Tony ([00:02](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=2.68)):

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.

Erica ([00:41](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=41.47)):

So I have shared, how long have we been doing this podcast? Sharon?

Sharon ([00:45](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=45.71)):

Three years going on four.

Erica ([00:47](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=47.729)):

Okay. So I have shared for the past four years, I am a huge reality TV junkie. This is no surprise. So there's a new reality show. There's a new reality show on the circuit. And it's about these dating coaches. So as like how you and I are grief coaches, these people go out they're matchmakers and they find you, your, your true love, your heart's desire. And two of these ladies charge $25,000 for this service. So as I'm watching this, my mouth falls open because I'm like someone is paying $25,000 to find love. And then I thought, but they, when you lose love, no matter what the circumstance, whether it be to death, divorce breakup, when you lose it, no one wants to pay to find healing. And that's what made me come up with today's topic is, people, we have to start prioritizing our grief. It's the full package. Yes. We need love. No one wants to be alone. No one wants to be without love. But when you have love and you have these relationships through death, divorce, and again, break up of a romantic relationship, you lose it.

Sharon ([02:13](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=133.389)):

Yeah.

Erica ([02:14](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=134.61)):

But you just don't wanna deal with it. Then you just wanna throw your hands up or stick your head in the sand, be sad, be miserable or run out and get another love. You know, there's all these things we do. We don't prioritize our grief and I'm just sick of it.

Sharon ([02:34](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=154.19)):

Well we do what we've did in the past, which was pretend like it never happened. Move on, or we replace the loss. So whatever we've done in the past, we continue doing that same bad habit. Right? So the we've all met the person who's been married five times, because as soon as they get the divorce they're right back in the next relationship, right?

Erica ([02:58](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=178.95)):

Yeah.

Sharon ([02:59](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=179.241)):

So we've seen on the past, we don't consciously think right in our prefrontal cortex, our brain, Ooh, this is a problem. I need to fix this. I need to go after repairing this. No, we allow our primitive brain in the back of us to give us all of the ways out of it. So that, and they're always gonna be wrong.

Erica ([03:23](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=203.18)):

So, so this is the other thing. So I'm gonna go meet these ladies. I'm gonna pay them $25,000. I've come out of this tragic divorce. I hate my ex-husband. I've not done any work on my, myself or my healing. What do you think I'm bringing in to this new relationship? They find me.

Sharon ([03:41](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=221.21)):

Yep. Yep.

Erica ([03:44](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=224.54)):

You might as well just burn that $25,000 a fire because what you're gonna ruin this relationship because you haven't found healing or gone after the pain from the tragic divorce.

Sharon ([03:57](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=237.61)):

But, but Erica, let's go a little deeper. OK. Why do we not prioritize our grief? Why?

Erica ([04:05](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=245.42)):

Because society teaches us. It's something that you don't have to deal with that if you just give it time, it's gonna magically disappear.

Sharon ([04:16](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=256.21)):

Yeah. And that society teaches that our par we watch our parents do that. They buy into this, give it time. So we watch our parents do it. Then we tell ourselves, girl just keep busy. And eventually the pain will go away. And you know how we know that because when we got bullied in the third grade and then our parents put us in a new school over time, the intensity of that pain lessened more and more and more and more and more. But I'm here to tell you that that pain from third grade is still there because you never worked on it.

Erica ([04:51](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=291.36)):

It absolutely is still there. So for people, I want you to make this connection right here. You've got that third grade bullying scenario stuck inside your heart somewhere. It may not be on your mind every day, but it's stuck in your heart. And then you go to work and your new coworker totally reminds you of that bully. Guess what's gonna happen?

Sharon ([05:14](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=314.661)):

Get their butt kicked.

Erica ([05:15](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=315.941)):

That's right. That's all that pain comes up to the surface.

Sharon ([05:22](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=322.16)):

You're gonna hate the job. You're gonna hate showing up. Everything's gonna be about the coworker. You're gonna complain profusely. The minute they do something that reminds you of the bully, you're gonna jump all down their throat. You're gonna be unbearable to work with or to be around all because you didn't prioritize yourself. It's not just PRI prioritizing the grief. It's prioritizing yourself, knowing.

Erica ([05:44](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=344.911)):

That's true.

Sharon ([05:45](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=345.46)):

It's important for you to take care of your mental health so that you can move on, take care of that broken heart, go after that broken heart fix and repair that broken heart.

Erica ([05:57](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=357.85)):

Right. Because we also will go spend money on gym memberships. That then never go one day to the gym, but that we don't care about that, but we we'll make that a priority, but we won't do self care in terms of healing.

Sharon ([06:23](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=383.13)):

Yeah.

