

You Need to GTS

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 ([00:42](#)):

GTS is a as a term that we have coined, we're going to get, t-shirts made out of GTS. You need to grieve that, get it out of your heart, get it out of your head, get it done. And for the life of me, I don't understand why, why would we choose to hang onto this and carry it 30 years into our future? I think the reason is because we don't know that there's a way out. We don't absolutely understand. We honestly believe, and we buy into that. We're going to have that forever. Why would you want to hold onto that crap?

Erica ([01:23](#)):

Or I think not only we're holding onto it, but we miss. We call it by the wrong name. We don't call it. This is hurting my heart, or my heart is broken, or I have to grieve this. We started calling it depression. I have to deal with my depression, or I have to deal with my anxiety. We don't call it the right name. And I think when we go after it, we're going after it and the wrong way, because we think it's not what it is.

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

Absolutely. A hundred percent. So, we have met grievors that get stuck in their grief year in and year out. They're not able to deal with it and they're not actually getting the help for it. That's the part that I think becomes frustrating for you and me, when we meet a griever and we can clearly see that they're grieving, they can pinpoint three things and those things may not be death, but we can clearly see that they're grieving. And yet they don't want to take that first step forward. And I have a theory on that. Erica, I have a theory on why they won't GTS. I think that sometimes the pain becomes our friend. I think that the pain becomes comfortable. I think the pain for me, the pain became Austin. And I didn't want to let that go. The pain becomes the way we get used to living. And when we get used to living in that muck and mire, it's almost like, well, this is my life now.

Erica ([02:53](#)):

Right. Like for women, I know all women will be able to relate to this when you have the big purse and it just keeps getting heavier and heavier, you know, you need to clean it out and your shoulder's killing you. Your back is hurting, but you just don't take the time. You're like, oh, I don't have time right now. I can't do it. You know, you come up with every excuse. And every day when you're walking around, you're like, oh my God, I gotta clean this purse out. I mean, that's like the best analogy I can come up with. It feels like that's what it is.

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

That's why I have that rule. Only use a small purse. Otherwise, it'd be full of shit. So, there's something else that happens. So too. And I see it happening more and more in the workplace. And it's left that shit at the door. Meaning your friends and families and your work employees, they don't want you bringing it in. We know that grievors need to talk. We know that they need to share what's going on in their heart. But if society as a whole and the people in our lives and our work environment are not allowing us to bring it in. Where are we supposed to dump this person? Where are we supposed to dump this crap?

Erica ([04:09](#)):

Yeah, I know. And if that's the thing, like you said, we buy into these whole, this whole set of rules that prevents us from dumping and cleaning out the purse. And then we just get, add more and more stuff. That's the thing too. What women and what all of our grieving friends out there need to understand. You're going to collect more stuff on top of the ball of hurt that you started with. So, by the time you do sit down, it's either because it's, it's seeped into every other relationship that you have, and it's caused toxicity there. And so, something comes, you come to a point where everything boils over and you can't keep going on the way that you've been going. So maybe you're getting separated in your marriage. You know what I mean? Or it gets to a point where things are so far gone, that you've got a whole another area of things you have to deal with. Instead of that one item that you could have dealt with 29 plus years ago.

Sharon ([05:09](#)):

I think the other thing that happens is sometimes we get so far away from the original hurt, right? So, we get so far away from the breakup of the romantic relationship that happened in 1988. We get so far away from that. And so much other stuff gets piled on top of it. As in the analogy you're using, as in the purse analogy, so much other stuff gets piled on top of it. We forget that in 1988, it was the breakup of a romantic relationship that started this whole thing. And we start to live like that. It becomes very comfortable to live in this pain. It becomes very normal. It becomes the new normal, and we're living in that pain.

Erica ([05:53](#)):

Yeah. And I think the way, the traditional ways that people have gone. So, if you go to talk therapy, you know, you might be able to talk all around the 1988 issue and talk, you get so

focused on what's going on in your present day. Oh, my job is terrible. My boss is on my back. The kids, you know, this thing, I'm having fight with my teenager. You get so lost in all of that current day stuff. You talk all around the 1988 stuff. There's not a lot of people that do what we do that really help you unpack each item in your purse and look at it and see where the source of that pain is. And we can get you back to the 1988.

