

The Slap Heard Around the World Part 1

Sharon ([00:03](#)):

They said it was the slap heard around the world. If you live on this earth right now, you know what happened approximately two weeks ago, between Will Smith and Chris Rock, rock, and Jada Pinkett Smith.

Sharon ([00:26](#)):

I mean, you would really have to like, not be on this planet to have not seen that. As a matter of fact, I was sitting with someone who was a teacher and talking about it and she was like, is that what all my kids were talking about? And I was like, you must be the last person to find out about this. So I guess what I wanna talk about Erica, is that everybody's talking about it and everybody has an opinion.

Sharon ([00:53](#)):

Everybody has an opinion about what happened, how it happened, why it happened, and then they're all diagnosing everything that went on. And so one of the things I wanna stay away from is diagnosing and, and our opinions on it cuz you and I both have a different opinion on it. And I wanna stay away from that. I really wanna talk about from an aspect of grief, the moment he stood up, what you and I saw.

Erica ([01:24](#)):

Honestly, it's not the moment he stood up. I would say it was the following day when all of the additional information started surfacing while how we would be able to relate this to grief.

Sharon ([01:39](#)):

Yeah.

Erica ([01:39](#)):

And people are probably, you know, when you said the slap heard around the world, they're probably going how's that about grief? You know, cuz it's like, you wouldn't think something that occurred in pop culture mainstream media, would be something we could say, oh my gosh, that has a grief aspect to it. But before you tune us out and turn us off and think, we don't know what we're talking about, just

listen to this. So I heard a lot of references to Will Smith's book and him writing in the book. I have not read it. I didn't even know honestly that he did write a book, but it makes sense now that he never was able to protect his mother from the abuse she endured at the hands of his father. So right there you have childhood trauma. That is a grief, a grieving event. I have never watched the red table, but I I've heard lots of snippets and seen videos and seen people comment on it where Jada Pinkett Smith addresses, infidelity, which is a grieving event problems in your marriage, specifically infidelity. Then we have Jada's admission that she has alopecia and that is the reason why she shaved her head. So you have a change in your health. Then we have the people questioning Will Smith's sanity. So you have mental health issues. Not to laugh cuz there's nothing funny about mental health issues. I'm just, I am just laying out all the ways we can bring this back to grief. And then we have what I heard about Chris Rock's childhood, where he was severely bullied. So you have bullying, which is a grieving event, especially for a child. And then again, childhood trauma and the things that people have said that Jada has shared on the red table, talk about their marriage, all of the explicit details she gets into. So I'm gonna say loss of trust.

Sharon ([03:54](#)):

Yes. So so there's a couple of things, right? So you, one of the things that we really wanna, what you are alluding to is that there are 45 or more known losses that we know a person can experience over their lifetime that have nothing to do with death or just losing someone that is what we most people put grief with. But the truth is there's all of these other things that it can be happening in our lifetime that can cause grieving experiences in our heart. Anything that we wish was different, anything that we wish we would've handled differently, anything that we wish was better or we would've done it better walking across that stage. I'm wondering now, does he wish he had to handled it differently?

Sharon ([04:45](#)):

Right. Okay. So you said childhood trauma, number one, infidelity two alopecia, three mental health, four bullying, five marriage, six, that six grieving experiences. And I'm gonna add another one to that is the aftermath.

Sharon ([05:03](#)):

They have got all three of them have got to be going to an aftermath of things people were saying about them little snippets of tapes that they've brought up from different interviews. People are playing that the fact that Chris rock hasn't really spoken out yet, really, you know, what is he going through emotionally? And just all

the whole gamut of what just happened there, you know, is a whole another aspect to it, of that experience.

Erica ([05:35](#)):

It's gotta be extremely traumatizing. One to have to relive the moment over and over like that next day you couldn't go on. So any social media platform without seeing that played repeatedly and then to have all of the outside commentary, everybody and their mama jumped on with an opinion about it. And, and like you said, all of the clips that, you know, they probably even forgot, they spoke about, you know, years and years and years ago, resurfacing that I can't even imagine what that feels like to not be able to escape a faux pas.

