Tony ([00:02](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=2.71)):

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

Sharon ([00:41](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=41.31)):

There's a lot of things that frustrate me being a Grief Specialist and working with grievers and trying to help them through their grief help them find their own personal path out and through it. But nothing frustrates me more. Sister, dear is when I hear someone say, you will never get over this grief. You will never find an end to this pain. Grief never ends. You will feel this way for the rest of your life. That is so frustrating to me and to society that we buy into that BS because it is so not true. If anything was the number one lie that grievers are are told it's that grief never ends.

Erica ([01:37](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=97.44)):

And I think that's why we struggle sometimes with clients that we meet prospective clients, when you, when we're doing sales calls and we are explaining the program and the, that healing is possible, it's they don't buy into the program because they think it's a lie that we are you and I are the liars. They think that it's not true that they can heal from their broken heart because they have been programmed to believe that they're, they'll never get over their grief because we, we can tell when we're having these conversations and their disbelief when, especially when I'm talking to them, sometimes I feel like they think I'm making it up. <Laugh> like, I'm trying to sell them, you know, the magic eraser one spoonful of this and you'll be a hundred pounds and you'll always be young here. Just take some, I feel like they feel, that's what I'm selling that. And it's not real well. And then it, some people think that we have a magic wand and we're gonna make them forget that person.

Sharon ([02:56](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=176.58)):

Yeah. And so that they don't want us to take their memory away, which I'm I can't do that. I'm not that strong. Okay. Let's break it down. Grief is normal. Grief is natural. Grief was given to us by the universe by God spiritually, to help us go through this process. We go through the pain. We go through the process to evaluate number one, our relationship with the person, whether it's a loving relationship, a hated relationship, a tired relationship, an exhausted relationship. We evaluate that relationship and you and I teach that you complete your journey with that person. You complete the journey. That's what grief is for. It is something for you to go through. Grief has a beginning. It's called active grief, actively grieving. It has a beginning, the active part of it, where you are a zombie, you are numb. You can't believe that this has happened to you. You are looking everywhere for relief for somewhere. And actually in that moment, you think it's at the worst that it will ever be. Then you get to the middle. So that's the beginning. Then grief has a middle. The middle is where that numbness wears off. And for most people, the pain gets deeper. It goes deeper into their soul. It goes deeper into their gut. And it's at that moment that they realize I can't survive this way. It that's a lot of times when we get people that call us is where the numbness is worn off. And they're in the middle. It's the honest, believing that I didn't think this was gonna be this bad number one and two, the realization that the person is not coming back, that's the, that's the middle. And then grief has an ending date and time. I don't know what that is for you, but it has an ending date and time when you reach that middle point and you absolutely go after healing, what is broken in your heart? Completing all that was left incomplete. When the person died, there is an ending point to the grief. The reason that people say grief never ends is because there's this one part Erica, and you just shared it is where you have the boys in your heart forever. And you forever miss them. You miss seeing them at the graduation. You miss seeing them at the wedding. You gonna miss seeing them at the birth of their nephew. That's coming here, their, their niece, that's coming here in a few weeks. They're not gonna be there. How funny Donovan would've been to be there when Kayla has her baby, you're gonna miss having them be a part of that. That's missing. Now. That's not grief.

Erica ([06:02](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=362.4)):

I wanna touch on the, what it means about being incomplete. We are incomplete because we have things in our heart that we didn't get to say things that we are carrying. So when we complete the journey, we've delivered all of the things that we have in our heart. And it it's, it looks a certain way. And it's it's, it would be confusing to go into detail about it. But that's when she's referencing incomplete, what the incomplete is. The other thing is that is true. The beginning, middle and end I feel is true for the people that make the choice to find some sort of healing process, to find a healing journey. Because I find that there are people who don't choose to find healing, because they don't think it's a real thing. Those people are still grieving 30 years now. Those people are still crying. Like the event happened yesterday. I have witnessed in my, in my life, in our family, women who have lost their husbands that have not found a healing path. They've only given their sorrow to God. But when you talk to them, they will cry as though their husband just passed yesterday. And one has been 28 years. One has been at least 15 years and the other one has been five years. They are choosing a different route instead of actively finding some sort of healing process. When you find a healing process, you will get to an end. You absolutely will. And you will not grieve forever when Austin died. I didn't think that healing was possible. You tried every program under the sun. Well, every grief support group under the sun to send me to, and I finally begged you to stop because in those situations, I didn't see an end in sight. They had been, there were people going to those groups for over 15 years. I didn't want that life. So I was so thankful when we found something that showed me, there was an end to the debilitating sadness and the brokenness. And that is why you and I do what we do. It's real.

