Tony ([00:02](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?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 drowned. Together, they participated in a grief education program were so moved by this experience, they studied and became specialists so they could help the broken hearted find recovery. In 2015 tragedy struck their family once again when Erica's oldest son Donovan was killed in a motorcycle accident. Erica 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/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=41.26)):

So I have a question for you, sister.

Erica ([00:43](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=43.42)):

Mm-Hmm.

Sharon ([00:44](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=44.1)):

Really an important question. And someone just asked me this the other day and I wanted to see what your answer was gonna be.

Erica ([00:52](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=52.26)):

Yeah.

Sharon ([00:52](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=52.44)):

And that is, is crying required in order to grieve.

Erica ([00:59](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=59.9)):

Absolutely not.

Sharon ([01:02](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=62.49)):

Isn't it funny how people think that if you don't cry, then you haven't grieved or they associate their grieving with crying. Like we put the two together.

Erica ([01:11](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=71.47)):

Yeah. Oh yeah. And I think it's crazy. How when people see you out in public and you're not doing the ugly cry walking around the grocery store, they say, oh, you're doing so good. You're so strong. And it's, I that's so insulting to me cuz it's like, I am totally grieving. I'm my heart is broken. Yeah. But I still have to feed my family and go to the grocery store and go to the bank and it doesn't look right. If I'm walking around sobbing all day.

Sharon ([01:46](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=106.16)):

And the truth is they can't feel your pain because your pain's in your heart.

Erica ([01:50](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=110.19)):

Right.

Sharon ([01:50](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=110.73)):

Pain isn't necessarily a sign of an outward appearance. Right? Grief. Isn't doesn't necessarily have an appearance. It has a look to me in the beginning. You can see it, but months later it doesn't really have a look.

Erica ([02:04](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=124.36)):

Yeah. And I, I, I would say when you get to the house, you know, to go to this, be the support person.

Sharon ([02:10](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=130.49)):

Yeah.

Erica ([02:10](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=130.491)):

Or when you're talking on the phone and it's in the first few weeks, it has a sound and a look. But when you know, the griever has to give back to living and doing their routine, it doesn't have a look anymore because you can't wa even though on the inside, you feel absolutely miserable and broken. You don't portray that on the outside because you have stuff to do.

Sharon ([02:35](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=155.31)):

I agree. I agree. A hundred percent. There's also something else that happens. There's this. I feel like crying, but I'm not crying. That's the, that's the look I think you're describing also like you're in the grocery store, you're buying macaroni and cheese and you know, Austin loved macaroni and cheese and you pick up the macaroni and cheese and you feel like crying, but you don't cry. That to me is the sign that tears are not necessarily necessarily a sign of how much you're grieving.

Erica ([03:08](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=188.76)):

I think with tears early on as children, we learn the message, you know, crying means you're weak. You know, if you cry, you're weak, you're crybaby. So you try to train yourself not to cry and, and you know, you get that. Sometimes that frustration cry when you're so mad that tears roll down your face, you know? But then you're mad about the tears, cuz it, I think there's just a general message out there that tears is a sign of weakness.

Sharon ([03:38](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=218.34)):

Yeah. Which is why I think a lot of men don't come to grief healing. Yeah. I think they think they're gonna cry in front of us and that we are gonna think less of them.

Erica ([03:48](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=228.96)):

And women choose not to come because they feel like they're gonna start crying and not ever be able to stop.

Sharon ([03:53](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=233.7)):

And not be able, ever be able to stop. I agree with you on that. Now I also feel that if you keep pushing back the tears, it's a huge sign that you're resisting. So let me explain that. Day in and day out, you get this feeling to cry, but instead of crying, you just keep swallowing it down. When you feel that you really need to cry, the only thing that's gonna fix that is to go and freaking cry.

Erica ([04:21](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=261.01)):

Yeah.

Sharon ([04:21](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=261.45)):

So go in your room and close the door and cry your eyes out. If you need to stop swallowing it down because that's resisting the grief, that's resisting, allowing the grief.

Erica ([04:32](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=272.08)):

We have so many clients that when the tears come, they immediately cut it off. They don't like to either for us to see them cry or to have that it's that emotion that comes up with the tears. That's what it is. It's not so much the tears we could sit around and cry all day. But the emotion with the tears that's sad.

