Sharon ([00:02](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=2.75)):

There is no doubt in my mind that the brain plays tricks on you when you're grading the brain plays tricks, and then you lean into those tricks because there are sometimes they're so helpful, right? So it's not just things that are happening to you, but it is also things that you're thinking. So there's two parts of the brain check. So I wanna break them down. Number one, you and I just discovered something. We just said something. We just shared something that we didn't even know. The other person was feeling. I moved to Texas a year ago, and since I got to Texas, I keep feeling like I'm seeing something outta the corner of my eye, or actually yesterday, I felt like somebody was shaking my chair. Now you guys, I'm not trying to freak you out. And I'm not freaked out in any way, but in my gut and my heart, I truly believe that when the person, when we lose somebody, we love so much that we end up having a spiritual relationship with them. And I don't wanna go into that deeply, cuz I don't know enough about it, but here's the second part of that. I keep feeling like I'm seeing something. So I keep turning my head and in my gut, I always feel like it's Donovan. I just have always felt like it was Donovan.

Erica ([01:17](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=77.64)):

So that's what we just both shared because I was asking you how you came up with this topic and you're like you said it was something I was sharing with someone else the other day. But then so you wrote it down, but you said it's been happening to you. And I said, well, I never shared that with you. I see something outta the corner, my eye and you go, no, I see something outta corner. I'm like, and I do. I've always felt that it was Donovan. I've never felt that it was Austin. And it's all it's like when you see someone like outta your peripheral vision, like there's someone standing there's and you turn toward,

Sharon ([01:53](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=113.66)):

It's standing there

Erica ([01:54](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=114.86)):

And there's no one there. So then you're like, okay, going crazy, going crazy to

Sharon ([02:02](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=122.14)):

I'll even in my brain. Okay. I see you. It was happening to me last night in the kitchen a lot. I was cooking dinner and I kept hugging to my left. It's not always to my right. And sometimes I'll just say, okay, Don, even I see you, like just letting him know. And I'm not trying to be weird in any, if anyone's getting offended or thinking, this is weird. I just feel like it's him. I don't know why. Well,

Erica ([02:23](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=143.56)):

The fact that we both have the experience and we both feel the same thing. I feel like that's kind of weird.

Sharon ([02:29](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=149.96)):

We never talked about it.

Erica ([02:31](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=151.72)):

We've never talked about it. The other thing that used to happen to me when I was sleeping all day, Donovan used to do this thing. It was my absolute favorite. He would open the door, coming from the garage, into the laundry room. He would slam the door and he would yell mom in my dead sleep. I would hear that. And I would sit and you, you, you kind of have that moment of like waiting, like, is he here? And then, you know, then everything just flood comes flooding in of no he's gone. He died. Yeah. It's not him. You're definitely going crazy. Go back to sleep. Just kidding.

Sharon ([03:20](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=200.19)):

Okay. Crazy. Go back to sleep.

Erica ([03:21](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=201.25)):

No, but it it's so real when it happens.

Sharon ([03:27](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=207.889)):

So I share quite often with grievers, how in March of 2020, my precious little baby Barron, you owned the sister of Baron. Your dog was sister. And I had married. They were established with terriers and Barron's back, went out and it's something that we've been dealing with for a very long time. But this day I just knew it was the last time. And so that night at one in the morning, Tony and I had to take him to the vet and we knew we were taking him to put him to sleep. So COVID had just started, it was the middle of the night. So they were us both in the office. A month later we had him cremated. They called us, they said the ashes were ready. Tony went to pick up the ashes. He brought them home and I was in such a grieving state. He goes, what do I do with this? And I said, I don't know, just put it in the garage. Cause I didn't know what to do with it. We were packing, getting ready, packing and getting ready to come here. But for the next three weeks at 9:00 PM, I could hear him whining. I could hear bearing whining because he would do that to me every night. I'd be in my office working, he'd be sitting right by my feet. He would start whining. And it was my signal. He was like, where's time for us to go to bed. And it was nine o'clock every night. So at nine o'clock every night over hear this dog, wh the differences with me, I started telling everybody in the house. So we're locked up. It's Tony, my mom and my cousin. We were all locked together during COVID. And I said, you guys, I can hear Barron whining at nine o'clock. I can hear whining. And finally my husband said, well, why don't you take the ashes and put him in our bedroom where he sleeps. Maybe he wants to be put in the bedroom. And the minute I put the ashes in there, I didn't hear him anymore. And that's exactly what he wanted. And so yes. Does the brain play tricks on us? Yes. Can we hear it to me? I, I was hearing him, but we even have grievers tell us that they see their loved one. They see their person they'll be out and about and they see their person.

