

Getting to Neutral

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

Neutral not helping or supporting either side in the conflict. That's the adjective neutral, the noun, an impartial or unbiased person. Neutral can also be a color. What is getting to neutral in your grief? Erica and I often help grievers get to neutral. Neutral in the middle, not having an emotional reaction or emotion, emotional feeling one way or the other that you're just there. You're just in a neutral state prior to getting to that neutral state, you had a ton of emotions going on. You had opinion, you had a thought, you had an emotion. You, you relived a circumstance over and over again. You can't stop talking about it. You can't stop crying about it. We call that part grief.

Sharon ([01:05](#)):

Have a grieving experience and you're living it up our job 100%. If we do our job properly and you do the much needed work is to first get you to neutral. And what does it mean to be to neutral? It means that either way, you're not putting your emotions, attaching your emotions to it.

Erica ([01:30](#)):

Our program is 12 weeks long and we see Sharon says this all the time to our clients. We'll see the change in you before you do. Yeah. And we have it down usually around week four, they shift into neutral. Yeah. And that's because we have talked it out.

Sharon ([01:51](#)):

Yes.

Erica ([01:51](#)):

We have said every up, down sideways, backwards, forwards feeling you've ever had about it. We have not judged you on it. We've given you a safe space to dump everything you need to dump about it. And by week four, the energy around the event is taken away. And it just is. The situation just is. Neutral is actually my most favorite part to get them to.

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

Yeah.

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

Because when they, the day, one week one, it's like the weight of the world, the grief is so heavy. It physically has them sitting and talking like this by week four, when they get to neutral, they're up, they're straight. Their face looks different.

Sharon ([02:41](#)):

Yeah.

Erica ([02:42](#)):

There's a physical change.

Sharon ([02:45](#)):

Yeah.

Erica ([02:46](#)):

Neutral is my most favorite part. I, I honestly love it because You're able to embrace more of your humanness instead of just living all in the grief.

Sharon ([02:59](#)):

Yeah, exactly. A hundred percent. That was a great description of it. I really like that. I'm like, geez, we might be on to something here, getting to neutral. Here's the other part about getting to neutral. So we talk often, Erica and you, this is your, we keep, keep giving you each other plain to fame. This is your description is a heartstring. A heartstring is an imaginary string. That's attached to your heart. And everytime you hear the word son, Donovan, years old, motorcycle, anytime you hear any of those things that related back to Donovan, it was as if someone is pulling on the string, that's attached to your heart. And when I tell you there is a heartstring, my friend, think about your loved one. As you're listening to my podcast right now to our podcast, right now think about your loved one. Say their name out loud, quietly in your head. Just say their name out loud. When you feel that pain in your heart, that's a heartstring, right? Sometimes it's a heart rope. Sometimes it's harder than a string. It's an absolute rope that's wrapped around your heart. And it just pulls on it. Getting to neutral means that we cut that string. We cut that rope open. You still know that the pain happened, but we release it from your heart. And all of that is figuratively.

Sharon ([04:33](#)):

But actually you can feel it, right? The other thing that you and I know is when a griever has done their work, but there's some residual pain, like maybe one part of it that we didn't attach, they can still feel the heartstring. So you and I will get calls from grievers. Something's wrong. Something happened. I went to my son's school and I got in the hallway and I started crying.

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

And typically what that means is there's a part that's left there that hasn't completely been resolved in their heart. And we gotta go back and look at it. You and I both know unresolved grief show up at the, at the, the one year anniversary, right? It'll quite often show up at the one year anniversary. It'll show up. One of the other things is that I see happen quite often is around the actual death experience. Sometimes we'll do the work on the grief, but yet they have that portion around the actual day that the person died or the day that they got to the hospital or the moment that they found out that they were dying or when they got the call that they were dead. Any of those things can, can prolong heartstrings, right? And so we gotta go in there and cut those and get them to neutral. Neutral also means I hate them. I never wanna see them again. And if I had a gun, I would shoot their head off. If I can get you to neutral and you don't feel like pulling a gun out and shooting them girlfriend, that's neutral. Yeah. And if I can get you there, I've done my job neutral is the least we try to get you to

Erica ([06:13](#)):

Neutral is amazing when you have lost a loved one definitely because the, the debilitating sadness is so overwhelming. You feel like you're drowning in it, but neutral is also extremely important when the person that you're grieving is still alive.

Sharon ([06:33](#)):

Yes.

Erica ([06:34](#)):

Especially if we have a less than love loving situation.

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

Yeah.

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

So you have this toxic person in your life. It could be a parent, it could be a sibling. It could be a coworker. It could be anyone who says all these mean and hateful things.

Sharon ([06:48](#)):

Yeah.

Erica ([06:49](#)):

Neutral. Totally. They're still gonna say all those mean and hateful things.

Sharon ([06:53](#)):

Yeah.

Erica ([06:53](#)):

But if we get you to neutral, you don't have any emotional reaction to it one way or the other.

