Sharon ([00:02](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=2.46)):

Immediately after a grieving experience, we, you, and I know that grievers will do things that are make decisions that they shouldn't be making at the time, when you are in the brokenness of your heart, there are decisions that you should not be making you, shouldn't be making a decision about changing your, will selling your house, getting rid of of trust that you have. None of those decisions should be made in your grief. Especially first two or three or four days. We have so many grievers that come to us and they're making these decisions. The second thing that you and I do love is that we find grievers that will start preserving their precious items. Like they start to pull the things from dad that they love the most, or the other thing that happens is some of the, some of the things that aren't even that important, like dad always drink out of this plastic cup, and then we wanna start drinking out that plastic cup. That's okay. We love that. One of the things that you did after Austin died was you made a box and you started to make this box of personal items that you wanted to keep and preserve for him. Tell us about that box, Erica.

Erica ([01:19](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=79.45)):

Well, I don't think it started out that I knew I was gonna put the box together. I think it I know I struggled for a long time with clearing out his drawers and getting rid of his clothes. I just was so emotionally attached to everything. So I didn't want one thing to be moved and we actually kept his room. We wanna keep his room the same. And it was just, you know, you there's this desire to just kind of keep things as he is. But as we found our healing and we went through the program that overwhelming urge to keep everything was not there anymore. So one day when I was ready, I decided to go through the drawers and I always said, well, I'll keep some, some of his things like then later we can look at him. I don't know. I don't know what I was thinking honestly, but I know I found that box the other day in the garage actually, Louis found it. <Laugh> Louis found it in our shop,

Sharon ([02:27](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=147.3)):

Wait, hold on. Did he go like, Hey, here's your Austin box?

Erica ([02:31](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=151.4)):

No, he said, Hey, Austin's box is what are you doing with Austin's box? And I was like, Austin's box. What is that? is what I said. So now I'm where are we at 16 years later

Sharon ([02:45](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=165.98)):

Going on.

Erica ([02:46](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=166.84)):

No recollection of even making this box

Erica ([02:51](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=171.28)):

So I was like, kinda excited, cuz I was like, oh my God, how cool. So I go to the box and it so funny, I laughed for like 20 minutes and the first pulled out and held it in front of, and I was like, what's this? The box is the most random. And this is why, this is why you should wait.

Sharon ([03:22](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=202.52)):

yeah,

Erica ([03:25](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=205.21)):

Because you definitely want to make sure you have the precious items. I had some like weird sweater, Austin, first of all, never wore sweaters. That boy lived in shorts and t-shirts even if it was freezing outside, he wanted to wear shorts. It was a weird sweater. I'm assuming I probably had him wear it for like Christmas picture or something. Then there was you bought this for Donovan. Remember when daddy tried to give Donovan the Bubba nickname and you had those pajamas made the lion king once and had the monogram there. It says Bubba. So in, it was like a, that was Donovan though. Two things that I love that were in the box were his Spider-Man costume and his power ranger costume. Oh, that boy loved to dress up. Cause he would wear 'em during the week at home as, as like run around dress up clothes.

Sharon ([04:32](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=272.529)):

Yeah.

Erica ([04:33](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=273.44)):

And then just some weird shirts like t-shirts but like nothing of significance. Cause the stuff that he wore on a regular basis, I have in a drawer in my room. So that's why I was like an Austin box. What's that?

Sharon ([04:48](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=288.98)):

so a couple things happened there. Number one in your deep, deep grief, you packed that box.

Erica ([04:55](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=295.61)):

Yeah.

Sharon ([04:56](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=296.69)):

Days after days or weeks after Austin died, you packed that box. And that's why we say don't make any life altering decisions in your grief. Now this is a we're we're making fun. And it's a silly little moment to, to, to use this example. I love the idea of the grieving box. I love that idea of putting a box together of all your precious things, but make sure they're the things you're gonna wanna look at in 20 years. Did you wanna look at the pub Bubba pajamas 17 years later?

Erica ([05:29](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=329.93)):

The only, the only reason why I do love that the Bubba pajamas were in there is cuz the tie with our dad and Donovan. But yeah, no, normally that would've been like, okay, I needed supervision while I was putting this box together. And I, the, the point of this that is so great to make is that in the days and weeks after you lose your loved one, you feel as though you wanna hold on to every single thing. Yes. Cause everything is precious. Like you said, dad's favorite plastic hospital cup, you know, but when you do your healing work and years later you come upon that box, this significance is not there. Like it was in the beginning.