Erica ([05:31](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=331.02)):

Yeah. Well it's like, cuz I, that happened to me a lot too. Every kid with dark hair. Yeah. And a baseball cap on, you know, just walking and when you, it makes you pick up your head, like you're automatically alert. Like who's that? And it's a weird, it's a such a surreal experience. Cuz you do feel like it's a dream and you want it so bad. I think that's you want it so bad to be them. So that, that's where I think the brain definitely plays the tricks because we, it, we want it to be that. So we're man like manifesting it almost. Yeah. So it's like I wanted every young kid with a baseball cap to be Donovan. I didn't want him to be gone.

Sharon ([06:20](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=380.96)):

Yeah.

Erica ([06:21](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=381.61)):

I don't, I don't think I had this after Austin. I can't. I was trying to think like why you're sharing if I had this, but I don't think I did. So I don't know what the difference is.

Sharon ([06:32](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=392.75)):

I don't,

Erica ([06:33](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=393.79)):

Honestly, I wonder is it a trauma response you think?

Sharon ([06:36](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=396.13)):

Oh, I, I think for sure, 100% it's a trauma response. Yeah. Oh 1%. Yes. And the other thing is if you lean into it, it's sort of comforting.

Erica ([06:48](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=408.26)):

Yeah.

Sharon ([06:50](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=410.19)):

You don't wanna be live it, but you can lean into it and let it be

Erica ([06:54](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=414.13)):

Comforting. I think it's comforting for us now because of the work that we've done. But I think if we were the, you know, in the first year of the grief and the pain, it's, it's not comforting because you're just missing them so bad. You're longing for them so much. And you're so broken and sad. I don't feel, I didn't feel comforted. I don't know. Let me think. Hold on. Let me let's think for a second. Cause I wanna try to go back. I didn't feel comforted when I thought I heard him saying ma I missed it so much.

Sharon ([07:29](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=449.26)):

Oh yeah. Oh,

Erica ([07:30](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=450.3)):

You know what I mean? I missed it so much. And then after you hear it, so back then my follow up, like we just finished recording about the thoughts. My thought was I'm never gonna hear that again. So then it's so sad.

Sharon ([07:48](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=468.32)):

Yeah.

Erica ([07:50](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=470.49)):

But now at this stage it's comforting. Like when I feel, I feel like the same thing Donovan's standing right there and I'm like, okay. All right.

Sharon ([07:59](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=479.7)):

So funny that we both share the same thing, the other, okay. So talking about the comforting, I was glad that Baron picked me.

Erica ([08:07](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=487.8)):

Yeah.

Sharon ([08:08](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=488.14)):

To wh to like, I felt honored that he picked me. That's how I felt like, oh my gosh, I'm the one that can hear, you know? Yeah. So that dog ever.

Erica ([08:19](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=499.32)):

They that's a great breed. Great. Yeah. But the thing about it is you get that one good dog. It's almost like your kids and then you get tricked into having that second one. And it's not as good as I'm just kidding. Just kidding.

Erica ([08:37](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=517.401)):

Wait. I was gonna say something. Oh, in the beginning. So in the very, very beginning, I would say days after Donovan died, I could feel him in my room. Yeah. You can feel his presence in my room, but he knows I'm such a freak about like supernatural and all that stuff. All that charm stuff we watch, I would say to him, don't show yourself. Cause I don't wanna see, You'll freak me out, but I know you're here. <Laugh>

Sharon ([09:03](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=543.76)):

Thank you. But don't. So, OK. Where do you put this in the category after Donovan died, you would pretend that he was gone away on one of his national garden missions. Is that the brain praying tricks or that you playing tricks with your brain to allow you not to feel the pain? How, how would you put that in the camera?

