

Prolonged Grief

Sharon ([00:04](#)):

Prolonged grief is a condition that occurs according to the medical industry grief that lasts over a year. Prolonged grief is a disorder that was just added to the DSM five, the diagnostic statistical manual of mental disorders. The fifth edition DSM five is a list or a book of every diagnosis that you could come up with in the world. The DSM five is every disease, high blood pressure, obesity, fatigue fibromyalgia, whatever disease you can come up with can go in the DSM five up until recently, grief was never in the DSM five because grief is not a mental disorder and mental disorders are in the DSM five because grief is not a mental disorder. Grief is an emotional disorder. Grief is a broken heart grief has to do with our emotions. And so it was never in the DSM five, but now that they've done additional work and studies on it, they now have added recently prolonged grief disorder into the DSM five. I loved Erica that grief was not identified by the medical community. And the reason that I love that so much so is because most often griever's will show up at their doctor's office and say, my nephew just died. My grandson just died and the doctor will write a prescription.

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

Mm-hmm

Sharon ([01:54](#)):

Here's the pill. Take this pill, take this advan, take this

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

Xanax

Sharon ([02:01](#)):

Xanax, take whatever it takes to make this pain go away here. Let me help you with that. Let me help you with the disorder. Do we have griever's that absolutely need to be on medication while they're doing the grief work? 100%. Do we have a say whether they need to be on medication? No, we don't have a say that's not up to us, but not having it. In the group of other diseases helped us to help griever's realize that they have to do the work to get beyond this.

Erica ([02:33](#)):

Mm-Hmm. I wanna say first, like it I'm offended. This offends me. I having being someone who has grieved and as we've shared multiple, not even just death, the death of the boys, death of our dad change in my health. When I was suffering with my hip before I had my surgery, lots of things in my life. I am personally offended that they would put this in the DSM. It is absolutely not a mental health condition. Does it affect your mental health? A thousand percent?

Sharon ([03:16](#)):

Yeah,

Erica ([03:17](#)):

But it does not to be, not need to be treated as a mental health issue. I feel one, this, whoever came up with this as a disorder has never experienced grief.

Sharon ([03:34](#)):

Yeah.

Erica ([03:35](#)):

Cuz you cannot be a person who's been completely broken by a loss in your life and said that you should be over it in a year.

Sharon ([03:44](#)):

Yeah.

Erica ([03:45](#)):

That, that's the, I think the root is part of it that you're even telling me how long grief is unique in individual to everyone. So you're telling me that if I'm not over this in a year, then there's something mentally wrong with me.

Sharon ([03:58](#)):

Yeah.

Erica ([04:00](#)):

I wanna give the two middle fingers to whoever put this together.

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

Yeah. Wow. I didn't realize it was gonna bring up that kind of

Erica ([04:12](#)):

I'm offended.

Sharon ([04:13](#)):

Well, the other thing is yeah, I get that. Thank you. I'm sorry. The other thing is that here, here I, in the article it says the formal recognition of the disorder will help medical professionals be properly reimbursed for providing medical care.

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

So it's about dollars and cents. It's not even about the wellbeing of the person whose heart is broken.

Sharon ([04:39](#)):

Yeah. But then let me add onto that. It also says it will help researchers secure funding and research the condition. I'd love researchers to be out there researching grief. I would love that and to be able to have money for it. But what is the number one thing that you and I teach in week one, there is no time limit on grief. Yeah. There's no time limit. Some people we've met people that have been grieving for the we've met people that are grieving for 30 days. Yeah. There's no time limit on how long your grief is

gonna last and to label it that we have other there's other labels. We've never done this as a show, but we need to do this as a show, prolonged grief. Typical grief. There's other labels that they add.

Erica ([05:30](#)):

What is typical grief?

Sharon ([05:32](#)):

I don't know. I made that up. Oh

Erica ([05:33](#)):

But there's the, one

Sharon ([05:38](#)):

Of all your friends have.