Sharon ([04:54](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=294.43)):

Yeah.

Erica ([04:54](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=294.529)):

Broken, the longing for the loved one that no one wants to feel that.

Sharon ([05:01](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=301.06)):

That pain that you never thought you could even experience in your life, how deep you go.

Erica ([05:05](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=305.7)):

Yeah.

Sharon ([05:06](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=306.3)):

Yeah. No one wants to be there. So here's the other thing that happens. Were the people that are in the room, Erica, the ones that are watching and observing, I feel like the tears make them more uncomfortable than the actual person that's crying. So hear me out. My daughter, Brittany just gave birth to twins and my husband and I do the 4:00 AM to 11:00 AM shift, which is a grieving experience all in itself.

Erica ([05:32](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=332.96)):

I can only imagine I'm tired just listening to it.

Sharon ([05:36](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=336.06)):

I'm tired. Just hearing about it. But so I, I am kind of taking cues from her. Like she doesn't really panic when they cry. She's just moves at the same pace. You know, Brittany, she's just moving at the same pace. Like they could be crying, she's moving at the same pace. But my husband, if they just gonna "weh," he jumps up, he wants to take care of their needs. And so all of a sudden this morning, I started realizing, oh, he can't stand the crying. It makes him uncomfortable. And so I feel that a lot of people, when we're, when we're around other grievers, the tears make the other people uncomfortable, not the griever.

Erica ([06:15](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=375.79)):

Right. Well, any, any expression of a negative emotion, whether it be crying, yelling you know, breaking things, people don't like that. They don't like the outward expression of negative emotions.

Sharon ([06:30](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=390.13)):

Yeah.

Erica ([06:30](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=390.48)):

If someone is sitting in a room and bust out, belly laughing, everyone else joins in on the laugh.

Sharon ([06:35](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=395.72)):

Yeah.

Erica ([06:36](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=396.011)):

But with the crying, no, no, no, stop it. Stop it. Here's a tissue shh you know?

Sharon ([06:41](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=401.33)):

Oh. And then go ahead and piggyback in on that. So we wanna hand them a tissue, right?

Erica ([06:46](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=406.011)):

Mm-Hmm.

Sharon ([06:46](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=406.529)):

So that's one of the things we do is we'll immediately go to giving them a tissue. When you have a griever that's totally broken down and crying and you grab a tissue and try to hand them the tissue, you cut off their process, you cut off their process because subconsciously they think, oh, I'm not supposed to be crying. Oh, she wants me to stop crying. It would be much better if you never handed the griever a tissue, just sit there. You know, we are all grown adults. And if we're not grown adults, we're children and we are absolutely okay. If the snots running down our, the front of our face, just let it be there. When we need the tissue, we'll grab for the tissue. You cut off the emotion when you hand them the tissue.

Erica ([07:27](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=447.43)):

Yeah. And one of the things that you and I are famous for is cracking a joke.

Sharon ([07:33](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=453.23)):

Yeah.

Erica ([07:33](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=453.87)):

Cause there's a lot of people who will do that too. They wanna break up that tense, you know, heavy moment.

Sharon ([07:41](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=461.03)):

Yeah.

Erica ([07:41](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=461.17)):

And someone will crack a joke and try to distract the griever and get them to laugh. And that's our MO we don't really give the tissue, but I'm, I'm quick to go to a joke.

Sharon ([07:50](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=470.58)):

Yeah. I was cracking a lot of jokes when Donovan and Austin died. <Laugh>.

Erica ([07:57](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=477.78)):

well, we still did. I that's what's so morbid and twisted about us. We still found humor in the midst of all the sadness.

Sharon ([08:05](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=485.94)):

Well, even just being at the funeral, we were like sitting in the room, just cracking up, you know?

Erica ([08:09](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=489.93)):

Yeah.

Sharon ([08:10](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=490.77)):

That, but that's our MO and it's sort of our our protection mechanism from.

Erica ([08:17](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=497.29)):

mm-hmm.

Sharon ([08:18](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=498.11)):

But sometimes you gotta, you have to acknowledge that that's where it's at.

Erica ([08:22](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=502.24)):

Yeah.

