Sharon ([00:03](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=3.77)):

So Austin died on June 17th, 2006, Erica, that was our circumstance. Yet we were so broken and you, and I didn't really understand circumstances versus thought at that moment that we dove right into the circumstance and started making it all about what was happening. So I wanna break this down for our friends so that they understand that circumstance was the worst circumstance in the world that day. It was the worst unbelievable circumstance yet you and I had a ton of thoughts about that. And our thoughts is what was driving our grief. It was driving our healing. It was driving the way we went. So my thought, and I talk about this all the time. As I was walking up the stairs to tell you that we had gotten the call that Austin had drowned. The thoughts that were going through my head were, I've never even used the word grief. I don't know how to do this. One of the other things that came along with, I don't know how to do this was how am I gonna fix her? How can I help her? I felt this overwhelming urge to make things right for you. And the truth was there was one thing I could have done standing up that door to fix you, telling you that Austin had drowned. The only thing that I could have done was be your support,

Erica ([01:35](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=95.35)):

Right? And that, that is what people miss. And they don't, we we're not taught this. So we don't see it in this way. We think the circumstance. So Austin drowning is the thing that is making you lose your mind. Yeah. But it's not, it's the thoughts that come as the aftermath from the circumstance. It's I'll never get over this. Yeah. I don't know how to do this. I don't wanna do this.

Sharon ([02:08](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=128.97)):

Yeah.

Erica ([02:09](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=129.59)):

Why is this happening to me?

Sharon ([02:11](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=131.85)):

Yes.

Erica ([02:13](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=133.05)):

Life. Life isn't fair. Yeah. Capital F <laugh> life isn't fair. You know? And then those thoughts send you spiraling into the grief tornado,

Sharon ([02:28](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=148.72)):

Into the grief emotions, right? Emotions that start to spin all around you. Yes.

Erica ([02:34](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=154.08)):

Yeah.

Sharon ([02:34](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=154.139)):

Do you remember your thought? When I knocked on the door?

Erica ([02:40](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=160)):

Before I opened the door,

Sharon ([02:42](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=162.79)):

Yeah.

Erica ([02:46](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=166.74)):

I feel like I naively thought everything was gonna be okay. Cause I, I felt blindsided when you said the words. So I naively in my little Pollyanna world, it's all be okay. They're gonna find he, they found it.

Sharon ([03:02](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=182.62)):

A lot of the thoughts are the things that people tell us also, and hear, hear me out on this. It's the thoughts that people think they believe they believe to be true. They believe to be the grieving way. It's like you'll never get over the loss of a child. That's a thought. And, and the other thing that happens is when you, when you heard that, when people were saying that, oh, you are never gonna get over this, what emotion came up for you?

Erica ([03:28](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=208.91)):

It's like a desperation because it's like, you know how bad it feels. And, and then it's like, it's like a, like a life sentence. Like I've been sentenced to something for life. Like, cuz I'm like, I don't wanna feel this for the rest of my life. This is the worst feeling imaginable. I would not wish this on my worst enemy. I don't wanna be like this forever.

Sharon ([03:51](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=231)):

The other thing is you can get stuck in a thought and I just want him back. I just, and when you're in the, I just want him back you and you're telling yourself that. And a lot of times we find with our clients, the, I just want him back. I just want her back. They're not sharing that with anybody. And sometimes that thought is not running in the forefront of their mind. So let's just work through that thought. I just want him back. It makes you feel lonely, sad, angry, off.

Erica ([04:23](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=263.66)):

Yeah.

Sharon ([04:25](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=265.21)):

Off. It freezes you in time. Right? It completely freezes you in time. So I just want him back

Erica ([04:33](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=273.029)):

And you know, you, you know, it's not possible, but you're so desperate for the relief from the pain. And you do, it's the longing that's right after. It's so overpowering that it, that thought does consume you, but you don't speak it out loud because you think people are gonna think you're crazy. Like you can't get 'em back. Like in, from their perspective, it's done. You need to start moving on and picking up the pieces. But from the new, fresh grievers perspective, it's I just, you know, it's like a need. It's like, you just need it so much because it's so, it's so sad.