Sharon ([06:19](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=379.56)):

Yeah. Yeah.

Erica ([06:20](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=380.42)):

And that's, what's so crucial to understand the emotion that you feel when you're packing the box is not, should not be what you feel when you open the box 20 years later, if you've done some healing work

Sharon ([06:38](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=398.84)):

What did you get? What was your special thing that you wanted after daddy? Death?

Erica ([06:46](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=406.7)):

I didn't want, hold on, hold on. Let me think. I didn't want anything of it. I don't think I like, I didn't have,

Sharon ([06:54](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=414.43)):

I felt the same way cuz I had, I had been given or I borrowed and never returned a few things of his So there wasn't like all this need to have all these things because I thoroughly, I think I thoroughly enjoyed him and he, I have a glass dipper of his, a bowl of his moms. I have a pen from when he was in Knight of Columbus. Like just things like that, that I'd already had. Right. So I didn't need or urge to have anything special. Okay. So what about the special things that you kept from Don

Erica ([07:36](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=456.32)):

From? Okay, so Donovan, I kept his I call it his uniform because he wore it so frequently. It was a cutoff on the sleeves, his own design, I should say, not professionally done. Captain America t-shirt with his khaki utility shorts that, that boy wore at least three times a week. That the same thing because he loved captain America and loved cargo, I guess khaki cargo shorts. So I kept that. That was one thing I knew I wanted. And his buzz light ear, I have his buzz light ear.

Sharon ([08:23](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=503.02)):

And so and there, the other thing that happened when Donovan died, I don't remember this from Austin, but, but I remember me wanting something of Austin's but everybody wanting something of Donovan's

Erica ([08:37](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=517.27)):

Yes. They were like vultures

Sharon ([08:39](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=519.21)):

That was that that's a human response to a loss is wanting something.

Erica ([08:45](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=525)):

What is you want? You want something that you can keep so sacred in the beginning, right? Like we said in the beginning, it's so important to have something. But when you get on the other side of doing your healing work, you know, you have your memories, you'll carry your love for them forever. I will carry my love for my boys. I carry my boys and my heart. So the, the physical stuff is not as important. You know what I mean? The stuff you can touch and look at because it's like, it's not really a piece of them.

Sharon ([09:24](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=564.14)):

Right.

Erica ([09:26](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=566.41)):

And remember how we were so focused on everyone, getting the fingerprint, we were gonna get Donovan's fingerprint and everyone was gonna have an office. You know what I mean? We were gonna do it. We were gonna, and everyone wanted to to be on it. And that's like the thing with the ashes, you get the little necklace and you put the piece of the like it's so important in the beginning.

Sharon ([09:49](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=589.29)):

So I, I originally thought that this was gonna be the grief box. That's what I, Tyler, that had, but this is really the need versus the law. So, and let me explain that immediately after Donovan died, you had this need to keep all of his special things by you. And that's what happened with that box that you made for Austin. There was this need to keep all this stuff. I have to keep him alive. I have to keep him in my heart. I have to keep this. I have to keep this special cut versus once we're healed, once our broken heart has healed and we've actually gone after it, I want this stuff of his. So here's between the need and the want. When you're in the need, you do crazy things in the need. You pack a box of pajamas that didn't belong to the, that child. That's the need. Like you just went in the drawer and pulled out random crap and you put it in the box. That is the need. I need this. This is gonna help me heal. This is gonna help me be with them versus the want is I have his captain America. T-Shirt

Erica ([11:04](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=664.33)):

Yeah,

Sharon ([11:05](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=665.48)):

I want that.

Erica ([11:06](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=666.28)):

Yeah.

Sharon ([11:06](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=666.679)):

That's important.

Erica ([11:07](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=667.62)):