Erica ([09:26](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=566.17)):

I would say it's the brain because it's trying to find any little thing to give you a reprieve from the pain. So if it makes you think he's just out on his two week.

Sharon ([09:42](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=582.679)):

Yeah.

Erica ([09:43](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=583.83)):

Duty.

Sharon ([09:45](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=585.32)):

Yeah.

Erica ([09:46](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=586.03)):

Then you're fine.

Sharon ([09:47](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=587.67)):

Yeah.

Erica ([09:49](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=589.17)):

Because the minute you think, and I have another, I have a girlfriend that used to say that her stepson was away at college. He went back to college.

Sharon ([09:56](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=596.28)):

Yeah.

Erica ([09:57](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=597.44)):

Because it makes the loneliness, the emptiness and the sadness a little less, if you think that way. So it's the brain for sure. The brain is trying to protect you at all costs.

Sharon ([10:09](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=609.77)):

Isn't that interesting? So interesting. And that actually is some great examples of how the brain is really trying to protect you from feeling it, because what would happen is as long as you're pretending, right. As long as you're pretending that he's gone, you're not dropping down into the heart. You're not, why would I feel sad? He's at Fort Fort lagoon or whatever they're called, you know, he's at this place, he's at this camp out. So as long as you're that way you don't have to drop in the house heart and feel sad, lonely isolating, grief, gut, wrenching, death. Like you feel like you're rotting from the inside.

Erica ([10:50](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=650.11)):

Yeah. That is so true. And it's, it's so natural to want. It's like instinctual, cuz you kind of just come up on that and you're like, okay, the issue is when you live that reality, you start trying to live that reality out. Yeah. Because that's very temporary. I think that's the thing to understand that is very, very temporary because you cannot continue. It cannot go one year, two year. Yeah. And he's still on that two week mission. Like then you get, you get in a danger zone, but it's people will try to do that because they definitely wanna avoid dropping down in the heart at all costs.

Sharon ([11:31](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=691.07)):

Yeah. I agree with you. I definitely agree with you on that. It's a protection mechanism. That's not the worst protection mechanism in the world. It's not the worst to use. It's not gonna it's not gonna stop you from healing, but it can prolong your healing. You and I have met people that don't wanna touch their heart. They don't wanna go in the heart and they'll do and they'll come and meet with us in sessions. They'll be here. They'll do all the work. But they refuse to drop down into that heart refuse healing, which is to feel the pain. It's a form of resisting.

Erica ([12:12](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=732.179)):

It's completely resisting. And they think they're fooling us. Yeah. Which is so cute. It's so cute. <Laugh> But we, we totally know, but it's like we can't force them to feel the feelings. Right. So we just have to patiently wait and be where they're at. Like however they show up is where we have to meet them because we like, you always tell people we're not witches. We, we can't pick up our wand and start, you know, dity Bob booing you into it. It's like you, you really have to come by it naturally. And when you do, we are there to meet you with that. Yeah. But you definitely prolong it. It's you're just delaying the inevitable cuz it's going to happen.

Sharon ([12:59](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=779.91)):

What do you think the brain is trying to protect you the most from

Erica ([13:06](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=786.07)):

That's a good question.

Sharon ([13:07](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=787.39)):

If you just had like one thing to be protected from what would that, that one thing be

Erica ([13:12](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=792.91)):

The sad

Sharon ([13:13](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=793.86)):

Yeah. The reality of your new.