Sharon ([08:22](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=502.79)):

The other things that we do when when someone starts to cry, we touch them.

Erica ([08:27](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=507.99)):

Yes.

Sharon ([08:27](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=507.991)):

So we'll rub their back or we'll pat, 'em like, they're a baby that needs to be burp or we'll rub their arm. Like I, a griever could be full on into snot, running down their nose, tears, just falling out. And the support person that's just sitting right there will reach out and touch 'em and it stops the moment. It stops processing of the grief. It stops because it's perceived at here, here. Okay. Stop doing that. You're okay. You're okay. That reminds me of daddy.

Erica ([09:00](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=540.84)):

Yeah. I made a mistake one time during one of our, when we had our in person grief seminars, and I had someone fall into my arms crying and I was totally hugging and supporting her and just letting her cry. But then I started to say, words of comfort.

Sharon ([09:23](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=563.15)):

Yeah.

Erica ([09:23](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=563.21)):

And I cut off her tears. And in the minute I started to say something and she stopped and you could feel the shift, feel the shift in her body. I was like, oh my God, you idiot. Why did you do that? Cause one of the things that you and I are trained to do, which has been so instrumental in allowing people that space is just sit in silence.

Sharon ([09:44](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=584.37)):

Yeah.

Erica ([09:45](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=585.4)):

Sit in silence. And I, I was trying to encourage her, but I should have just kept my mouth shut. And that that's the other thing, too, when we start talking, it breaks up the thing, because it, then it's like, you go into that moment. It's kind of like an out of body, cuz you're just, you're crying. You're doing the ugly cry, the stop running down and the emotions are really present. You. The griever is very, very present in the moment.

Sharon ([10:10](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=610.24)):

Yeah.

Erica ([10:10](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=610.6)):

The people around them, if they start to say something brings them out of that moment. And that's the mistake. That is something that I never made again. I've never done it since and you and I will just sit and wait until they bring themselves out of it and start talking and moving on. So that is, is just a big learning experience.

Sharon ([10:34](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=634.429)):

I think that that 100% has happened to me. And that's a lot of reason why when you see me I'm writing because it keeps me from cutting the person off. And a lot of times I'm thinking of questions that I wanna ask. And so I'm writing the questions down. I'm still making eye contact and making sure that they're aware that I'm there. But if I think of a question instead of verbally saying it, I'll just write it down. Even if I'm just writing it in a shorthand so that when the time comes, I can ask the question. Because without cutting them off, that's one of the other things that I feel like I, I wanna cut them off. There's something that happens to, I think, and I hear this a lot from older women and Erica, I'm not sure if you're there yet, but that the tears, especially if we've gone through the change, the tears just don't seem to come anymore. Like they used to, like, I can't cry at the little puppy commercial anymore. You know, the little girl who got left at school, I don't cry for that. I mean, I feel it in my heart, but the tears don't necessarily come, especially since I've had a hysterectomy and, and all of those things. So a lot of times with older women, I feel like they don't cry. But even with that in the midst of the fresh grief, I cried all the time with Donovan and Austin, daddy and Sharon. And you know, all of those, I definitely cry, but I get it when people say, I just don't cry anymore. That tears don't come for women. I, I I've heard that a lot.

Erica ([12:00](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=720.87)):

I've heard that too. What's so weird for me is I think because I have trained myself not to cry as the mother because I'm, I don't want people to feel bad for me or to feel bad in general, but I will still very much tear up, not so much at the puppy commercial, but when I'm watching a movie or something on TV and I see the actor going through the emotions that I felt, I absolutely get all emotional and teary eyed. And I'm like, this is so weird, but it's, it's because I, my heart remembers, you know, what the actor's portraying the sadness, the brokenness, you know, the, all that. And I get caught up in that. But when I'm talking to a real person, I won't do it. I don't know. It's a weird thing with me. I, and all the time I, when I get that, I'm like, what is wrong with you?

Sharon ([12:52](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=772.79)):

Well the other day when you found the, the pacifier Austin's pacifier and you text me and that backstory on that is that I was the one that took Austin off the pacifier. And so you found the pacifier and you sent it to me. Like I got teary eyed when I saw it.

Erica ([13:09](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=789.14)):

Yeah.

