Tony ([00:02](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=2.71)):

Erica and Sharon are sisters who began their Grief journey in 2006, when Erica's 10 year old son, Austin drown. Together, they participated in a Grief Education Program were so moved by this experience they studied and became specialists though. They could help the broken hearted fine recovery in 2015 tragedy struck family. Once again, when Erica's oldest son Donovan was killed in a motorcycle accident and Sharon are committed to sharing their experiences of love loss and healing through this podcast. Now your Grief Specialist, Sharon and Erica.

Sharon ([00:41](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=41.29)):

I distinctly remember having a, a huge bowl of vanilla ice cream. Now that I think back on it, I probably was trying to eat away my pain. So that's a different podcast right after Austin had died and the very first spoonful of vanilla ice cream that I put in my mouth was so sweet and so cool. And I could literally, it was like the vanilla bean were, were jumping off of my tongue and my taste buds. And I remember thinking, oh man, this is so good. And instantly right afterwards, feeling guilty that I was enjoying something in the beginning stages of when Austin had died. And when you, and I didn't know anything about grief, I had convinced myself that I was supposed to feel bad all the time. I was supposed to be in the grieving state all the time. And I didn't find out till much later that grief goes up and down that your emotions change, that you could literally enjoy something and still be grieving. It was, it was such a, a shock to the system. It's almost kind of like, it's not this way, but when you, and I just did the podcast on conflicted feelings, it's almost like conflicted feelings, but it's, we hear grievers tell us all the time, like they went to a movie and they thoroughly enjoyed it, or they went to a movie and they would not let themselves enjoy it. They almost like they're punishing themselves because they're supposed to be that way when they're grieving.

Erica ([02:26](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=146.88)):

Yeah. This, this definitely is a, could be a segue from conflicting feelings because it's, it's kind of like that because you have the, the high and the low in the same moment, but we do hear a lot of people say that they don't feel as though they should be able to enjoy something or don't feel as though on the days that they're not weighted down by the sadness and the pain that they're, it's okay to have those days. They feel like they need to carry the heavy sadness every single day into every single moment that they have. I personally didn't, I I'm trying to think back. And I, I don't remember having that as a experience of feeling bad for enjoying moments. I do know that right after Austin passed well, prior to Austin passing the group that was on the boating trip with him we had all planned a trip to Porter, RDA. We were going in July and he passed in June. And we, there was a lot of talk about whether or not we should go on the trip because it's like, oh my God, we have this horrible thing happen. Who are we if we still go on this vacation. But that meant that the thousands of dollars that everybody spent to do the all inclusive would've been lost. So we made a decision to go. Now I did not in, I did not have the moments where I felt joy. I mean, I just felt numb and kind of in shock. But I can imagine that if I had that experience now, knowing what I know about grief, I would probably understand it more of like, not wanting to have the fun in the pool and Have the fun dinner, because we should be grieving. We shouldn't be planning these fun excursions with our kids. We should be sitting in the hotel room, you know, holding each other somberly and crying. But that's not reality, honestly, because there's still life that has to be lived. There's still, you have to go to work eventually and talk to your coworkers. And one of your coworkers might say something funny and you laugh at it. That happens because life goes on and we have to participate in life. We still have to live and grieve at the same time, which is what you share a lot.

Sharon ([04:55](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=295.82)):

Yeah. It's called grieving and living.

Erica ([04:57](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=297.55)):

Right. So you're gonna have it's to be expected. You have moments where you would feel a little bit of joy in the darkness, a little bit of light in the darkness throughout your day.

Sharon ([05:09](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=309.86)):