Sharon ([06:16](#)):

Right. And so that's the other thing that I was just thinking about, Erica is the lack of privacy that you have in your entire life. Right?

Sharon ([06:23](#)):

So the lack of privacy and then the other thing, so geez, we're gonna get to 45 things that were just going on there. Like it, it, it it's played out before everyone, you know, here is your mishap. That's played out before everyone. And then I think there's another aspect where people and you and I have seen this a lot are trying to turn it into a black, white issue, even though they weren't necessarily black. These were all people of color. Right. I've heard a lot of commentators saying you, you white people need to sit this one out. You know, you don't understand this is between us. We need to handle this. So they tried to turn it into a color thing. So just the whole racial divide going on there, man, it's just continually goes deep and deep and deep, deep, and deep and deeper, right?

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

Yeah. It's unreal that yeah, the places you can insert a race or color line aspect, you wouldn't think that this would be something where you could make it a black, white issue, but you're right, because there's, there's a whole social media platform that, you know, is geared towards African Americans and you know, black Twitter and people reference all that. Like you're not white. People are not even allowed to comment it. Or they even made a joke about it in the Oscars. Wanda Syke said something about black Twitter and Amy Schumer says what's that she said, you don't need to worry about it. You know? So it was like, yeah. So it's like, even that you can, you can even break that down into that, a black, white issue. So yeah. There's so many layers to this. It just seems impossible that we could just start

pulling him back and pulling him back. I could not imagine being any one of those people right now.

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

Yeah.

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

Jada, Will or Chris, because the amount of pressure and like literally under a microscope, looking for every little morsel and tidbit, everything you've ever said. And now they're just bringing that to the light and people are commenting over every single aspect of your life. And it would've been something if this was just like you know an American issue, but this was in front of the world.

Sharon ([08:42](#)):

Yeah.

Erica ([08:43](#)):

This is on the world's stage.

Sharon ([08:45](#)):

Yeah.

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

And when you say that, that is so deep because they blocked it here in the United States, but in Japan, they actually, they didn't block it. And so people were able to grab that footage and that's how it got out so fast is because they had that going, Erica, I wanna bring up two more parts to this and that is, we love them. We love their movies. We love their shows. We love their comedy. We love Jada's style. We love them. How about us as the admirers of them having to pick a side?

Sharon ([09:22](#)):

Having to pick who you chose was why did you hit my Chris? I love Chris. Cause you, I met people. They were like, I love Chris or I love Will and Jada, it just hurts my heart what they're going through, like us as the admirers of them having to pick a side was a grieving experience for us. It was a grieving experience for us having to watch that pain.

Erica ([09:44](#)):

Yeah.

Sharon ([09:44](#)):

Take place on the stage. Okay. So now I wanna go back to go to the final part of this, which is watching Will go to the microphone and make that emotional speech. And you, you knew he was grieving. I mean, this really makes me emotional thinking about this. His heart was absolutely broken. He was numb. He a ton of emotions were coming out. He didn't know where he was going. The grief was coming out. The grief was coming out. We were seeing it live the broken down snot and tears running down the front of his face. And yet people stood back and judge that, I, I don't, I'm not judging that. I'm just saying at that moment he was so vulnerable and people actually broke apart his speech of what he said, well, he was narcissistic and he was this. He was that. And he was having a moment in our emotional moment. And yet people were still breaking that apart.

Erica ([10:44](#)):

It's weird because like, like you said, one going back to us, the civilians, the non famous people,

Sharon ([10:53](#)):

You're famous.