Sharon ([08:43](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=523.29)):

So I was reading a blog the other day of another griever. And the first line in her blog was that we have to, we have to stop thinking that grief is something that will end as if we're on a journey. And I so, so disagree with that. We have to start knowing and believing that our grief will end because we are on the journey. I was on a journey with Austin from the day he got here. I was at the hospital. The day he was born from the day Austin got here until the day he died. In those 10 short years, I was on his journey and he was part of my journey. And when that journey ended, the grief began. But my journey wasn't complete until I examined my relationship with him and began to go back and say, and fit in all of the parts of that journey that that needed to be completed. I will miss that 10 year old Austin for the rest of my life. Final stop. I will miss him for the rest of my life, but my heart is not broken and actively grieving for him. Right. Does grief end? Yes, it does. If and when it's done properly.

Erica ([10:16](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=616.34)):

Correct. And that is the part that no one wants to talk about because they want to lead people to believe it's forever. The love is forever. Yeah. The missing them, the missing them is absolutely forever. I miss those boys every single minute of every single day. But the intensity from the beginning to now where 16 last month was 16 years for Austin when he died. And last week was seven years for Donovan. Is the intensity the same? The longing, no, it's not. It's different. I can talk about the missing without feeling the full weight of it, wanting to pull me down. and being hunched over, I am sitting up straight and I'm saying, I will miss them. I will, but it's not dragging me down to say it. And I don't feel it. The heaviness in my heart anymore. There's a shift. There is an absolute shift that happens, but you have to make the choice to find the healing and complete the journey.

Sharon ([11:28](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=688.86)):

Oh yeah. When my girlfriend, Sharon my very best girlfriend, Sharon of 15 years died. One of the things that I did was I absolutely went after my, the brokenness in my heart. And I, I was gonna see how long I could go without doing the grief work. But her daughter shared with me one day. It's like, it's really hard for me to talk you because you're always crying for mom. And so for her, I knew that I needed to do the grief work. Not that doing our grief work stops your tears, but it helped me to get a grasp on a lot of what was going on, but the missing her and the moments that she would be involved in my life trying to decide what color drapes to buy, making a decision about whether to move to Texas, how to pack up my things, hiring a new housekeeper the babies coming into town, arguing with my daughters. I mean, all of those aspects of my life. She was my girlfriend. She was my soul sister. She was right in there and life continued to happen. And there was this feeling of longing for her to be there, to help me answer those questions, but grieving and actively grieving. I was not doing missing her 100%. And to this day, there's not a day that goes by that I don't think about her or long for her, or want her here to answer some questions for me. She really wouldn't think I'm off my rocker right now.

Erica ([13:01](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=781.15)):

I concur with her. There was something that I was thinking about with our dad the other day. And he was so full on my heart. I can't remember what it was. I think it was, it was around father's day, but it was something specific that happened. I was, I think it was the potato salad for the baby shower. My Charlene is my new go-to for potato salad, cuz daddy always made the best potato salad. And now Charlene is our go to, and it was just, I wanted to call him to ask him how many potatoes buy. Cause he could, he could break it down. He had it to a science and he would say, how many people? And okay, what time are you serving? I mean, he would just give you the whole breakdown. And I think it was that when I was at Sam's, I just wanted to be able to pick up the phone and say, dad, how many potatoes do I need for this many people? And you know, I need it ready on this time. And he was say, okay, I got it. You know, you just get all the stuff and I'll, I'll be there. I got it. I think it was that cuz he, he definitely was the potato salad guru. And now our sister actually Charlene and Yolanda, I give Yolanda her props too.

Sharon ([14:12](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=852.929)):

I actually have a, a plug about that. Go ahead.

Erica ([14:16](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=856.28)):

Yeah, they do it together. So they are now our, our new potato salad gurus, but it's that it's not being able to pick up the phone and make the call. We still have those moments. We still have the all I wish I could call him. I wish he could be here for the baby shower. I wish he could make the potato salad, but it's not the same as it was before. It's different. It doesn't mean we are still actively in the grief process. It means we have done the healing work, but we're still gonna have those awe moments and those are okay.