Sharon ([05:13](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=313.99)):

Yeah. Yeah. It's so heartbreaking. And the thought to go down there. So one of the things that we teach is that a lot of times grievers get stuck in those thoughts. And we don't, the thoughts are in our brain. The thoughts are in our head. You and I don't work on that. We're not psychologists. We're not psychiatrists. We're not therapists. We're not in the brain. You've got to drop down into that heart. So when you think the thought, I just want him back, you can ask yourself that question. I just want him back. What are you feeling? What do I feel? I feel lonely. I feel sad. That's where the grief is. That's where you and I go after no sister, you say, I just want him back. Tell me what that feels like. Describe that to me.

Erica ([06:02](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=362.31)):

Well, because the, the, the feelings are so negative and we are pretty much programmed not to live in the negative. Oh, don't be so negative. You need to think positive about this, you know? Or you know, all that. Everyone wants to put their little Ray of sunshine on it. But when it comes to grief, yeah. You can't put the Ray of sunshine. You really gotta dwell and speak the negative out loud so you can start moving through it.

Sharon ([06:29](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=389.21)):

So, okay. So then the next thing that happens is everyone around us speaks of thoughts.

Erica ([06:34](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=394.63)):

Yeah.

Sharon ([06:34](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=394.89)):

All the advice they're giving us. They're like, I'm not going anywhere near her heart. Because if I say something emotional or something about her pain, she's gonna start crying. Then I'm gonna start crying. Then we're gonna have a moment or she's gonna start crying. And I really don't wanna upset her. So I'm gonna say, and I'm gonna go back to what I was saying earlier. I'm gonna say the things that go just to her thought, oh, sister, girl, you just give it time. Know in time, you're better. Your heart's gonna feel better. And in time you're gonna, and a day will be a

Erica ([07:16](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=436.71)):

Sprinkle. Their array of sunshine. Yeah. But that's true. It's so common. And it's so sad that people don't understand. They, they go in with the thought, I don't wanna make her feel bad. I don't wanna make her cry. She's already feeling bad. I already feel bad. Be in the moment with the griever.

Sharon ([07:36](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=456.54)):

Yeah.

Erica ([07:37](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=457.42)):

Just sit with them. You don't have to say any words.

Sharon ([07:41](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=461.42)):

Yeah.

Erica ([07:42](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=462.33)):

You don't have to say anything because there's nothing that's gonna pull them out of the emotional pain that they're in.

Sharon ([07:49](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=469)):

Right.

Erica ([07:50](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=470.41)):

So just be a supported person.

Sharon ([07:53](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=473.2)):

There are no words.

Erica ([07:54](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=474.69)):

No. What

Sharon ([07:55](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=475.27)):

Was the one thing that I could have said to you at that door that day?

Erica ([07:59](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=479.53)):

Absolutely nothing. Or they, they found him and meant it. <Laugh> yes. <Laugh>.

Sharon ([08:05](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=485.96)):

I'm sorry.

Erica ([08:07](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=487.48)):

So

Sharon ([08:07](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=487.8)):

Let's go back to the circumstance, the circumstance. This is the best way that I can describe it. The circumstance is always true. The circumstance will hold up in a court of law. If you go to a judge and you say, judge Austin drowned on June 17th, the judge will put a stamp of approval and say, yes, that's true. The circumstance usually is just one, one or two words. Austin drowned, everything that happened after that was our thoughts and our emotions. And if we don't show this to grievers, because so many times grievers come and they're completely stuck in their thoughts or you and I tell 'em, they're stuck in their head. Mm-Hmm <affirmative> get outta your head. That's something they have to learn. That's what they have to be taught. We have to show them their brain in orders for the, to pull them outta that brain. One of the other things that happens real quick, Erica, is that we tell ourselves thoughts, girl, I'm just gonna keep busy. I'm going back to work. And if I can keep busy, I can keep away from this pain. And that never works.

Erica ([09:15](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=555.5)):

It doesn't. And we definitely tell ourselves way, way too many non-helpful thoughts. So I mean, it's like the experience when you're driving. That's when they, they get you the most. Like for me, that's when they, the thoughts just run a muck because you can, you can have a thought at the beginning of your journey. And by the time you get to your destination, you are spinning out of control. Yeah. Because you had one thought and then it's got another thought. And then you start feeling, we just had this experience with a client where she had an experience. Didn't make a connection on the experience and had all these thoughts. And by the time she got home, it's not on her couch. She was full of anxiety.

Sharon ([09:55](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=595.52)):

Yeah.