Erica ([06:23](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=383.52)):

Is not a priority.

Sharon ([06:25](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=385.32)):

And I think it's because we think it's voodoo.

Erica ([06:28](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=388.339)):

Yeah.

Sharon ([06:28](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=388.66)):

Look at that. It it's voodoo. It's like the new age thing. Like, let me get some rocks and light of candle and you know wish it away.

Erica ([06:38](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=398.3)):

Yeah. It's and it's, there's so much more to it. Just like, it takes time to develop the relationship when you first meet someone. So let's say you get a match set up, right?

Sharon ([06:48](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=408.46)):

Yeah.

Erica ([06:48](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=408.751)):

And you go out to the first dinner and you spend time getting to know each other and talking about what past experiences.

Sharon ([06:56](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=416.16)):

Yes.

Erica ([06:57](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=417.12)):

Your past that's what happens when you yeah.

Sharon ([07:00](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=420.88)):

What it was like to grow up. Yeah. And how about the person you've met this person? Cuz I've met him too. When nothing good happened in their life. Maybe they were born. Everything was terrible. I'm serious. There are people out there like that. Like you talk to 'em you're like, dang girl, you need some grief healing. But nothing good ever happened in their life, but they don't go get the healing. They just keep perpetuating the pain over and over and over again.

Erica ([07:27](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=447.76)):

Yeah. It's almost like they become Eeyore, you know, poor Eeyore. Never had a good day ever.

Sharon ([07:33](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=453.59)):

Yeah. Yeah. But you know what? I think that someone needs to slap the shit out of them and say, get it together. Number one, look at your life. This is work that you can do. We can go after this and help you with this. But it becomes comfortable being there. Erica, it becomes comfortable being Eeyore.

Erica ([07:54](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=474.61)):

Yeah. Well cuz at least, you know what to expect, you know what I mean?

Sharon ([07:58](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=478.98)):

Yeah.

Erica ([07:59](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=479.16)):

The minute you let yourself have hopes and dreams and then you feel, you know, you get disappointed again. Then you go right back into that comfortable place of being miserable and, and sad.

Sharon ([08:11](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=491.28)):

Being complete and going after your heart work is almost like being in the unknown cuz you're not really sure like you and I are really telling people, Hey, you can start living your best life again. You can laugh again. You'll enjoy food again. I think also, and, and I say this all the time that you're the poster child for healing. Cuz when people see you, you are the real thing. You are the real deal.

Erica ([08:38](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=518.6)):

I know in the beginning, when we first started doing this work and I would say in, in my head, I would think to myself, like what do people think? Do they think I'm faking it? Cause I'm I, I assume they have to think I'm a total fraud.

Sharon ([08:52](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=532.41)):

Yeah.

Erica ([08:53](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=533.69)):

Because it seems unreal that I could have actually buried two children.

Sharon ([09:01](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=541.76)):

Yeah.

Erica ([09:01](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=541.99)):

Done this work and still laugh a full belly, laugh, take vacations, enjoy my other children and, and encourage people to do the same.

Sharon ([09:16](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=556.929)):

So yes, a hundred percent, even to the point where I, I would tell you, don't just blat out that you lost two boys. People are not gonna understand that you gotta ease them into it. Like I'm protecting them from hearing the true story. Even to the point where we ended up confusing one lady and she didn't realize it was two boys that you had lost. She thought we were talking about the same one the whole time. Here's the deal though, Erica. You and I can see it on the griever's face when they start to get it. That's the difference. That's what I think that they don't see. They don't see it. What actually shows on the face when that the pain starts to melt away.

Erica ([09:56](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=596.76)):

No, they don't. And that's my, that's my favorite part of our program. Yeah. Is when we see the shift, when we see someone go from Eeyore into a little, some, a person who's hopeful and who has encouragement and is excited about their future. That is my most favorite part.

Sharon ([10:17](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=617.14)):

Yeah. You will. You'll forever. Have your loved one in your heart. You'll forever have them in your heart. And, and moments of it will may even be sad, but it doesn't stop you from living again. You can literally go into that 31 flavors and order your favorite flavor and you can enjoy it.

Erica ([10:34](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=634.41)):

Yeah. I remember recently when we closed a a group session and one of the ladies said, what next? And I said, go live.

Sharon ([10:43](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=643.89)):

Yeah.

Erica ([10:45](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=645.08)):

Go live your life.

Sharon ([10:47](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=647.05)):

Yeah. Yeah. But before we end, I wanna ask you this one question and I, I feel like we're regressing, but what do you think is the biggest thing that prevents people from prioritizing their healing?

Erica ([11:01](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=661.33)):

I think it's two things. I think one is fear. Cause they think it's gonna be extremely somber and they're gonna spend the whole program crying and bawling their eyes out and they don't want to do that.