Sharon ([06:38](#)):

We know that a lot of times, you and I will see clients that need to GTS and we're having, t-shirts made you know that, right? And can we ask greed that with, we know that we also see a lot of people that, that totally need to GTS that can't get past the fact that it's his fault. They can't get past that one point. It's his fault, or it's my fault. I take full responsibility and they get stuck. They get stuck right there. And so, the responsibility of that part is where they need to do the work. We have had grievors that have grieved all around this one thing, and that's the part that needs work.

Erica ([07:25](#)):

And that, that is so hard. Cause I feel like when you go to assign blame, whether you're blaming yourself or you're blaming someone else in this situation, you might as well put on a pair of concrete shoes. Cause you do, you get stuck right there. And it's, it's like, you need that validated. For some reason, that validation that comes with assigning the blame, you need to have someone else say you're right. It is his fault. And he sucks, you know? And it's like, you can't move past it until someone gives you that.

Sharon ([08:00](#)):

Yeah. And that's a heavy load to carry in your purse that really is weighing your, your shoulder down with that heavy purse. One of the other things that I think we see a lot also is people just don't know how, and I think that for some parts for you and me, it starts to become frustrating. Cause we're like screaming at the top of her lungs. We're on every social media platform, screaming, you can grieve this, you can live, you can live past this, and the message is still not getting out. And the other thing that's a little frustration is frustrating is when we know we can help them, but they're just so zombie doubt, they can't see it through, you know?

Erica ([08:46](#)):

Well, and then those stages, like when it's, when something is so fresh and they're like kind of not being able to receive the information, the best, the best thing that we do there and that time is we just talk, you know, give them a space to talk, but you're right. So many people don't think that this is real, or they don't think it's going to be real for them. I think we get a lot of cheerleaders of our, our podcasts that a lot of responses like, oh my God, you guys are so great. So many other people, other people need this help. When, if we think about it, the person writing that comment and giving us the praise, there's an area in

their life where they can GTS, but everyone wants everyone else to do it. Oh my gosh, my sister needs this.

Sharon ([09:35](#)):

The other thing that happens is once you start your GTS work, you start noticing all the grievors around you that need to do the work. You start looking at all the grievors in your area. They're like, oh my gosh. And all of a sudden, then all you start to see here are grievors. That happens. That actually becomes funny because then they come back to us and tell us, I'm telling so-and-so and I'm telling so-and-so what the number one thing is if to do, if you're not sure you need to GTS,

Erica ([10:05](#)):

Just know you need to GTS everyone, everyone who listening to this podcast, there's an area in your life. You need to GTS everyone. Grief is part of our human experience. It happens every single day. Just because you didn't have a death in your life doesn't mean you don't have other areas where things cause you hurt and sadness. When you think about it. Yeah,

Sharon ([10:31](#)):

Yeah, absolutely. A hundred percent. What do you think happens to the person that has held onto it for years? And they get in and they know they're in the right place. How does that feel?

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

That's awesome. Yeah, because it's like, there's such hope and promise in them when they see like, oh my gosh, we can really help them. And that's like one of the best feelings because we're like, of course we can help you. We know that's what we're here for.

Sharon ([10:55](#)):

Erica. Let's tell the truth though. When you actually jumped into the Meyer and into the ditch to do the work, it's scary.

Sharon ([11:03](#)):

Terrifying it. And it's painful. It is not, we're not selling you daisies and roses. We're selling you tears pain. We're telling you the shovel. We're showing you how to shovel yourself out of that. We're having you dumped your purse out and we get to look at what's in that purse. What you've been carrying around for forever, even embarrassing part, that piece of gum that you chewed up and rewrapped in the wrapper and you threw it back in there, you know, the embarrassing part. Right? And you're like, and you want to explain why all these things are

Erica ([11:38](#)):

Exactly.

Sharon ([11:39](#)):

Like we feel, we feel comfortable with me looking in your purse right now.

Erica ([11:44](#)):

Hold on, let me clean it first.

Sharon ([11:48](#)):

That's what we're selling them. Right? Comfortable. It's painful. It's your chest starts to tighten up. You start crying, you get mad. Some people want to punch us. They don't want to be our friends. And we're okay with that. We're absolutely okay with that because we can help you out.

Erica ([12:05](#)):

And the end result is so worth it, getting to the end where having someone look back and just feel so much lighter and so much freer, because they've got rid of everything that they've been carrying around for all these years, that's been hurting them.

Sharon ([12:22](#)):

How many times did we get grievors in our program that come because their mom or dad die or their dog die? And they ended up grieving the bully from the third grade. They didn't realize that that thing was really affecting them, and it affected every aspect of their life. And here's the other thing you're losing years, hours, minutes, and so much time by holding onto that.