Erica ([09:55](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=595.88)):

Because of what she had experienced and her, her circumstance and all her thoughts that followed it. And so the first thing you said to her was take me back to what happened. And the minute she walked it through, she was able to identify it. But a lot of people you need, that's what you need. You almost need somebody to help you break it down piece by piece so that you can look at it. And that's what I love about one of the exercises we do with our clients is you give them a worksheet and it says, pick out the circumstance or is this a circumstance or a thought they're not very good at it. <Laugh>

Sharon ([10:31](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=631.309)):

We weren't very good at it. Sometimes we, I, I can't tell you really figure out what those thoughts are. And the truth is we have 40,000 thoughts a day. You definitely have 40,000 thoughts a day about Austin drowning.

Erica ([10:47](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=647.04)):

Mm-Hmm <affirmative>

Sharon ([10:48](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=648.16)):

I don't, I don't even, I can't even imagine. Was it scary? Was he painful? Those are all thoughts. Right? Thinking your thought was he scared? You know, it just thinking that thought makes your heart fast. Does it makes you freak out? It makes you scared. And then the emotions of what comes with that is the grief. I'm scared for him. Oh my gosh. The thought of my baby, all of those things, right? Mm-Hmm <affirmative>

Sharon ([11:14](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=674.13)):

40,000 thoughts a day that always don't run in the forefront of our mind. Sometimes they whisper. And this is the thing that, the other thing that we teach grief, thoughts, whisper. They're not really loud. You and I got up today and we're like, okay, we have start our podcast at 7:00 AM. Then I text you, Hey, I need till seven 30. And I was like, okay, I gotta do my hair and I gotta get dressed. And I'm put on lipstick. Those are all thoughts. And I was thinking, grief, thoughts are I'm missing. They whisper, you don't hear them. You don't hear them really loud. But that thought runs to your mind in a whisper. And then your heart reacts to that thought, it grabs that one thought, and it starts to beat fast. You didn't realize you even thought that thought your heart starts beating really fast. Now all of a sudden you feel down, you start feeling sad, you start feeling lonely and you don't even know what happened. You're like, I'm getting ready for a podcast. I'm putting on lipstick. Why do I feel this way? It seems that little tiny whisper came through and you didn't even recognize

Erica ([12:20](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=740.97)):

It. Yeah. In the beginning. You know, the one that just whispered the most was I should have been there.

Sharon ([12:29](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=749.95)):

Yeah. Oh, I didn't know them.

Erica ([12:33](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=753.679)):

Yeah. Well, I mean, it's like, how could I not think that? Yeah. And, and not that I feel as though the circumstance would've been different, cuz I definitely believe everyone has got their born date and their death date. The day you come into this world, I believe that. So I know that was his date. He was already determined, but I could have had those last moments, you know? Yeah. But then also being on the side of not having been there, I'm so grateful. I wasn't there.

Sharon ([13:04](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=784.72)):

Yeah.

Erica ([13:06](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=786.37)):

I don't know if my healing journey would've been the way it went. Had I been there?

Sharon ([13:11](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=791.8)):

Yeah.

Erica ([13:12](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=792.429)):

You know what I mean? Yeah.

Sharon ([13:13](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=793.79)):

So

Erica ([13:15](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=795.02)):

I'm in the beginning. It, that was the whisper. But having walked our journey and done the work I'm thankful. I wasn't.

Sharon ([13:25](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=805.64)):

Yeah.

Erica ([13:26](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=806.47)):

I'm very thankful. I wasn't there.

Sharon ([13:28](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=808.36)):

Yeah.

Erica ([13:29](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=809)):

Same with Donovan. I am very thankful. I wasn't here for the police to come knocking on my door. Oh. I feel like those two experiences would've been, so my healing experience would've been so vastly different. Had I had that. So I don't know what whispers would've come from that. So I'm glad I was <laugh> I'm glad it worked out the way that it did, but in the beginning, definitely. That was what I kept thinking.

Sharon ([13:57](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=837.04)):

So knowing that this is a learned technique of what's, what is a thought and what is in an emotion most times when we get with our clients, they're all in their head. Yes. Grief is 100% in your head in the beginning because your brain is trying to protect you and keep you away from the pain, your brain, my friends perceives grief as danger it's as if you walk out into your yard and a black bear was there and he started to chase you, how fast would your heartbeat, how fast would you run? How fast would your brain tell you to get out of there? How fast would the brain be looking for the next tree that you could climb up? Which I dunno, that that would protect you. I'm just throwing that up. But all of that stuff would start happening because your brain's trying to get you away. It perceived your grief. When I came to the door and I said, I'm so sorry, honey. We found no, we found him. I'm so sorry, honey. He drowned. What was the first thing you did?