Sharon ([14:53](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=893.31)):

Absolutely. And there are times where I pick up the phone or you and I get on the phone and I can instantly tell you're in one of those moments. Yeah. Cause I always say what's wrong cause I can hear it in your voice. And it's often I got a so and so's wedding invitation today or so, and so had a baby or you know, any of those things. Just the other day, Charlene was making the potato salad for Kayla's shower, your daughter shower. And I was walking out the door and Yolanda looked like she was going to sleep on the couch. And I said, are you taking a nap? She's like, no, I'm waiting for Charlene to finish the potato salad so I can go fix it. You go girl, fix that potato salad anyway, funny.

Erica ([15:35](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=935.44)):

Oh my God, they are hilarious. They have a whole system. They have a, each one does a little piece. Peggy was like so confused by cuz she's like, I don't understand what is this process, but it's their thing. And they've developed it. And it's, it's part of that. You know, it's not the same, daddy's not here. But we have now a new tradition. We have new potato salad gurus. And now I revel in the fact that they have taken it over and they've made it their own thing together. And it's like, it's, it's different and it's new, but I love it still.

Sharon ([16:14](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=974.6)):

How many times I'm so sorry. How many times do you take a bite of its say this and think of your dad?

Erica ([16:21](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=981.71)):

Every single time.

Sharon ([16:23](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=983.15)):

Every single time,

Erica ([16:24](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=984.14)):

Especially when it was a bad, especially when you get a bad potato salad. Ugh. Our dad would be other people. Potato salad, not everyone's, I'm very selective. Very selective. I do.

Sharon ([16:40](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=1000.03)):

So that's a great example. Like every time there's potato salad or talk of potato salad, we instantly think of daddy. Yeah. We start talking about him. It brings up conversations about him. It's so funny. How just going around that potato salad, we can have that 20 minute conversation about our dad. Some of the feelings like here, just having this I'm missing him. I am literally missing him. Just talking about, I can feel it in my heart. I'm missing him. There's a little twinge of sad in there and I wish I could pick up the phone and call him and tell him about that. I really do. He would've loved to be at Kayla's big shower. No, no. If ends or butts, but I'm not broken. I'm not gonna, it's not gonna send me to bed for three weeks. My, my active grief has been completed. My active grief has been completed so I can sit here and tell you that grief absolutely hasn't end, but them missing them lingers on. And that's where I think the conversation is needs to go to because it's confusing.

Erica ([17:43](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=1063.99)):

Yeah. We will miss him and the boys and you will miss Sharon. I miss Sharon. Sharon was a cool, she was a cool woman. I really admired her. We will miss them all forever. That part. Yeah. Doesn't have an end, but you don't feel the weight of it is not the same. And like you said, there's no more brokenness it doesn't after we get off this podcast, we're not gonna go to bed. We're gonna finish going on about our day. I have a full list of stuff I gotta get done today. And I'm gonna move on from this podcast and not really kind of think about it after we're done. That's the difference. That's the difference prior to getting to the end, we would've went, right? I would've went right back to bed, pulled the covers around my head and probably cried for the rest of the day. But yeah, we're not there and it, you don't have to be there either. Please. Grievers, listen, healing is real. It is possible. Stop listening to what society is telling you. Society is wrong because they don't know any better.

Speaker 2 ([18:54](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=1134.94)):

It's been passed down from generations to generations. That grief never ends. Partly because we didn't know how to deal with it. Partly because it felt so bad. It feels so bad. Partly because we were told at a very young age, you stop that crying. Nobody wants to hear that we were not allowed to be in our emotions. Nobody ever told us when we came here that we were gonna have positive emotions all of the time that no matter what it's, you're always gonna be happy. You're always gonna be joyful. That's BS. You gotta take the good with the bad. You'll never know the sweet emotions without the sour emotions. You'll never know the happy emotions without the grieving emotions and grief will end my friend. If you go through them the way it was designed to be.

Erica ([19:43](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=1183.51)):

That is that's facts. That's it? That's it.

Sharon ([19:49](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=1189.51)):

Bye friends.

Erica ([19:51](https://www.temi.com/editor/t/XLOfh0q_1HrCAk_3WDnMy8mnmh2tFKzvUHtkGfLURvabvAS90E2UGKd_3MOCq1-TacEH7gdmUMTvJRDz4p8usQjbwr4?loadFrom=DocumentDeeplink&ts=1191.109)):

Bye.