I still go back to that very moment. When I was walking up the stairs to tell you that Austin had in fact drowned and thinking the thought, I don't know how to do this, because I think that's also with a lot of our grieving friends, they don't know how to do this. So they do what they think they're supposed to do. And what we think we're supposed to do is be sad. We're supposed to be sad. For many, many days, and our face is not supposed to show any joy and that whole tradition of wearing the black and you and I keep saying, we're gonna do a, a show about the different types of traditional grief in the different cultures. And we definitely gotta get that done because that, I think what people have done years and years and years back has come back onto us. It, it hangs heavy over us. As we try to do our own grieving experience. You and I were just sharing this the other day with a client that I distinctly remember. I was 14 years old when my grandmother died and I was invited to my first house party and I had gotten permission to go and my grandmother died. My mother went to Louisiana for the funeral. And my dad was at home by himself and the party was approaching and he told me that I couldn't go, that it was inappropriate for me to be attending a party. Of course I was 14 years old. I didn't see it that way. I probably still don't see it that way. But basically, and so he and I got into an argument and I wanted him to put a timeframe on the amount of time that I couldn't do things outta respect for my grandmother. Now this was my first house party. So it was really important to me and I had an outfit in everything already, you know, but he finally threw out the word a month, not 30 days a month. So I had to be sad for a month. He finally, because I badgered him to death to give me that frame. And so mama was gone and daddy was like he didn't know what to do with me. And I was just like, so mad about this party. I cried, I screamed, I can still remember standing in the kitchen and having this fight with him, but he threw out those 30 days. Right. And so would it have made a difference for me to go to the party and enjoy my life? And I was trying to convince him that my grandmother would've wanted me to go to the party.

Erica ([07:43](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=463.43)):

I think she would've wanted to go to the party. I think, I think that's why I don't necessarily feel as though I've had those experiences after the boys died, because I always looked at it from that perspective, knowing the relationship I had with the boys, they would want me to be happy. They wouldn't want me to be miserable. And that's how I've always thought about it for me personally, but just think about like stories that we know in clients we've worked with when they've had a death in the family and then a baby is coming in, right? Like, are you not supposed to celebrate or be happy that who, whoever is having that baby, especially when the baby gets there. I think there's the misunderstanding. It's not that you feel bad for feeling good. It's that you're sad. That person is not there to share in that experience with you. It's that you were sad when you took the taste of that vanilla ice cream that you couldn't have said to Austin, Austin. I had the best vanilla ice cream the other day. Yeah. It was so good. You and I are gonna go get some and you would love it. It's that? I think the misunderstanding is that the sadness of the person not being able to be there to share in those happy moments with you,

Sharon ([09:02](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=542.429)):

I agree with you a hundred percent. It is one that's it right there. That is 100% what it is. And it's that they would've always they really love vanilla ice cream. How can I enjoy this? But I also feel that it's sort of like we laugh out loud during the grieving experience. And it's like, we feel other people are watching us how we're grieving. Right. So we start to judge our own grief.

Erica ([09:30](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=570.78)):

Oh, totally.

Sharon ([09:31](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=571.59)):

Because we grade ourselves, you know, you get graded from the moment you get here. Right. So you get that, is that agar score. The moment you get here. Yeah. Right. Is that right? Am I saying that right score? The moment you get here. So from the moment we get here, we're being graded. We get graded in school. We get graded by our parents. We totally get graded. And then we begin to grade our own grief. Am I doing this right? Is this the proper way to do this? I shouldn't be laughing. I shouldn't be enjoying vanilla ice cream after all. Austin's not here to enjoy it with me. I should be really sad. Other people are looking at me. I'm maybe I'm doing this wrong. We start to put this pressure on ourselves about how we're doing our own grief.

Erica ([10:12](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=612.6)):

Well, and the thing that you say all the time, and that's one of the things I love about us working together. You always say what I say and always say what you say <laugh> makes me laugh wherever you go. There you are. Yeah. So the fact that we took that prayer to IA vacation after Austin died, I was still grieving. I was absolutely broken to my soul. Yes. But we decided to take the trip anyway. Yeah. It doesn't mean that, that the trip stopped us from grieving. That's part of the that's part of the society grading us. That's part of the people wearing the black for the full year, just because you wear the black you're grieving in movies. We see that, but we still see them going to dances and parties. You know what I mean? In the, in the shows, it's something society tells us. That's not even real. It's not true because you're still grieving. You may not be showing it outwardly. You may be putting on a brave face and you know, faking the funk, but you're still grieving.

Sharon ([11:20](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=680.54)):

Oh yeah. The you, you said wait, what was the statement that I say, cuz there's a different part to it that I,

Erica ([11:28](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=688.23)):

Wherever you go, though, you are.