Erica ([10:54](#)):

We feel like we, we do feel like we know them. You know what I mean? Cause like you, you said, I mean, will Smith has been on TV since like most of my life, you know what I mean? Like he, I think he came out with his music. I think it was in eighth grade. And then the fresh prince came out. Not long after that. So I like, feel like I've grown up with him. Like he's a cousin, you know what I mean? Like when we know, and then Chris rock amazing, extremely talented. So you, you definitely develop a love for celebrities and you feel like there's a lot of familiarity because they definitely remind you of someone you have in your family. So you put that love on them. So yeah. It's like, it's like, who are we to even comment on it? Cause we don't know these people personally, but you feel like, you know them.

Sharon ([11:36](#)):

Yeah.

Erica ([11:37](#)):

You feel like you absolutely know them because of the characters they portray and the affection you develop for them over the years. But yeah, it has to be, it has to be very hurtful when you are pouring out your heart, like you said, he was, he was right in his emotions.

Sharon ([11:57](#)):

Yeah.

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

And that, I definitely feel like that speech was very genuine and very heartfelt.

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

For the moment. Yeah.

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

For the moment.

Erica ([12:08](#)):

I just think that, you know, the not apologizing, he apologized to the academy and to his fellow nominees and everybody in the room. But to not apologize in that moment to Chris Rock, I felt kind of was like a a middle finger. Like now I just slapped you and then I'm gonna give you the bird too, because I'm not gonna give you the apology you deserve. So I think that's why he got the criticism he received and they really went after the speech. I think if he would've apologized in that moment it wouldn't have his, his speech wouldn't have been as picked apart as it was. And I feel bad that it was because it was, I, I genuinely, it was from his heart.

Sharon ([12:55](#)):

Yes. I agree.

Erica ([12:56](#)):

Did speak from his heart. And I think that he, you know, and I, I, I don't know about acting, but I know just the interviews I see, they put so much time and effort into learning about the character. Well, you know, the A-list people, the people that are getting these awards, they, they really study out their person. So I know he probably spent a lot of one on one time with Venus and Serena's dad, Richard, who he portrayed in the movie and get to you, get to know that person. So you wanna

honor them by acting and, and portraying them the best way possible. The fact that he was able to do that and get this film, you know, out there to the point where it gets nominated or he gets nominated for an Oscar is amazing. So to have all that hard work and his love and his genuine heartfelt speech completely negated by that one moment in time.

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

Yeah.

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

I think that again is a grieving experience in itself.

Sharon ([13:56](#)):

Yeah. I agree with you a hundred percent. And the bottom line is we're only talking about one thing here. We're talking about unresolved grief, unresolved grief of an emotional nature. That's all, this is, this is a lifetime of grief. That's never been dealt with that. Hasn't been completed. It hasn't been finished and it just sits there. And all you need is that one drop that one drop of pain to enter your heart, to make you act out and act out against it because you never dealt with it

Erica ([14:35](#)):

And you can't even deal with it in private has now it's been exposed on the world stage and you have to continue to hold your head up. Cuz I, the first thing, when, you know, when I experienced my the loss of the boys, you just wanna pull the blankets over your head and, and not get outta bed.

Sharon ([14:57](#)):

Yeah.

Erica ([14:57](#)):

But you can't do that. The world doesn't give you that option. You have to get up and keep moving. You have to keep going to work. You have to keep parenting your children. You have to keep, like you say, putting gas in your car, you don't get it'll break. So your heart is absolutely broken. You're devastated. Your wife's heart is absolutely broken. She's devastated. Chris Rock is broken. He's devastated. And all of these people, he had a performance like four or five days after this happened. He had to go on stage in front of, I don't know, hundreds of thousands. I don't know how many people were in the arena and work.

Sharon ([15:38](#)):

Yeah.

Erica ([15:39](#)):

He has to be funny when his heart is broken.

Sharon ([15:43](#)):

Yeah.

Erica ([15:44](#)):

I can't even imagine.

Sharon ([15:45](#)):

No,

Erica ([15:46](#)):

I cannot even imagine.

Sharon ([15:47](#)):

No. No, because you, you take the aspect of him being a man. And that just happened to him. That has a whole different aspect. But Erica here's the other thing I think is that you're now having your grief judged.