Sharon ([06:59](#)):

Yeah.

Erica ([06:59](#)):

It's like you, we put this invisible shield over you.

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

Yeah.

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

So they're still throwing all the daggers and the jabs and the rocks and the this, and you're just walking around like, I don't feel a thing.

Sharon ([07:14](#)):

We played a joke on my granddaughter. Well, maybe she won't listen to this. We played a joke on her where and she came up with this on her own, my Yolanda, our sister gave her a it wasn't like a towel for when she goes swimming and it had a hood on it. And she said it was her invisibility cloak. And so we took a picture with it on, and then we, we faked the picture. So it looked like she was sitting next to Brittney. And we took another picture with Brittney, with her arm around. So we pretended like it was an invisibility cloak getting the neutral means you have on your invisibility cloak. It absolutely means that they can't touch you. They can't attack you. They can't get to that point. You can literally get getting a neutral means, going to the the store. Where did Donovan work? Thing just went outta my head.

Erica ([08:05](#)):

That's fine. Harley Davidson.

Sharon ([08:06](#)):

Harley Davidson. It means going to the Harley Davidson store and walking in the store, knowing that that was his last job. Because you tell the story all the time by how you couldn't even go that way on the freeway.

Erica ([08:19](#)):

Yeah. I couldn't even look at the sign. Mm-Hmm

Sharon ([08:21](#)):

You wouldn't even wanna drive, passed it on the freeway. Getting to neutral means you drive past the store. And all of a sudden, when you're three exits away, you're like, oh my gosh, I just passed Harley Davidson. And I didn't even realize it. That's what getting into neutral is

Erica ([08:38](#)):

Yeah. It's funny. You should say that. Cuz two weeks ago we had some family in town and he's a big Harley dude. And so we were out to lunch and we were driving past the store and he was like, oh, can we stop? And at first I was like, I almost had this, like it, I didn't feel panic in my brain. My brain said you should be panicking. But my heart felt nothing. That that's when I knew I was 100% in neutral because my brain and we always talk about this, you have a thought and then the thought drives the emotion, right?

Sharon ([09:14](#)):

Yeah. Yeah.

Erica ([09:15](#)):

But cause I've done in my work that emo, that string is completely clipped.

Sharon ([09:21](#)):

Yeah.

Erica ([09:21](#)):

So my brain fired and my heart did not receive the message.

Sharon ([09:25](#)):

Yeah.

Erica ([09:25](#)):

And we, I even went in the store, I went in the store, I talked to the sales people. I saw a jacket that he wore in a fashion show that was there. And I was like, does cause my, I was like, does not even have that jacket. What happened to it? And then I remembered he wore it in a fashion show. No emotional connection to any of it. Yeah. Whereas before, when I was resisting doing my work and I was 100% denying my emotions that would've broken me down.

Sharon ([09:57](#)):

Yeah.

Erica ([09:57](#)):

And I would've had to come home, pull the covers over my head and just cry.

Sharon ([10:02](#)):

Yeah.

Erica ([10:02](#)):

The rest of the night. I would've, that's what I, who I would've been.

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

We want, that was that. That was a great experience. That was a great example. We one hundred percent also know when we haven't gotten you to neutral, we can tell when you're not in neutral.

Erica ([10:16](#)):

Yeah.

Sharon ([10:16](#)):

Keep talking about it. You keep expressing emotion to it. You get stuck. Grievors can get stuck in their grief because they haven't gotten neutral for a variety of reasons. But not being in neutral is a miserable place.

Erica ([10:33](#)):

That's where all the pain lives, that's where the sadness lives. That's where the extreme anger is. That's where all the the dark emotions are. It's it's and it's a miserable place to be because you're so overcome by all these negative emotions.

Sharon ([10:51](#)):

Yeah. Sometimes people think that getting a neutral means, they're gonna forget the person that they're gonna forget different aspects of the relationship. And that part is not true. And you, I say this all the time, you know, We don't have a magic wand. We are not magicians. Right. We are not gonna re erase your memory. I cannot go bibbity bobbity boo And your memory just leave your head. It just

doesn't happen. That way you will absolutely, 100% remember the fight that you had in the bedroom, over the socks and underwear that were left on the floor. You're gonna remember it. But being in neutral means there's no emotional tie to that. You look, you think of that memory. You have that memory, you see that memory and it just goes flows right by you.

Erica ([11:40](#)):

Yeah. It's not the magic wand you have it's the flashy thingy from men in black. Your memory. But also it, it doesn't mean I had I remember one client, she was grieving her brother. They had a very toxic relationship. And when she got to neutral and was, was in a, just that space of no pain, no anger. And then she said, now what? And I said, what do you mean? She said, well, do I have to have a relationship with them? I said, that's up to you.

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

Yeah.

