

Grief Queens

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 ([00:39](#)):

Did you know that grief is like the ocean wave, right? It comes in and then it comes out. It comes in and then it comes out. And just like the way of, sometimes those ways are really calm. And sometimes our grief is really calm, but here's the thing that most of us don't realize you can absolutely get stuck in that grief. You can get stuck. You can be almost like you're standing right there in the ocean and get stuck in that. What do you call that thing, Erica? Tidal wave?

Erica ([01:10](#)):

Whirlpool thing.

Sharon ([01:13](#)):

The Whirlpool thing. That's an intellectual. You guys. Very good answer. Erica. You can be really stuck in there where you're just spinning around in your grief and you, and I have coined a term called the Grief Queen. And they're not always women. It could be the grief king, but the grief queen can be anybody who stuck, and they want to constantly tell their story over and over again. They want you to go down in the ditches with them and they don't know how to get out well.

Erica ([01:48](#)):

And I would say also the grief queen embodies anyone that throws out their grieving experience. So, like, let's say, you know, you're having a family party and they the DJ calls for all the couples to get on the dance floor. And then the grief queen will say, well, you know, I don't have a husband. You know that person, that's also part of the grief queen. Like always bringing it back to like they can't participate or try to enjoy a moment outside of their grief and pain.

Sharon ([02:22](#)):

Well, the other thing is that happens very quickly is that people don't want to hear your story. They don't want to hear your story very quickly, but you, so it's sort of like an oxymoron, right? The griever is dying to tell their story and talk about it. But nobody around them wants to hear their story. So, what I honestly think happens and how grief Queens kind of evolve. Well, number one, let's start with the beginning. It's overwhelming amount of attention that has played to the graver. Yes. There's an overwhelming amount of attention. Share a little bit about that.

Erica ([02:57](#)):

Yeah. I mean, it's, everyone is really concerned about your wellbeing. So, from the minute you wake up and they want to do something to, they know they can't make you feel better, but it's like here, do you want me to make you breakfast? Do you want me to get you coffee? And it like, after Austin died for the funeral, I wanted to wear a Harley Davidson shirt. Remember like a little, I don't know why. I don't know if I specifically said tank top, but poor Peggy, our sister-in-law and our dear sweet cousin, Sheila spent the entire day combing all of the stores, making sure I had the perfect shirt. Like, that's kind of, that's the kind of attention you get. And they just, they won't stop until they find that thing. That's going to make you happy. You know what I mean? They're trying to make you feel better. That kind of attention. They want to feed you, get you drinks. You don't even have to basically wipe your nose. If you didn't have to, somebody would be standing there to do it for you. That's the kind of attention you get. It's very overwhelming, but it's also very sweet and loving because it only comes out of a place of love,

Sharon ([04:07](#)):

But it's needed too. It's needed too. Because the, the podcast we just finished was on the griever's brain and intellectual grief and getting stuck in our intellectual grief. So, it's very much needed because we talked about how you can't find your keys. You don't make it to the doctor's appointment. Plus, we love you so much. We want to help you. And so, we want to be there. So, everyone surrounds you. That's just great. Oh, okay. So, we set up the scenario. Austin is just died. They're shopping for the t-shirt. Everyone is around you. They're ready to go. But you, the griever only wants to talk about your pain, and you get shut down a lot. When you're talking about your pain. I can't imagine my life without him, girl, you're going to be a live without him. You're going to be just fine. What about your other kids? What about the Dodgers? I'm mean, I don't know what it is, but people just keep bringing it up, right? So that happens. So, then you don't have a safe place to talk. You're not absolutely able to work it out in your brain where you say the thing over and over again, that happened to you. And then the other thing that happens quickly, I would say, Erica, I don't know, a month. People don't want to hear your story anymore.

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

No, they want to move on. They want to go back to their positivity, their, their good life. There are things that make them laugh. They don't want to hear about your sadness,

Sharon ([05:31](#)):

But when you're not fulfilled in the area of grief, when you cannot, you don't have a safe place to talk anymore. You do the thing that feels natural and everywhere you go, you're talking about it.