Erica ([13:18](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=798.12)):

Yeah. The real, the reality for sure. Yeah. But the, the emotions that come with accepting the reality, right? The sad is just such a surface word that I could say because the sad goes so, so deep and so far, it's like if you dropped a penny down into that dark hole and you never hear it hit, that's how sad that's how deep the sad

Sharon ([13:41](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=821.34)):

Is. So the other part is watching other people as you're grieving together, be stuck in their brains. So for example, you watching Lewis telling everybody, oh yeah. We're just living our new normal. That's totally a brain that he was playing on himself. And you were like, oh yeah, that's a good one. I'm gonna play that brain trick too. <Laugh>

Erica ([14:04](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=844.96)):

That sounds fabulous. Why didn't I come up with that? Yeah. This, which is like our new normal, because that kept me in a little script.

Sharon ([14:13](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=853.8)):

Yeah.

Erica ([14:14](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=854.55)):

It provided me the perfect script to do. As you know, we love our our academy award winning behavior. Yeah. I'm gonna just stay right here and act, okay.

Sharon ([14:26](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=866.31)):

Act recovered.

Erica ([14:28](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=868.03)):

Mm-Hmm

Sharon ([14:28](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=868.49)):

Act recovered. So you are like playing the Jedi mind tricks on all those around you.

Erica ([14:34](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=874.73)):

Of course, of course. Cuz I don't wanna talk about, I didn't wanna talk about the real, the real was so ugly. I didn't wanna talk about it.

Sharon ([14:43](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=883.74)):

Yeah. Yeah. And that's what we have to do. Here's the other thing, Erica, we have to do that. We have met grievers that have been able to be in the Jedi mind for five years, 10 years, 20 years. They may come to us cuz their little kid died and we start talking to them and all of a sudden, all this other grief starts to show up. You can't keep holding onto that forever. There's no way we're gonna hold onto that ramp. It's too painful.

Erica ([15:14](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=914.77)):

Right. Right. And that that's, you know, when we start pulling back those layers and we, we start seeing how things show up for them and then we start asking cuz it, it, the situations reveal themselves to us clear as day. Yeah. But because they're in it, it doesn't present it to them as so clearly. And then you, you, we ask the very specific questions. So what about dad? Yeah. I noticed and then, oh my goodness. Yeah. We it's it's shocking. Well, he was never there for me and this and that and I don't speak to him and I cut him outta my life five years ago. Mm. Think you have some emotions about that.

Sharon ([15:57](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=957.53)):

Yeah, exactly. Let's take a little deeper dive there. That's also the brain playing tricks.

Erica ([16:04](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=964.37)):

It is

Sharon ([16:05](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=965.05)):

I a hundred and not have to deal with dad, even if dad's alive and mom and dad got a divorce and I hate dad. That's a brain trick. Your brain is gonna play tricks to protect you. It's doing its job. It's the smartest tool you have. It is amazing. It's the best computer you have. It remembers everything and it will play tricks on you.

Erica ([16:36](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=996.07)):

It's not something you have to run away from. It's not something you have to be alarmed about. It's just something you need to be aware of.

Sharon ([16:44](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=1004.3)):

Just be aware, just be aware. Yeah. That's a great ending right there. Okay. Friends, Eric and I are so honored to be here with you every Saturday we drop our podcasts. But if you wanna be with us every day, seven days a week, the number one place to do that is in our Facebook group, our private Facebook group for women who are grieving and I are in there every day. We're having conversations. We're asking you questions like the question today is what do you need today just to make you think about that's a good one. Isn't that a good one? What do you need right now today? And getting the griever to be able to talk. We know that grievers need to talk, come into our Facebook group and talk with us. We'd be honored to have you. Thank you.

Erica ([17:33](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=1053.64)):

It's a great way to get support. Great way to get support. Thank you.

Sharon ([17:38](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=1058.4)):

There's other grievers in there. This is so what's so cool. It's not just us. There's a lot of grievers and we all come together. Bye friends.

Erica ([17:48](https://www.temi.com/editor/t/nBdQCrfIjZbEi5pW2bR_Qt24_jhS4V1ZWqrH6UFX2iqzktQ0Bd1bpkGRpvvmL6NFvsznyoZkBEwtSKZicOeNAkf1DIc?loadFrom=DocumentDeeplink&ts=1068.869)):

Bye.