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

Doesn't mean you're gonna go getting to neutral. Doesn't mean you're skipping off into the sunset with the person that you hate in his rainbows and sunshine. Yeah. That's all getting to neutral means getting to neutral means you have the freedom from the anger and the pain and the hate that you've been carrying in your heart, all the resentment for all the bad things they ever did to you getting to neutral means we erase the, that the choice on whether or not you wanna continue. The relationship is 100% up, up to you. You don't have to.

Sharon ([12:42](#)):

Yeah. Something happens when you find out about a loss or a betrayal or brokenness, or you've realize you're dealing with a difficult relationship or a death of a fur baby. Right? Right. The minute the loss happened, the minute you find out about it, the minute you find out about it, not before, because before you didn't know it was happening, but the minute you find out about it, your brain starts to play the movie. It starts to play the movie in your head of your relationship with that person typically it looks like this. And if any of you have ever been around a grieving person that had just found out, they're typically staring off into space, their eyes are glazed over. You can see a grieving person's face. You can see it. You can see the grief on their face. They're typically staring off into space. They're not thinking about anything, but what's playing in their head is this movie of their life and their relationship. And this, the movie is playing like click, click, click, click, click, click, click. It's just going through their head. And all of a sudden, every few frames of that movie, the camera stops and it stops on the frame. Oh, that's the day he was born. Click, click, click, click, click. Oh, when you went to kindergarten, like all of the things, and it may not be in order. And the fight that we had over the socks at underwear. And when you stop on that frame, the fight that we had over the socks at underwear being on the floor, there's emotion tied into that.

Erica ([14:21](#)):

Mm-Hmm.

Sharon ([14:22](#)):

And that emotion it could be sad. It could be regret. It could be guilt. A lot of our griever's for griever's, I feel guilty. Why did I say that? You start reviewing the part of that day of that fight that you had in your

teenager's room, over socks and underwear. That is what the energy is. That's the heartstring. Getting into neutral. The same movie is played, but when it stops on that frame, there's no emotion. You're just watching it play out in your brain, but you don't have any feeling about it either way. That's when we're talking about neutral.

Erica ([15:00](#)):

Yeah. And it's it's so it's just getting to that place. It's like, I don't even have enough words to describe it. It's like such a relief one, but it's like a relief times, a thousand, because that, that pain that's spilling over into every facet of your life, we get to disconnect that. And it gives you the, the freedom to really, really function, to really be able to be present. Yeah. How much of the grief robs you a, of your present moment? Because you're, you're stuck in that movie, in your head constantly. So you're, you're missing out time with your children. You're missing out time with your significant other. Yeah. You're missing out time with your friend. And not that you're not physically there, you're physically sitting with them, but your brain is off in this invisible movie. That's playing in your head. And so the you're not giving your full attention to the people who are important in your life. You're Rob, you're being robbed of that time. Yeah. Because you're stuck in this place of pain and sadness,

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

Erica, you and I have the goal when we're working with everyone is to get 'em to neutral. That's our goal. That's always the goal. But 99.9% of the time we get 'em beyond neutral.

Sharon ([16:18](#)):

We get 'em to freedom. We get 'em to joy. We get 'em to happiness. Again, when you go through the tunnel of grief and you come out on the other side, you, you can truly be living again. Life is not what it was before. And like you say, your life will never be the same again. And it will always be marked by before Donovan and after Donovan forever, your life will be marked that way, but you could truly live on the other side. And if you, if it takes you a little bit longer than the average person, if you could at least live in neutral in neutral food tastes good. Yeah. In neutral, you can laugh without feeling guilty, in neutral you can watch their favorite show and enjoy it. Some of that stuff comes back in neutral.

Erica ([17:12](#)):

Yeah. You get more of your personality back. You really do because the pain is not robbing you anymore. You, you get definitely to be more of yourself and it, it feels good because you start to feel comfortable in your own skin again. Yeah. And I, I just love neutral. I think I love getting 'em beyond neutral, but neutral is my most favorite part because it's, it's when we get to see our real clients and who they really are, cuz when they come to us so sad and broken and so weighted down by their grief, we don't even really know who they are. But when we get 'em to neutral, that's when we get to see like, oh my gosh, you're so funny. Or you're just, they're beautiful smiles like, oh, when you're greeted by that smile, that just lights up the room. It's like, hi, how are, wow, look you coming back to life.

Sharon ([18:06](#)):

So friends, our wish for you is neutral. Yeah. Our wish for you is to not be in pain. Our wish for you is to experience true joy again, to experience happiness. But if we can get help, you get to neutral and you can at least just be functioning again. We have a way to get there. We know how to do it. We know this is the gonna be the, one of the hardest things you've ever done in your life. But we know the way out. We know how to get you there. And we're here for you.

Erica ([18:45](#)):

Absolutely. When you have a grieving experience, you are in the fight of your life. I say this all the time. Cause that's what it feels like. So yes. Let us help you get your life back.

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

Yeah. Bye friends.

Erica ([19:00](#)):

Bye.