Erica ([05:50](#)):

Well, and when everyone kind of goes back to their life, you know, you have that two week for kind of everyone is in your house and to you. And then you're like, but wait, who's going to get my lunch. You know, who's getting my coffee this morning. You know, you're like, you want, you want that back? Because now, now not only are you physically alone and you can't tell your story, but you're also missing the people doting on your kind of thing. And so

Sharon ([06:17](#)):

It's like then what happens is you're starting to evolve in your grief. You're going from your intellectual grades to your emotional grief. You're actually getting down into your heart. And then the ugly starts coming out. Really happens as the elderly starts coming out and you start sharing that and inappropriate times with inappropriate people. And what I mean by that is that not everybody wants to know that you're having a fear of never having sex again, because your husband has died or not. Everybody wants to know that you found love letters that your husband was writing to another woman. Not everyone wants to know and hear that. However, I will say that for the most part, society thrives on negative. Not everybody wants to hear all the ugly and they want their house to seem and their life to seem perfect. And okay. And you keep continuing to bring it up. This grief ain't, ain't okay for them.

Erica ([07:15](#)):

Right. There's not a place for that in our society that no one wants to talk about that kind of stuff they want to stay in. The other thing is they don't want to think about it happening to them. So, they want to avoid it all, all parts of it.

Sharon ([07:30](#)):

But what we're mostly trying to get out here and really let you guys know, is that when you become a grief queen, you've gone way past the, the moment. How do we want to say it? Like this? You've gone past the healing. You missed it altogether. You are stuck in your grief and the grief. Doesn't just have to be a death. How many times have you gone to your accountant to get your taxes done? And she got a divorce seven years ago and she keeps bringing it up. Every time you go in for that yearly visit, she's stuck in that grief. And talking

about that divorce. How many times have you met someone that lost a job and got fired and no matter where you go, the conversation always goes back to them losing their job. It's tiring to keep having that conversation with them.

Erica ([08:18](#)):

Yeah. Or the couple of the divorced couple that 20 years later, they can't sit in the same room with the child's wedding. You know what I mean? It's like, they swear they're over it. And then they may be married to new people. So, it's like, oh yeah, I've moved on. But they don't want to be in the same room together. That's how I'm moving on.

Sharon ([08:32](#)):

That's being stuck in your grief and your pain. And that same situation. I was an event planner for 25 years before I started doing grief. Erica, my job was Aunt Millie. Can't sit by Aunt Sue because they got in a fight at a wedding 25 years ago. My job was some that was literally, my job was to be the referee, my mom. And can't be near each other. That's grief. That is unresolved grief. Not only are you stuck in your grief, but now the whole family is putting their life around this grief that everyone is stuck in.

Erica ([09:07](#)):

Yeah. And that's the thing. Everybody then takes a part in it. If you are 20 years later still buying, you know, Christmas presents and ornaments for your deceased father. Yeah. You're, you're taking take it in that, that grief queen role to the point of yet you completely, you said you've missed the mark on your healing. And now you're just riding out those waves of grief.

Sharon ([09:32](#)):

The grief queen wants people to keep coming down in with them, to help them. The grief queen wants to grab the attention and let everybody know that they're in pain. The grief queen wants to keep talking about the story. The grief queen is using alcohol to cover up her pain or his pain. The grief queen is using food to cover up their pain because they are unwilling to walk through the tunnel of sadness, the tunnel of pain. You've got to go through it. The only way out of it is through it. And the victory is on the other side

Erica ([10:06](#)):

And that they are the believers. The Grieve Queens are the believers that time heals. So, they're just sitting around, waiting it out, hoping that one day they're going to magically wake up and be healed from their pain. But it doesn't work unless you go after the pain, like Sharon said, you got to go through the pain. You have to definitely fight your way to get to the other side. It doesn't just miraculously happen over time. What's going to happen is time is going to pass. And you'll be the one we're talking about sitting at the wedding, drinking too much champagne, crying about how your son should be there. Yeah,

Sharon ([10:41](#)):

Yeah. 100%. oh my gosh. I just lost my train of thought. Oh, I, we were years and years ago, we were working with a griever, and she was posting three months after her husband die. Simply three months after her husband died, she was posting about a dinner that they had had together. And someone came on and said, aren't you over this yet? She'd been married for 15 years. He died. And someone wanted to know in just three little months, why aren't you over this? Three months does not agree. Queens make years, 30 years, 10 years does a grief queen make the reason we, we, we labeled this with such a rude title is because we want to pay attention to the fact that am I still feeling this pain 10 and 20 years later? Am I still talking about this is everyone in my life moving on, but I'm not? That's, that's when you're stuck, and you probably have a problem.

Erica ([11:47](#)):

Absolutely. And we all know if you're listening to this, every one of you can identify a grief queen in your life. You can, it just comes. As soon as we say the word and describe it, you know exactly who we're talking about. It's those people, those are the ones that have not moved on and they refuse to move on because they there's. Sometimes we think that if we hold onto the pain, it's still our connection to the person. That's not the case.