Sharon ([13:09](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=789.85)):

It was just so it's a thing for him. And I, you know, that pass fire story will always be endearing to my heart cuz him and I fought that entire weekend. And then I saw that, so that I got teary eyed then. And just last Friday, Tony and I were at the. What the heck is that thing called? My brain just went dead, but we were shooting our guns. We were at the range.

Erica ([13:36](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=816.15)):

Oh.

Sharon ([13:37](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=817.53)):

And it was for veteran Memorial day. And they had the, and I'm not, what do you call that? The table that they sat for? The, the missing soldier. It's.

Erica ([13:46](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=826.96)):

The missing reaction?

Sharon ([13:48](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=828.88)):

No, you know what we said it at Donovan's funeral and I thought it had the word man in it that was missing man or, you know, and it's where they had a flag on the table.

Erica ([13:56](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=836.98)):

I know what you're talking about. Yeah. I don't know the exact, we still.

Sharon ([13:59](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=839.809)):

Donovan's table. Gina and Doyle were like, Hey, we need to set this. You know, we need a soldier. That's, that's not in action anymore. Or you've lost a soldier. They did a beautiful, it was a beautiful tribute. Well, they set one at the gun range. Mm. And I walked by and Erica, it literally just looked like a table was set. But as I walked by, there was a flag on there. There was a poem. And like literally I stopped and took the table in and it took me back to Donovan's funeral and tears came for that.

Erica ([14:31](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=871.95)):

Mm.

Sharon ([14:32](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=872.35)):

So there are sometimes where tears will still come, you know, for our loved ones that we've lost. It's not like the tears don't ever come. They, they still can come.

Erica ([14:41](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=881.69)):

Yeah. Oh, absolutely. I mean, I know there's been times when I've talked about you know, finding out all, all the people who shared with me Donovan's funeral and then saying, I said, you know, he was exactly who Lewis and I wanted him to be and raised him to be when he wasn't with us. And when the very first time I said that I got really emotional, cuz it was like, I was very proud, but then also missing him at the same time. So yeah. It's, it's just, it's weird cuz you at this stage, I mean, we're going into the seventh year, next month. There'll be seven years with without Donovan and 16 years this month, actually next weekend. So there it's, it's not all the time. It's not very consistent. It's hit and miss. So yeah, I don't really know when they'll show up the compared to the beginning.

Sharon ([15:29](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=929.93)):

So let me ask you this. Do you think that the, the way that the person died or the, the, let, let me give you an example, does their age make a difference? Like if my grandmother of a hundred, one years died, then I'm not gonna cry as much or how the person actually die or the nature or quality of your relationship or the time that you had to prepare for their death or basically just your personality. Do you think any of those can trigger how much you grieve? I mean you cry or how much tears actually come?

Erica ([16:04](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=964.32)):

I actually think it's all of the, all of the above.

Sharon ([16:06](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=966.74)):

Yeah.

Erica ([16:07](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=967.22)):

It's definitely the relationship with the person. Cuz if, you know, if my grandma passed and she's 101, but she was like a mother to me.

Sharon ([16:15](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=975.19)):

Yeah.

Erica ([16:15](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=975.25)):

You know, that's a difference.

Sharon ([16:16](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=976.78)):

Yeah.

Erica ([16:18](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=978.09)):

If it, your loved one died on a holiday, you know what I mean? That can make a difference. I think all of the above are factors in that, you know, the amount of time you're with the person, it's all, all of it. And the, your personality. Some people are just not criers. Yeah. Me in particular. And I bring up the crybaby thing because I do vaguely remember there was a lot of mention of that in my childhood. So and I don't, I mean, I'm sitting in with one of the main offenders, so I did not end going.

Sharon ([16:55](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1015.03)):

We called you cry baby.

Erica ([16:56](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1016.45)):

All the time.

Sharon ([16:57](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1017.73)):

Well maybe you a cry baby.

Erica ([17:00](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1020.33)):

I absolutely was. But you guys didn't need to point it out.

Sharon ([17:03](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1023.1)):

Oh, OK. OK. OK. Sorry.