Sharon ([11:15](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=675.25)):

Yeah.

Erica ([11:15](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=675.251)):

That's one. And the second one is disbelief. I don't think people actually believe that it's real.

Sharon ([11:21](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=681.92)):

They don't believe that it can really happen. And I I'm here to tell you, 100% that healing from a broken heart is possible. It is 100% possible and you just need to meet us halfway. If you just meet us halfway, we'll carry you across the finish line. We'll show you. We point out the way. I'm sorry. Say it again.

Erica ([11:46](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=706.37)):

No, I said absolutely. I'm here to second. It, I, I am living. I carry my boys with me every single day in my heart into all experiences. I find a way to, to feel them. Recently I went to a wedding of in last month and my napkin said best day ever. And that was one of Austin's things. Austin, everything was the best ever, but everyone else's napkin said today's the day. And no one will tell me that that was not a message from Austin.

Sharon ([12:21](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=741.62)):

Yeah.

Erica ([12:22](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=742.55)):

I know it. I know it. And I love it. And that's what I call little winks from heaven. When you go after your pain, when you make it a priority, you get, you get these beautiful winks from your loved ones and you learn to appreciate them. And my heart smiles when I get them and I talk to them and I love them. My boys for sending me those messages. But when you're broken and you're sad, you cannot see the messages.

Sharon ([12:50](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=770.41)):

Yeah. And Erica, even though, even both of your experiences for healing were completely different.

Erica ([12:57](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=777.04)):

Completely.

Sharon ([12:58](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=778.38)):

Even, even if I throw daddy in there, all three of the experiences were completely different. Your healing process was different.

Erica ([13:04](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=784.75)):

Yeah.

Sharon ([13:05](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=785.46)):

And even though it took you longer with Donovan, was there ever a doubt in your mind that you weren't gonna do it?

Erica ([13:12](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=792.78)):

In the very beginning? Yes. Cause I was so I was so distraught and just angry in the very beginning. But as I got more and more in the depths of my despair, I knew I couldn't live there cuz it's just not, it's not who I am. I'm not wired that way.

Sharon ([13:31](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=811.46)):

Yeah. Yeah. And we had talked about this also that some people get into that, the depths of that despair and that's where they wanna live.

Erica ([13:41](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=821.25)):

Right. Yeah. And I think those are the Eeyores of the world. You know, there's some people who just are comfortable in misery and disappointment and sadness. I am not one of those people. I don't know if people have noticed.

Sharon ([13:53](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=833.471)):

So prioritizing your grief means that you're putting yourself first. It means that you're putting yourself and making yourself important. It means that you're making your healing important. It means that you wanna live again. It also means that I love that boy so much that the most respectful thing that I can do for him is to grieve him properly. That when you come to grief healing, that's what you're saying. I love him so much. I have to do this right.

Erica ([14:27](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=867.83)):

Right. That's it. That is it. Our grief is our love.

Sharon ([14:32](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=872.49)):

Yeah.

Erica ([14:33](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=873.22)):

Well of course it's gonna be the full weight of what you felt when you had that person and you were loving them every day. The grief is gonna show up in that same magnitude, but you it's up to you to go after that pain so that you can have that life that, you know, they would want you to have.

Sharon ([14:54](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=894.57)):

And I say this all the time and I'm gonna keep saying it is not going to be easy. It will be one of the hardest things you've ever done, but it will also be one of the most rewarding things and the most beautiful things you've ever done.

Erica ([15:06](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=906.93)):

A thousand percent.

Sharon ([15:08](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=908.57)):

I guarantee that.

Erica ([15:10](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=910.39)):

A thousand percent I do not regret one day that I, that I, we found this program and that we've done the work. I don't regret it at all.

Sharon ([15:20](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=920.21)):

My friends, prioritize yourself, prioritize your heart and prioritize your level. You always pay yourself. You truly do.

Erica ([15:28](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=928.84)):

You don't have to pay us $25,000 for us to help you heal.

Sharon ([15:35](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=935.93)):

Well, maybe.

Erica ([15:38](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=938.05)):

We'll take it, we would gladly take it. But that's not what we're gonna charge you.

Sharon ([15:48](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=948.61)):

So we'll end it there on that note. Bye friends.

New Speaker ([15:51](https://www.temi.com/editor/t/fFPzrXqD-SbWwgKA6N0xUiitBaP8_Luqwlsf9L8Tv-VcOe7rCJIRviOQGTtB77aYHoKQz1R_x7CYfiyjQVZwk0-LEUo?loadFrom=DocumentDeeplink&ts=951.02)):

Bye friends.