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

So, we know for the fact we know for a fact that grief Queens will have an intense emotion of loneliness. They feel lonely a lot. They feel like no one understands them. They feel that they've never gotten a break. They can't get away from the grief. No one wants to hear their story. And they just feel like, well, this is the miserable life that I'm going to have to go on with for the rest of my life. Yeah. And after a while, people will start avoiding you because they don't want to be part of it. Well, here comes down, Susie, she's going to have their story again. And then you start fighting over. Who's going to be stuck. Next sentence.

Sharon ([12:54](#)):

I bet you, she mentioned say within five minutes. There's the grief Queens also avoid emotions. 100%. That's what got him there. Avoiding the emotions is what got them there. Not being able to process their grief is what got them there. Right? Go ahead.

Erica ([13:16](#)):

No, I was going to say, and, and they will utilize the incorrect emotion. Like they'll get stuck in something. So, let's say on Tuesdays at the wedding, and then she'll just start trashing, like everything about it. You know what I mean? Like they won't allow any joy or positivity. Everything that comes out of their mouth is negative. I can't believe she wore that dress. It's not flattering. I don't know why they picked chicken. Everyone hates chicken at a wedding. Like they'll just go after everything and it kind of makes them miserable to be around.

Sharon ([13:49](#)):

Oh yeah, absolutely. Grief Queens have an inability to accept any correction in the way that they talk. They won't allow that in. They won't accept that. Hey, maybe you should get some help for this. They think the way they're going about it is the right way.

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

Yeah. Oh yeah. Okay. Want to stand in their rightness for sure. There's no telling them anything different about the way that they've managed. We've met them. And as soon as they find out what we do, you know what, again, it's, you know, I'm a Grief Specialist. They shut it down right away and they want to get away from us.

Sharon ([14:28](#)):

Nobody wants to be our friend. We have no friends. That's why they want to say hi friends. Cause we're hoping we can grab some grief. Queens have a loss of meaning in their life. Their life seems to have no meaning because they're stuck in that moment of the most devastating loss they've ever experienced, be a divorced, the job breakup of a romantic relationship or a death. They're just stuck out there. They Don't feel like we're pet loss.

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

I mean, sometimes grief Queens will just harp on that pet and the there's nothing. Anyone can say, that'll change their mind about, you know, little fluffy.

Sharon ([15:03](#)):

Here's the other thing with grief Queens, they have a sense of responsibility of what happened. And they can't get past that sense of responsibility that whatever happened to them was their fault. And because they're stuck right there in the sense of responsibility, moving on, doesn't even seem possible. When in actuality, you and I always say, you have to tell the truth. 100% you tell the truth about yourself, and you tell the truth about the others.

Erica ([15:33](#)):

Yeah. That's the thing. And when there is a sense of responsibility, you just, they clutch to that, like, like they're, it's their best friend and they will never let it go because there's nothing you can say that will ever convince them. They weren't at fault.

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

So, here's my public service announcement. I don't know if you're a grief queen. I don't know if you're stuck in your grief. And I hope that we didn't offend anybody by doing this, but we want you to know that there are absolutely people stuck in their grief out there. And there's no reason that you have to live a life that's less than happy. Why when you can go after the pain in your heart and mend your broken heart and go back to the things that you

enjoy fully 100%, and Erica will share with you. I'm not living the life. I was living with my boys, but I'm living the best life that I can.

Erica ([16:30](#)):

Well, and we we've done shows in the past where it's we owe it to our loved ones. I owed it to the boys to find a way to go on living because that's what they would want for me. We have to grieve our loved ones with respect. Yeah. We, we owe it to them. If I get to the point to see them, and I lived a miserable life and I became a grief queen, there'd be so disappointed in me. And I don't feel like that would be truly honoring how amazing they were if I chose that.

Sharon ([16:58](#)):

Yeah. That's a perfect ending. Thanks. You're welcome. Okay, France, we'll see you on the next podcast.

Erica ([17:07](#)):

Bye friends

Sharon ([17:09](#)):

Erica, so many friends don't know where to meet us at or where to find out more about us or what they need to do next. Let's give them a tip.

Erica ([17:19](#)):

The easiest way to find us is to click on the link and you will have access to all of our places, our podcasts, our Facebook, a private group, our webpage and our email.

Sharon ([17:35](#)):

Exactly. That's simple. And our free blog friends click the link tree in the link below, and you'll find everything you need to know about us there. Thank you for allowing us and for this minute.

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

Thank you so much. Thanks for listening to our podcast.