Erica ([17:08](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1028.82)):

So I don't cry as much as, you know, going into my adult years unless it comes to, you know, my children, my children can always, they have that soft part soft, soft spot, but talking to my mother-in-law anytime she starts talking about my father-in-law, who's been past for a year now she immediately gets, immediately gets emotional when she starts talking about him. So I just also depends on the personality and the relationship. That's 63 years of marriage. Oh. You know?

Sharon ([17:37](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1057.369)):

Oh yeah, yeah. That, that, that really does make a difference. I feel like for me, like with us, with daddy, for example, I have this longing talk to him again, you know?

Erica ([17:50](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1070.84)):

Yeah.

Sharon ([17:51](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1071.4)):

And find out where I can find the cheapest chicken at or get a recipe from him, but it doesn't always bring me to tears. And most of the time when we're talking about him, we are joking about some funny things about him, funny stories and things. I don't remember the, since I've completed my relationship with him, I don't remember the last time that I actually shed tears.

Erica ([18:12](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1092.63)):

And I think that's a huge point right there. If you've done some type of healing work, it doesn't have to be, you know, a grief program, but maybe talk therapy or support group or something. And you've done your work where you get to a certain level of like a, you know, a heal of you feel that you're not as broken. I think that also makes the difference. We've done the work on these relationships and you use the word complete. We've completed the relationships and it, so we're not, we don't feel the need to get tearful as much as someone who has not cuz you and I have met people. Who've had losses 30 years plus and still break down crying like it was yesterday.

Sharon ([18:56](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1136.45)):

That's exactly where I was going. It doesn't matter if that relationship is incomplete, you and I can touch the exact spot on their heart. That will bring it out like that doesn't matter. Incomplete is incomplete period. And if we find it every time, my friends, I wanna leave you with a couple of tips, do not push the tears away. If you're embarrassed to crying in front of someone, go in the room and close the door, arrange the time to cry. Erica, rremember we used to schedule it in. And just so you guys know Grey's Anatomy is a great show. The beginning season is a great show for grievers. Bring, go watch something that will bring the tears up, play some songs or music that you love to listen to with your loved one, open up photos of theirs. And look at those photos. You can absolutely bring the tears about you can, don't keep pushing it down. And if you're really having a trouble and you're stuck with this set an appointment to meet with Erica and I, we can help you through this process. I believe in my heart that the tears are more in the beginning. There's some in the middle, but if you are still crying and it's been 5, 10, 15 years, you are incomplete in that relationship. And that is something that we can absolutely help you with.

Erica ([20:21](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1221.05)):

That is so true because you, the longer you resist it, the worse it's going to get. And you're only delaying the inevitable, which is you have to do something to help heal your broken heart. And I also wanted to touch on Grey's Anatomy. It doesn't matter what season I was getting caught up the other day and I was crying like a baby. So, it just pick an episode and you will be all in on the tears.

Sharon ([20:47](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1247.28)):

I'll never forget as long as I live, you calling me after Austin had died and Denny died in the show.

Erica ([20:54](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1254.04)):

Oh my God.

Sharon ([20:54](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1254.84)):

And what was her name? She was on the bathroom floor.

Erica ([20:57](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1257)):

Izzy.

Sharon ([20:58](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1258.33)):

Lizzy?

Erica ([20:59](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1259.28)):

Izzy.

Sharon ([21:00](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1260.24)):

Izzy. I stopped watching the show. Izzy was on the bathroom floor and you called me and you were bawling bawling. And that was Austin had just died. And the, the way they brought about the grief in the show was just so amazing. But it was a great time for you to process your own pain through watching that show. And you called me and I thought you were gonna tell me somebody else had die.

Erica ([21:24](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1284.84)):

Oh my gosh, I was hyperventilating. That was traumatizing.

Sharon ([21:28](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1288.93)):

Yeah. I'll never forget that as long as I live, never forget that. Okay, friends, we are here for you, whatever you need, whatever questions you have, we answer those questions. See you on the next show. Bye.

New Speaker ([21:43](https://www.temi.com/editor/t/3ZInWuhgCWLN6X8_45R2kXtV9OxVcy0jWZ9v3cKuuGr7isuLde6fEsxswQNBi8HisUs25m_AZffE-eA8LEswAqSGtQg?loadFrom=DocumentDeeplink&ts=1303.65)):

Bye friends. Thank you.