Erica ([12:49](#)):

Yeah. And that, this is the thing that's, that's most important to understand. You're going to meet someone else on your path of this life that reminds you of that bully. And you're going to have a terrible time. So, you might as well go and find the help that you need so that you don't have the reactions to that person anymore. Because what happens if that's the person that you marry, you know, how miserable of a time is that going to be?

Sharon ([13:17](#)):

Yeah, a hundred percent. So, one of the mistakes that I made early on in our business and I'm willing to admit that I made a mistake one time. It only happened once. And it was that I didn't want to I don't know how to word it to where this too. I would say to you, don't be laughing all the time, stop it with your jokes. And because I felt that grievors came to us and they were down throttled and they were broken and you know, we should meet them where they are. But the truth is why are you laughing already? I shared the truth is that

grievers should be human. We're trying to arrive at humanness. Right. And human is means today. I'm tired tomorrow. I might be sad, but on Wednesday I'm laughing my butt off. That's humanness, you're allowing and all of the emotions. So, part of DTSC is letting in all the emotions. And I we've got three big classes running right now where we're working with grievers right now. And thanks to you. We're constantly laughing or crying. We have serious moments. It's not the scary thing that people think it is. Example tears like it, we're building friendships and people are calling us on the weekends. Like, girl, let me tell you about this. Cause they feel better,

Erica ([14:48](#)):

Right? Yeah. There are so many different to grief. And clearly, I was smiling and laughing. Cause I don't want people to get the impression that in the sad moments, I'm still cracking jokes because I'm not, there's a time for everything. But that is so true. We do show up in our humanist and some days things are heavy and we sit with them wherever they show up, that's where we are. And that's how the meeting starts off. We don't just start it off, you know, getting right to the funny business. We, we stay, stay wherever the rapport because we want everyone to be comfortable. And there's days where you and I like just this week, you guys had to put Luke to sleep. And when you came in, it was heavy, and it was sad. And we were all there, you know, listening to you and letting you express and share what Luke meant to you all those years that you've had him. So yeah, it, it can be scary when everyone thinks about it. Oh God, I don't want to do that. I don't want to be crying. I don't want to be sad, but we're so much more than that. And I've even said to a woman when we had one of our phone calls, I'm like, whatever you need from us, that's what we are. We could be silly. We can be serious. We're not always crying. Just come and see, come and learn who we are, and you will be better off for it.

Sharon ([16:09](#)):

And you need to clarify that Luke was my dog because Luke was my dog, my cute little sweet dog. That I'm more doable.

Erica ([16:21](#)):

He wasn't cute, but okay.

Sharon ([16:23](#)):

Yeah, he was a bull master cutie. Cute, cute. Okay. I think one of the reasons what's shifted in me in that aspect of it with backing off a little bit with us, allowing to show our humanist is that you're the poster child for what true healing really looks like. And I was actually holding that back. I don't mean to go into that area on this show, but the truth is you need to grieve GTS, grieved that so that you can live in your humanist. You need to live the experience you were meant to live. That's the bottom line, whether that's sadness, happiness, joy, fun, traveling, living with your family. If you don't grieve it, you can't step

into the life that you were meant to live because you're going to be held back period. That's it? That's the point I was trying to make

Erica ([17:16](#)):

Absolutely a thousand percent. And for the people that have a very abusive, toxic, dysfunctional relationship with someone, we don't say, we're not telling you you're going to be skipping down the road or holding hands with this person. But one of the, my most favorite things that you say is we're going to get you to a place of neutral where you don't have to hate them anymore. We'll have to carry that resentment, that bitterness, that anger, that just eat is eating you up every day. Let us help you get to a neutral place. Or you don't even just don't even have to think about them anymore. They won't take up all that space in your brain and in your heart and make you carry that sadness around anymore. Let us help you let that go.

Sharon ([18:05](#)):

Yeah, exactly. That's where we're going to end right there. Let that go

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

To be on the back of the t-shirt

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

Okay guys, you can order it on our website. Thank you, friends, for allowing us and don't forget GTS.

Erica ([18:30](#)):

Absolutely. You'll feel so much better.

Sharon ([18:32](#)):

We need to do that together. I'm going to say GTS and you say, let that go, right? It's going to be our new slogan. Bye friends! 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 the tip.

Erica ([18:56](#)):

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

Sharon ([19:11](#)):

Yeah, 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 ([19:25](#)):

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