like, wait a minute. There's something else going on. And you just ask the question in the right way. And all of a sudden, the floodgate's just open. That's typically how we know that a griever is stuck in their funk is they're complaining about something that has nothing to do with their grief or their broken heart.

Erica ([07:31](#)):

Yeah, absolutely. It's so easy to get fixated on something else because you wanna take those feelings of unsettledness and sadness and push it on you, project it somewhere else because you don't want it to be what it really is. And that's the grief.

Sharon ([07:48](#)):

One of the things that we do know about people that are stuck in their funk and their Grief Funk, and we touched it a little bit earlier is that they tend to wanna self-medicate. They tend to wanna fix this problem. So, I said they extra glass of wine, but they'll do the extra exercise. They'll even go to comfort foods. Someone's stuck in their grief funk. That's not giving voice to what they're really feeling and not giving voice to the emotion will start to try to self-medicate they'll come up with everything that they can to get away from this feeling and this experience.

Erica ([08:23](#)):

Especially when you have felt a little bit of the relief or you're at least verbally dumping when they, you know, you get on the phone with someone and you get that, let that little bit of steam off. When you feel the weight of the feelings, again, it doesn't feel good. So, you wanna go to anything that's gonna to make it stop. You, you just put that quick fix. We don't know how to wait it out, process it. Cause you're, you're big on, you gotta process it. You gotta allow the emotions in to identify them, want to even get the right emotion. Cause if you can do that, you know, you might be like you said, yelling at the bank teller or going off on people and that's not the right emotion what's underneath. The anger is something

completely different, which is the sadness, the fear, the anxiousness, whatever it is we gotta take. We gotta get the shovels out with them and get to those underlying layers.

Sharon (09:19):

And then the, the bottom line is you gotta do it first yourself, grab a piece of paper and a pencil and write it out, GTS it, man, get this out of your head, try to write out everything that's there that you're feeling. We don't talk in emotions. And grief is an emotional experience. And because we're not sharing our emotions, we're just sharing that. I can't get them to answer the phone. I've been on hold for four hours. Right? We, we get so caught up with that. We don't tend to look at the stuff that's really bothering us or really hurting us. Here's the deal. Also, when you even Google Grief Funk, or I'm stuck in a funk, you'll get a different sort of written papers on bless their hearts on different ways to get out of it. You should go for a walk. You should have some comfort food. You should more, you should tell your friend about it. You can meditate. You can call your doctor. What about you can just sit down and be in it for a minute. You can just say, what about identifying it and saying, man, I'm really in a funk here. I'm this grief is really getting me today and just being in it and sitting in the funk for a minute and try to pull as many emotions as you can and putting the name to it, of what it really is. I miss him today.

Erica (10:46):

We explained this process to one of our friends. And then when we got on the phone with her, she called us remember, and she said she was listening to something on the radio, and she just got super emotional, and she didn't know why. And then she did exactly what you, we explained to her, how to process it, sort out the emotion. And she explained it to us in detail. What, how she traces it back and found out it was something that was back with her first child, 20 years ago that got, and we both sat there. We were like who we were in. Awe, but she really did it. She got it. She put it to practice. She sorted it all out. She connected the emotion. And then she was able to explain to us why that triggered something for her. And we were such, it's such shock that she got it. Like we were like gold star gold. Yeah. It really works if you do it.

Sharon (11:42):

Yeah. You suffer for a year after Donovan died.

Erica (11:47):

Yep.

Sharon (11:48):

You were in the funk for over a year. What if we had been? And that's really what you are suffering is really where we went deeper and deeper and deeper into the grief. And we did some more research and we realized that people sometimes are resisting. Even feeling

yeah. Resist the feelings because we think we're gonna get stuck in this funk and it's gonna be like this forever.

Erica ([12:10](#)):

Yeah. And while you're in that funk, you're not yourself. No. Every part of your life is affected. If you're married, your relationship is affected. If you're a parent, your parenting is affected. Your job is affected. Grief takes over every facet of your life. And the longer you stay in that funk, the longer it will touch every everything you do.

Sharon ([12:32](#)):

So, friends, here's the deal getting out of the funk. You have to make a conscious decision that this is you want out. You have to make a conscious decision in your heart and in your soul, in your gut, I gotta get out of this. And I'm gonna figure that out. You call a grief specialist and allow her or him to help you out. You write about it, and you say the ugly out loud. Even if you're putting it on a piece of paper, just putting it on a piece of paper, you have to say the ugly out loud, getting out of the Grief Funk is something you go after. It's not something that will just go away with time. I promise you. It will not melt away with time. You have to go after this.

Erica ([13:14](#)):

And if you haven't learned any of our tools know that this grief funk is gonna connect to other pain in your heart. And it's like, it's gonna be that snowball effect. Yeah. What started as a little small tennis ball size is gonna roll into this big half a mountain size of hurt and pain. If you allow it.

Sharon ([13:33](#)):

On the top of my paper, I would write funk. And then I would write all the emotions that I'm expressing and feeling just for today. That's a great start. That's a great start. Friends. If you wanna talk, Erica and I are always here and we're ready to listen. We're ready, willing, and able to help you out. Thank you, friends.

Erica ([13:53](#)):

Before we go off, I just wanna say, I noticed you have your sister's I'm drinking.

Sharon ([13:58](#)):

Yeah.

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

Look at that. Thank you.

Sharon ([14:06](#)):

I already need a cut a second cup of coffee, right?

Erica ([14:10](#)):

Bye friends.