Erica ([05:39](#)):

Here's the one that Yolanda told us about that she was learning in when the last

Sharon ([05:44](#)):

Past six

Erica ([05:44](#)):

Months. Yeah, it was that acute grief. Acute grief or something like that.

Sharon ([05:48](#)):

Yeah. Yeah.

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

Grief doesn't last longer than six months. First of all, it took me a year to even acknowledge the amount of pain I was in after Donovan died. Cuz I had been denying it for a full year. It took me a year to even allow the emotions in. So you're telling me I'm a person who's so completely broken by this loss. Not just a person. I am a mother. I am a mother who has buried her second child. And I, if I'm not over it in a year, I need to be clinically treated like,

Sharon ([06:24](#)):

Yeah.

Erica ([06:24](#)):

Like who do you think you are? I'm offended. That's all I can say. I'm gonna write them and tell them like it not even that, what if I'm not even a mother who's buried two children. What if I just had to decide to terminate my 20 week pregnancy, I've bought clothes, we've had a baby shower and you're telling me that I need to just get over that in this timeframe that you deem acceptable.

Sharon ([06:56](#)):

Exactly, exactly.

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

For your dollars and cents. Ugh.

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

I can't think of the name of that, that grief that, that she was talking about. And what was the exact word of it. But grief typically resolves in six to 12 months.

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

Says who?

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

This article. But some people maybe continue to experie the symptoms of grief and develop prolonged grief disorder. So it's like they wanna label it and here's hear me out frriends. Grief is grief is grief. That's how we describe it. Grief is normal. Grief is natural. Grief is a normal and natural reaction to a loss of any kind grief takes place in your heart. It does not take place in your head, everybody, but everyone living here on earth will have multiple grieving experiences throughout their life. Some of them will be able to resolve and they can complete within a very short period of time. And some of them will take years and none of us know how long it will take to complete the relationship to the pain, the loneliness and the isolation that grief causes. That's our definition period.

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

And, and the, the reason we say this is because we are grievers. Yeah. We are grief specialists that we teach this program based off of our own experiences. We have actually had our hearts broken, almost feeling like it's been ripped out, stomped on every time we had a loss. So because of that, I, I'm also gonna call bullshit on this timeline, six to 12 months, Sharon, you and I know for a fact for the first six months, you're in shock.

Sharon ([08:53](#)):

Yeah.

Erica ([08:53](#)):

You're not even feeling the full weight of the emotions from whatever you're grieving, cuz you're in shock. Yeah, you are traumatized. You cannot believe this has happened and your brain is protecting you, trying to help you make sense of it. And so for the first six months you don't even feel the full weight of the emotions. Right? At that six month part, it feels like a brick wall has fallen on you with the amount of sadness and pain that you actually feel. We have had conversation after conversation with people who at six months feel like they need to be committed because that's when the emotions come in, you're feeling the full weight of all of it. So then you're supposed to just resolve it. It's that's impossible. It's an impossible task that they're putting out there for, for grievers. And they're gonna make people feel like there's something wrong with them. If they're not over it by this one year, mark, that they've outlined.

Sharon ([09:53](#)):

So prolonged grief I'm reading from the article. It may be difficult to concentrate, perform normal activities or sleep. Your sleep may be impaired. There may also be intense ways of difficult emotions are feeling intensely overwhelmed. Yeah. That's what we call grief.

Erica ([10:09](#)):

Yeah. Just regular grief. Just plain old, basic grief.

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

Yeah. And grief can expect can affect your spiritual walk. It can affect your relationship with others. It can affect your relationship with your husband while you're in a grieving experience. It can affect your relationship with, with your children. There's no end to where that grief can go.

Erica ([10:34](#)):

Mm-Hmm.

Sharon ([10:34](#)):

Or what it can do. You and I both work with people even sometimes longer than eight months.

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

Yeah.

Sharon ([10:42](#)):

Because we help them through the beginning stages of grief, which is a learned process on how to process your grief. You and I actually created our own program called processing the pain of grief, just showing the griever how to process in the initial stages.