Erica ([15:04](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=904.56)):

I started running and screaming.

Sharon ([15:06](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=906.26)):

You took off running and screaming. Your brain tried to protect you from the message that you were hearing and not grievers. It's that way.

Erica ([15:16](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=916.35)):

Well, we are designed to seek pleasure. Yeah. Not designed to seek pain. Yeah. You're taught to, that's why it's called fight or flight. Like you we're designed. So you, I don't know if you remember this from here. I don't know when it happened. Like I wanna say the seventies, but they did all those and I don't condone animal testing, but all those tests on rats, you know, they would give 'em the little wiring that when they hit the pedal, it was similar to like a, an extreme, pleasurable experience. So I'd say, let's say the big O

Sharon ([15:52](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=952.93)):

Right.

Erica ([15:53](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=953.62)):

So they would stand there and hit that pedal and keep getting that good feeling and not eat or drink and they totally die. Yeah, we are. That's what we, we want the good give us the good feels. Save it from the bad stuff. No one wants to feel the pain. No one. But it, it is a fact of our life. We have to feel the pain.

Sharon ([16:17](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=977.58)):

We have to feel the grieving pain. So that was a perfect example. So you take off running and you're screaming and Tony grabs you. That's what really stops you. The truth is had I known it right there. I could have said, what are you feeling? And started talking in emotions. We need to talk in emotions. Yeah. That's the key of what we're missing in this society. We don't talk in emotion.

Erica ([16:46](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1006.5)):

We don't. We ask people, well, how are you feeling? And then we say, I think, and you go, that's not a feeling. Yeah. <Laugh> think on the list of emotions.

Sharon ([16:59](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1019.88)):

So let's start with that. When you start a sentence with, I think, or I feel, and it's followed by a long sentence, I feel like he should still be here. That's a thought when you start a sentence with, I feel, if it doesn't follow an emotional word, the other thing that is also helpful, you and I keep it to five simple emotions. So they don't have to go to the 250,000 emotions and give them right. Mad, sad, glad, afraid, embarrassed. They're simple emotions. You can teach 'em to your children. You can use them. You can talk about them because from here and these five simple emotions you can spread out into I'm lonely. I feel broken. I feel tired. I'm angry. Mad can go into angry. Right? All of the emotions you can break out into, but you can just stick in those five emotions. You and I do something called an emotional check in every time we get on, on with our clients. Talk a little bit more about that and how much more, well,

Erica ([18:04](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1084.15)):

I mean, it's, it's great because we got it. Everyone comes to the zoom. First of all, you're freaking out about whether or not you're gonna get the connection, right. Because if you're not, you know, familiar with zoom, there's a whole anxiety provoking experience. Try to get in. Right? Yeah. So by the time they get in there, they're all wound up. Plus they're nervous and scared because they don't know what to expect. So we need to get them out of here and get them into their hearts immediately. Yeah. So that's why we do the emotional check in. And we, we show sometimes it's hard if, if we just got someone on the screen and said, okay, tell us how you're feeling. <Laugh> and a lot of times we get that. Well, I think, yeah. And we're like, no. So what we do is we show 'em faces.

Sharon ([18:53](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1133.63)):

Yeah.

Erica ([18:53](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1133.79)):

I have a bunch of different expressions. Yeah. Then we have a list of words. So that, and, and sometimes for me, I don't know, even for me personally, I don't know how I'm feeling when we get in, I don't know what's going on. Cuz I've had a whole, you know, when running errands and doing your whole day and then you get in, it even helps me to be like, okay, what am I? And you go, and you're able to look through the faces and you, you find you connect immediately. Yeah. Like a magnet, you just drawn to it and you you're able to then just say, that's it, it looks a little like frustration. Yeah. I was just at the grocery store and they didn't have any of the items that I needed and I need to cook this dinner and da, da, da, da. And it just starts flowing out of you. It's almost like you can't even help it. And before you know, it you're like, oh my God, that, that, that was real. And I, I love it. I love the emotional check in, even for me, because it helps me to get emotionally grounded.