Sharon ([11:30](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=690.07)):

Wherever you go, there you are. And wherever you are, you have your broken heart with you. Yeah. So even whether you guys had chosen to stay here or gone to gone to port art, which I need to say, this is a, is a decision that only the griever can make for themselves. You can't help them make that decision. Because when you question me about it, I said, I don't know. I don't know. It's a decision you have to make for yourself cuz you have to live with that decision. Right. But wherever you go, you take your broken heart with you. So here you are in the most beautiful place. One of the most beautiful places on earth and your heart was 100% broken and I, you could take the as long as you wanted to, but you were still grieving.

Erica ([12:14](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=734.83)):

We had different seats because I had dropped out of the trip and then they added me back on I didn't sit with anyone in the group. I sat with these two ladies. I cried the entire way from the minute that plane took off because I was leaving Austin behind. And I was so sad. So it's like, and then I think if I, if my memory serves, they were talking about some sort of sad situation they were in. I can't remember exactly what it was. So it was just salt on my wound. because it was like, oh my gosh, there was poor lady that had a cigarette to you on the plane. They're probably still talking about that. Oh thank God I had the window seat. So I was facing towards the window and Louis kept coming back and checking on me. And I just, the more he checked on me, the more I cried cuz it was like, just leave me alone and let me get it out, you know? But yeah, just because I got on the plane and made the choice to go on the trip did not mean I wasn't absolutely 100% broken,

Sharon ([13:19](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=799.83)):

But Erica, sometimes we think we're not supposed to enjoy things.

Erica ([13:23](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=803.19)):

Yes.

Sharon ([13:23](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=803.27)):

And that goes back to like the traditional of the family. Like what if you guys had not have gone? What did you decided to waste those thousands of dollars? Because you were in the grief. Yeah. What did you decided not to go? It wouldn't have made a big, that big of a difference and it wouldn't have made that big of a difference. As far as your grief was you still would've been grieving and the kids all came back with these amazing stories about Austin because of that trip.

Erica ([13:52](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=832.059)):

Right? Right. I, we tell ourselves we're not supposed to do it because that's what society says, whatever your culture, whatever the timeframe, that's what you have to do for that however many days. And you for, for our father, it was apparently 30 days.

Sharon ([14:10](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=850.38)):

it was 30 days. I didn't get to go to that party in some cultures it's a year.

Erica ([14:17](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=857.07)):

You know? Yeah. So could you imagine that you're not supposed to live for a year?

Sharon ([14:23](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=863.18)):

You know what I mean? Well, and then some people feel like they do that one year and then they're still, they still feel not healed or recovered. And so they decide to carry it on. I've actually, we've actually met people that are still wearing the black many years after their loved one has died out of a line of respect.

Erica ([14:43](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=883.85)):

Yeah. Yeah.

Sharon ([14:45](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=885.28)):

So that become, that then turned, you're turning the grief on yourself,

Erica ([14:50](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=890.58)):

Right. Because you're, you're okay.

Sharon ([14:52](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=892.91)):

There's no time. I'm sorry, Erica, to cut you off. There's no time limit in the amount of time that we're supposed to grieve, but there's also this part where we are supposed to grieve and heal that broken heart. That's more than anything we ever talk about. That's the true part. Right? And, and, and grief has a beginning, a middle and an end. I guess I have so much to say, I'm gonna keep talking over.

Erica ([15:18](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=918.72)):

Well, it's funny when you hit those points, you just wanna get 'em out before we forget 'em I, I get it. It does have, and you have to actively grieve. You know, sitting in your house for a year is not actively grieving. You're just sitting in your house for a year waiting. That's why, that's why one year turns into two years and then three and then four. And then we meet them and it's been 30. It's easy to get into that routine, but we need to stop internalizing the messages. The one, the misinformation that society has given us and that our cultures have given us about grief. We have to make the choices. Like you said, it's a personal decision and only the griever can make it. And then we have to decide what we're gonna do when whatever timeframe we've given ourselves is up. Because you, you have to at some point live again. Otherwise, what is the point? Yeah. I agree. You might as well just crawled into the ground or wherever with them.