Erica ([11:00](#)):

Yeah.

Sharon ([11:00](#)):

How to process the grief that came about just because of the way that you, we saw that you responded to Donovan's grief, the resistance that you put up. So just working through that is the beginning stages. Will you need medication? I don't know.

Erica ([11:15](#)):

Right?

Sharon ([11:15](#)):

I don't know. That's not for me to say, do people use medication and work with us? Absolutely. Do people go to therapy and do our program a hundred percent? Do whatever it you need to do that works for you. But the one thing that you must do is complete your relationship, complete the relationship that you started with that person.

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

And the, The other thing that's so important that you need to do is call it by its name.

Sharon ([11:46](#)):

Yeah.

Erica ([11:46](#)):

It's grief. How many we've gotten this from multiple clients over the years, the text do you think I should get on antidepressants? And we, we both respond the same, you know, you've gotten it and I've gotten it separate, you know, but we always give the same answer. Like one, we can't assess that. You know, if you feel the need to pursue medication, that's a decision between you and your doctor. But what I can offer is you're not depressed. You're grieving.

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

Yeah.

Erica ([12:18](#)):

Your heart is broken.

Sharon ([12:19](#)):

Yeah. That's

Erica ([12:20](#)):

Not depression. Yeah. Depression is a chemical imbalance in your body that the doctors diagnose through a series of tests. That's not what grief is.

Sharon ([12:31](#)):

But grief will cause a less than happy emotion in your heart. Grief will cause you to feel sad. Grief will cause you to feel like you wanna go into into your bed and pull the covers over your head. It does all the acting out of the depression 100%.

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

Absolutely. But whether or not you're clinically to, I mean, if you weren't before your grieving experience, then you're not gonna be after your grieving experience, you're just going to be grieving.

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

Yeah. And the other thing is, you know, Erica, you, the one, no number, one reason that you and I do this is to change the world. And the topic of grief. Grief is the most taboo subject talked about subject in the world.

Erica ([13:19](#)):

Yeah.

Sharon ([13:19](#)):

And you, and I want both say that until the day that we die, we are gonna be talking about grief because when we embarked on our grieving experience, we didn't know what the hell we were doing or how we were gonna get out of this. Right. We didn't know how we were gonna do this. And so once we figured our way out, we decided that we're going to help others. But then it became deeper than that. It's like. Talk about this subject.

Erica ([13:44](#)):

Yes.

Sharon ([13:45](#)):

That we talk about now. It's personal.

Erica ([13:51](#)):

It is definitely personal. Say grief. I hate seeing those segments on the news where there's been a mass shooting and they say everything, but the word grief,

Sharon ([14:05](#)):

Thoughts and prayers.

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

Yeah. Yeah. The, they, they wanna say about the PTSD. I can't imagine the amount of PTSD. The, the survivors are gonna have. Grief.

Sharon ([14:17](#)):

Be strong!

Erica ([14:18](#)):

Yes. Keep on trucking.

Sharon ([14:23](#)):

Keep on trucking. Yeah. Just give it time. Keep busy.

Erica ([14:29](#)):

Yeah.

Sharon ([14:30](#)):

But Hey, go deal with your grief.

Erica ([14:33](#)):

Right.

Sharon ([14:34](#)):

You and I talk about GTS. Grieve that shit all the time.

Erica ([14:37](#)):

You have to, to, if you wanna get your life back, you have to do the work. And it, the work starts with calling it by its name. It is grief. It's not prolonged grief. It's not acute grief. It's not special grief. It's not fancy grief. It's it's not think about complicated grief, complicated grief. It's not complicated grief. It's plain old, basic grief.

Sharon ([15:06](#)):

Now, before we end this show, I also wanna talk about some times the griever chooses to stay there. But that's a choice made by the griever. They choose to stay stuck in their grief.

Erica ([15:21](#)):

Yeah.

Sharon ([15:21](#)):

They choose to be a grief queen. They choose to be a grief king. They choose to let their grief define them of who they are for the rest of their life. That's a choice. That's a choice. My friend made by you the graver.