Sharon ([19:56](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1196.58)):

Exactly. Some of the other things Erica, that you and I do is we take the emotion to the next level. So we say we'll ask them, what are you feeling? And if they can really come up with that emotion off, especially even off of that list of five. So I'm feeling sad. Okay. Okay. Friend, sit in the sad. Tell me where you feel this sad in your body. And you know, sometimes they throw us for a loop. We expect sad to be in your heart and they'll, I feel it in my face or I feel it in my back. I feel it all over my body or feeling in my shoulders. We want you to start paying attention to where you're feeling that sad. Okay. You feeling in your shoulders? Is it fast or is it slow? Emotions have a speed.

Erica ([20:49](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1249.24)):

Mm-Hmm <affirmative>

Sharon ([20:49](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1249.59)):

What color is it? Emotions have a color. Is it hard or is it soft? And the more descriptive we can get with what that emotion is, they can start becoming accustomed to it and they can become, start to become accustomed with describing it, feeling it and allowing it, which allowing it as a whole podcast in itself. So I don't that, but just helping them becoming familiar as grievers with what that emotion is, it is the missing link for our society.

Erica ([21:26](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1286.5)):

It absolutely is. Yes.

Sharon ([21:27](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1287.92)):

Link.

Erica ([21:29](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1289.03)):

It absolutely is. I think if we spoke more in emotion, we would have more compassion for people. Yeah. We would, you know, try to put ourselves in their situation instead of just sitting in judgment. Yeah. On them. Yeah.

Sharon ([21:46](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1306.54)):

I,

Erica ([21:46](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1306.78)):

I definitely feel that it it's something they should start teaching in preschool, like really teaching and allowing, not just teaching because they do have those, you I've been in a lot of different classrooms and they do have, you know, the feeling words up, so they teach it, but they gotta allow

Sharon ([22:07](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1327.85)):

Yeah. The

Erica ([22:08](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1328.369)):

Students to feel it.

Sharon ([22:10](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1330.56)):

Yeah. I agree.

Erica ([22:12](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1332.73)):

Because what I feel I've witnessed is they teach the words and then the minute little Johnny says, well, I'm mad. Well don't you need to get over mad. We got stuff to do. Come on. We

Sharon ([22:35](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1355.44)):

Got to do, I mean, could you imagine walking up to a griever?

Erica ([22:39](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1359.52)):

Yeah.

Sharon ([22:39](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1359.76)):

A raw griever and telling them that if I had to walk up you and be like, okay, Erica, it's time for you to get over this. That's so that's so intellectual that's. So in your brain friends, this is a learned response. You have to learn how to do this. You have to learn how to go from the circumstance, which in most cases is the worst experience ever. Yeah. To your thoughts, your 40,000 thoughts about that circumstance and then to your emotions, what's going on in those emotions, what's happening in those emotions, in those emotions, in that whisper is where the grief is and that's what we help you with.

Erica ([23:17](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1397.49)):

Yeah. And it is amazing. It's an amazing process. I mean, just to, I am always taken aback when I watch someone do that full process, when you're asking about what color and everything, because you could see there's such a connection, they really it's like they put a glove on and it it's a perfect fit for them and their whole body changes.

Sharon ([23:42](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1422.03)):

Yeah.

Erica ([23:42](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1422.71)):

There's a physical response to it. So I, we definitely need to teach us more.

Sharon ([23:49](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1429.73)):

Yeah. Yeah. Thank you France for allowing us in. Absolutely. If you are stepping your thoughts and you can't figure out a way out, I wanna say this, you have Erica and I, every Saturday we put our podcasts up every Saturday, but if you wanna have access to us every day, join our Facebook group. We're in there. We're talking to our friends, we're talking great. We're going, we're elaborating on this. We're doing Facebook lives in there. Join the Facebook group. It's a great place to have access to Eric and I every single day.

Erica ([24:24](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1464)):

It really is. And the most important thing is you realize you're not alone.

Sharon ([24:28](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1468.96)):

Yeah. It's a group of women who are grieving and we're supporting each other. Yeah. Bye friends.

Erica ([24:36](https://www.temi.com/editor/t/d_5jboBhq51OhKqdmirnYWHaaKxmI63FYj2olFk_2xIoOHnHUBZXuUPz-UkE9-eJh6hwJUXwQumMawPD75C3wId2GP8?loadFrom=DocumentDeeplink&ts=1476.619)):

Bye friends. Thank you.