Sharon ([16:26](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=986.79)):

And a lot of times people say, well, he wouldn't want me to go on the trip. He wouldn't want me to enjoy this ice cream. I think when you're enjoying the ice cream and you're going on a trip, that's a sign of your love for them. That's how much you love them. Right? I love you. I'm gonna take you with me. I'm taking this broken heart with me. You're gonna be with me. Yeah. And it feels so foreign because you don't know what's the right thing to do.

Erica ([16:55](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1015.92)):

Yeah. It really does. It does. It does feel foreign. And like you said, you're being graded by the people around you. And so you feel, you have to make the decisions of what the, the masses would want you to do. And I gotta say, if Lewis and I were being graded, we've certainly got an F because we've never stopped trying to live, but it wasn't like we weren't broken. We just continued doing the things through our brokenness.

Sharon ([17:26](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1046.39)):

But I, I necessarily wouldn't call that an F I would definitely call it a C- no, I actually would call it an a, because you were fighting, you fought your way back. I call it an a, because you fought your way back. Erica, how many times do we, we meet grievers that just get stuck and they just stay there and refuse to move on.

Erica ([17:50](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1070.91)):

It's yeah. It's sad because they think that's what they're supposed to do. And that's the part that's so sad about it. Yeah. You know, drive the ship. You have the say, so you are the boss of you, so,

Sharon ([18:07](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1087.09)):

And don't let others judge you cuz it's none of their business.

Erica ([18:11](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1091.07)):

Yeah. And, and, and this is the thing that I tell our mother all the time who gets stuck in this, just for her own personal beliefs. They're gonna judge you no matter what, whether you stay in the room or where you're all black, they're still gonna judge you. Whether you take the vacation and try to have a good time, they're still gonna judge you. Whether you buy a program like ours to help find your healing, they're still gonna judge you. They're gonna judge. You don't matter. What so live for you.

Sharon ([18:45](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1125.44)):

Yes. I agree. I definitely agree. Friends. Whenever the choices come up to you, they, whatever you decide, it's your choice. A hundred percent. And if anyone stands in judgment on you, shame on them, right. And make the decision based on your heart and what you can handle that day. If I can handle going on this part of our trip, then by all means you should do it. Don't hold back because of your grief. Because holding back, you're still gonna be grieving. Doesn't matter where you go. You will still be grieving. Clients, ask us this question all the time. Should I go on the Disneyland trip? Should I go on the six flag trip? Should I go out to dinner with so, and so you make that decision, but I promise you, you're not gonna enjoy it to the fullest extent because your heart is broken. But that's okay. It's called grieving and living.

Erica ([19:42](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1182.49)):

Grieving and living. But I also wanna clear up, we are not saying, sell everything and move to Italy. That is not what we're saying. Please don't misunderstand. That was an option. I just do not do something impulsive like that. You know what I mean? We're just talking about if you have something pre-planned or if an opportunity comes up and it's, we're not saying make those final decisions on impulse. Please don't misunderstood.

Sharon ([20:13](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1213.27)):

And don't sell your house. Don't sell your cart. You shouldn't make any financial decisions that trip, that part of our trip was already planned prior to Austin die but the decision was, we still go on the trip.

Erica ([20:24](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1224.63)):

Right. And I agree. Read the ice cream, read the books. Yeah. Go to the movies. Take the walks.

Sharon ([20:32](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1232.65)):

Make his favorite food. Yes. Yes. And enjoy it. Go to his favorite spots and be filled with him. Talk about him often. Those are all the things about grieving and living.

Erica ([20:47](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1247.94)):

That's it? I carry my boys and my heart and I will forever. And they're with me wherever I go.

Sharon ([20:54](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1254.369)):

Yeah.

Erica ([20:54](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1254.76)):

And that's just how I chose to live my life and how I chose to handle my grief.

Sharon ([21:00](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1260.77)):

Yeah. Bye friends.

Erica ([21:03](https://www.temi.com/editor/t/2BlV3_2FG-tqIBm4VxgxXubZPegusAMN6B2PfbBgKlHofIKMlH0cbglHxhMy4tWS9wppeoPaGTyYOCpT-1xTl65lDyc?loadFrom=DocumentDeeplink&ts=1263.7)):

Bye.