Erica ([15:36](#)):

Yeah.

Sharon ([15:36](#)):

We absolutely have worked with people. They've gotten to a certain point and they don't wanna go on longer because they feel the fear. And it's true. If I get rid of this pain in my heart, I'm not gonna have the person anymore. It's an absolute honest feeling that you have.

Erica ([15:56](#)):

I bet you, the person who wrote the diagnosis was the, either the friend or the child of a grief queen.

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

Oh yeah.

Erica ([16:04](#)):

Which is why they came up with this.

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

Yeah. Oh yeah.

Erica ([16:08](#)):

You need to get, go get over that. So lemme just go ahead and make this a disorder so we could figure out how to treat it. There are people that definitely like the attention that their grief brings them and yes, they do become a grief queen or a grief king. That's not the typical, that's not the norm though. That is the, those people are, are special cases.

Sharon ([16:31](#)):

Well, that's what we call being stuck in your grief.

Erica ([16:33](#)):

Yeah. Yeah.

Sharon ([16:35](#)):

Friends. I, there is a way out. There's a path, there's a path. And it is the action that you, the griever takes when guided by two amazing sisters who are grief specialists. It's the action steps that you take to get away from this thing. It's number one, acknowledging that you're even grieving, acknowledging that the brokenness in your heart and this heartstring is absolutely grief, acknowledging that all the pain of your past is now connecting to this grief.

Erica ([17:05](#)):

Mm-Hmm.

Sharon ([17:05](#)):

That's when you start, we start showing you that. And then we just start slowly helping you do the very much needed work to get beyond this grief and move beyond this pain.

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

It's because it's natural. It's grief is normal and it's natural. It happens to everyone. We have to get over, wanting to call it all these weird fake names. We gotta just call it grief so that we can address it and deal with it. And you can get back to living the sooner you do the work, the sooner you can get back to your life though. Like I said, not the way had it before, but as close as you can get it.

Sharon ([17:46](#)):

Yeah. So I at least unlike you, I'm at least encouraged that they're at least talking about grief because maybe that's gonna help the medical professionals learn how to deal with grief. Learn how to have the grieving conversations. When the griever comes in, instead of walking in the room and saying, Hey, how's your grief. We know someone that happened to you. And so that they can learn, you might be that someone so that they can learn how to have that conversation. Right?

Erica ([18:19](#)):

I mean, yes and no. Yes. I absolutely love that. There are at least having the conversation and putting out there, but no, because I'm sad for all the people that are gonna be made to feel like there's some wrong with them. If they're not over their grief in six to 12 months.

Sharon ([18:34](#)):

Right.

Erica ([18:36](#)):

I'm sad for all those people that are gonna come away from their doctor's visits with a prescription. They don't need not to say everyone doesn't, but sometimes there's, there's a lot of people that are given

medication, especially Xanax, when they don't don't need that. What do you need? You need to feel the feelings. Yeah. Why do you need to feel the feelings so you can move through them.

Sharon ([18:58](#)):

Yeah.

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

You're never gonna get over it. If you keep numbing it and taking these pills that, that have you like in the zombie, like state, because you know what you're doing, you're not prolonging the grief. You're delaying the inevitable. Cuz then when the minute you, we you're self off of the Xanax, guess what comes in, the feelings.

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

The feelings and emotion and you know what, Erica, that's no way to live.

Erica ([19:20](#)):

No,

Sharon ([19:22](#)):

That is no way to live, to live broken. That that's not what life was intended for.

Erica ([19:29](#)):

Right.

Sharon ([19:31](#)):

But part of life was to go through a grieving experience. We're not gonna escape it, but being stuck in that is no way to live. Hey friends, we have a way out that can truly help you. We know the path, we walk this journey before you and we know what it's like.

Erica ([19:47](#)):

Yeah. And it's not easy, but we absolutely can get you where you need to be.

Sharon ([19:52](#)):

Yeah. Thank you friends.

Erica ([19:55](#)):

Bye.