Sharon ([16:02](#)):

First of all, society doesn't call it grief. You and I are calling it grief. We, we knew at the moment we saw him walking across the stage. It was grief. But now you're under the microscope. It, like you said, and everyone's judging your reactions. They're judging your pain. They're judging your level of pain. They're judging whether you were telling the truth or not. Whether you're lying. Do you realize that you realize it happens every day in a grieving experience where people are sick and tired of your grief, they don't wanna hear your story. They don't wanna hear it over and over again, they blow you off or they don't give you the credit that you need for that grieving experience.

Erica ([16:39](#)):

Or they think you're doing it wrong. You know, they, they judge the way that you are. Whether you're making a post every day or you are breaking down crying every time you talk about it, they're totally judging that.

Sharon ([16:52](#)):

Yeah.

Erica ([16:52](#)):

Like, oh my God, here she goes crying again. Oh, it's been five months since her mom passed away. She's not over it yet.

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

Yeah. And it's like when he walked across that stage in so much pain and then to get back and start screaming out, none of us, none of us have the right to say anything.

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

No,

Sharon ([17:15](#)):

None of us have the right to judge it. We, we all have our opinion on it. Do I wish it, it would've handled been handled differently or more in private 100%. I wish it was handled differently. I wish it was something that we were not talking about right now for all three of them. I truly believe that and wish that, but the truth is there were so many aspects going on in that one moment. So many grieving aspects going on.

Erica ([17:47](#)):

Yeah. And I absolutely love that. We are able to lay out all the different grieving events that took place in this so that people can see grief is everywhere.

Sharon ([18:02](#)):

It's everywhere.

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

And it's in our everyday lives. It's not just about someone dying or you getting your divorce. It's about so many other things that affect us on a daily basis. So it definitely doesn't surprise me that people are I was having a conversation that was someone that they were saying they were looking for a counselor for their teenager. You can't find a therapist right now.

Sharon ([18:28](#)):

No

Erica ([18:29](#)):

Therapists are double, triple, quadruple booked. Yes. Finally, finally, people are realizing I can't handle this anymore. I gotta get, I gotta get help.

Sharon ([18:41](#)):

Yeah. Yeah. And so here now, I wanna finalize it. I wanna bring it down to this. Unresolved grief is everywhere. It will stay in your heart forever. So imagine you're the person that has trauma from your childhood. You have infidelity in your marriage. You have a change in health which causes mental instability. You know, you start questioning that there's aftermath of different things that have gone on you don't have privacy in your life. And then there's an issue about race. You have all that going on in your heart at one time. And then someone in your family dies or your fur baby dies. What the hell do you think is gonna happen with all that grief? It's gonna come flooding out, immersively on you and everyone else around you.

Sharon ([19:32](#)):

Unresolved grief will affect every other grieving experience in your life.

Erica ([19:40](#)):

Absolutely. And if you have a health issue, it, and you're not dealing with your grief, it attacks you physically. So whatever you have going on with you gets worse or you develop different physical ailments. It absolutely, grief will find a way.

Sharon ([19:57](#)):

Yeah.

Erica ([19:57](#)):

And it, it definitely keeps pushing until it gets your attention and you can no longer deny it. Yeah. And so better to find a way to manage it, to get the help you need to help you resolve those issues than to keep struggling and suffering every day.

Sharon ([20:15](#)):

Yeah, absolutely. A final word here is to Chris to Will, and to Jada, our hearts are with you. We're sending you healing, hugs, healing energy, know that we are not sitting in judgment on you. We have no idea what your experience was, what it was

like for you. We only know what we saw our hearts are breaking for you. And we hope that you are finding the the help that you need and the peace and joy to return into your hearts. We wanna leave you with that. We love you.

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

I saw something that Jada's posted after. And she said the healing healing needs to take place and I'm here for it. And I absolutely hope you get the healing that you deserve.