Then that is it's so true. Cuz when you, when you asked about our dad, I was witnessed to our dad Donovan used to like to wear rosary's as a fashion statement. And it was so offensive to our Catholic parents. It was like he was, you know, summoning the Demonn or something. So he was just so SAC religious and after our father was diagnosed with cancer and we knew it was terminal and he saw Donovan wearing that rosary. He called him over and he said here, and he took off his cross that he always wore every single day, my whole entire life. And he gave it to Donovan and he said wear this. And I immediately got all emotional cuz it was like so beautiful. And it was something so sacred cuz it was something like I said, I had seen him, our father where every single day was like, when Donovan died, I said, you know what? It would've been so easy for me to be like, I'm gonna hold this cross so sacred because it's a symbol of not just our father, but what he gave to Donovan. Right. And I'm gonna walk around and look at it. I didn't do that. I gave it to our brother who then only had the only grandson at the time, old enough oldest grandson, Keith Michael, give this to Keith, Michael it'll be something tradition, something sacred. He can cherish. Our sister had a different response when we're talking about need versus want. Our father had also given some items to other people and she wanted all of those items back because she wanted, she wanted to hold them all precious. And I get it. I'm not, you know, shaming her, but I totally understand it because when he's gone, you just want all the things You wanna hold onto them because that's, it's kind of like that's them. But you and I, by the time our dad died had done so much work. Didn't have that same draw. Yeah. But for the others, they have that.

Sharon ([13:17](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=797.63)):

So that you reminded me of a story I haven't thought about in a while. One of the, the very, our dad loved the Dodgers. He loved the Dodgers. That's all he wanted to talk about. And so the very first year after he died, the very first Dodger game, we all went as a family. We all went as a family. And my daughter, Brittany was so excited to get the waves started and we, you know, had hot dogs and nachos till our stomachs wanted to fall out. At one point, Keith Michael, who is Keith's son came up to me and he put his hand in his pocket and he goest look what I got. And he pulled out daddy's rosary. Daddy had given him the rosary and he brought it to the game and he was so proud of it. And it was so special to him that he wanted to have that Rosary with him, there was a want for him to have that. Yeah. And he was excited to have it. And it was really beautiful. It was a really beautiful share. And that's the difference before between needing to have something and wanting to have it. And we know for a fact, we actually see this happen in our grievers. We see them break down the difference between a need and a want. We see them having this need to have to hoard and carry everything around versus the wanting of, I have this precious thing to share of my dad or my brother or my sister.

Erica ([14:48](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=888.07)):

And, and that's when we have those conversations with clients of, have you gone through their things? Oh no, no. I'm not doing cause I, I don't want anyone to take anything. Yeah. And they're super hyper vigilant about who is coming into the house after. And where they're going in the house. Like you can tell, you can tell when they're stuck in the want, I mean in the need, because it's like if you move one thing, they just panic. Like what are you doing? You know what I mean? It's like, it's, you're like, I'm sorry. I didn't mean to touch it. I'll put it back. You know what I mean? It's gotta look, the need has a look.

Sharon ([15:28](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=928.83)):

Yeah.

Erica ([15:29](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=929.8)):

And it just a desperation to it.

Sharon ([15:32](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=932.06)):

So I definitely tell grievers to if they wanna keep their child's room, I love that you wanna go in there and be, be with your child. I love for that to be a place for them to go and breathe. That's not what we're talking about here. We're talking about this 20 years later, still having the room there 20 years later. Not having people there, people touching the things or what are you gonna put in the grief box? Make the grief box. If you feel the urge to make the grief box, just think about everything you're putting in there and making sure it's the things you're gonna wanna see 20 years from now.

Erica ([16:07](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=967.46)):

Right?

Sharon ([16:08](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=968.15)):

Because it's been 17 years and you open that grief box and you were like, what the heck is this?

Erica ([16:14](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=974.47)):

I laughed out loud because I thought who, let me put this in here. Like what, where was my supervision?

Sharon ([16:24](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=984.07)):

Definitely not me.

Erica ([16:27](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=987.29)):

But I love that I had the experience and that I, I I'm able to laugh. I feel sad for people who, 20 years later, open the box and break down crying. Like they just, the person just died. Yeah. I'm sad for those people. Yeah. I'm so thankful. I'm at a point in my healing where I could open the box, realize I was not in my right state of mind and know that there's not one thing in that box that has anything to do with the relationship I had with Austin or the love I have for him in my heart or the journey that he and I were on together.

Sharon ([17:10](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=1030.83)):

That's beautiful. The, the other thing is into all of our sisters. I want them to understand when you're holding that precious item and you absolutely have to have it. You, you, you need to know where it's at at all times. You won't let anyone touch it. You're deep in your grief at that moment when you're holding that precious item, because you want it because you enjoy it and you're willing to share it with others or allow them to take it to their house for two or three weeks, or you can touch it and you can post pictures about it. And it's a joy when you see it. That's the difference between grieving and healing, the need and the want right there.

Sharon ([17:55](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=1075.13)):

You wanna be on the want side?

Sharon ([17:57](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=1077.5)):

Yeah. Yeah.

Erica ([17:58](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=1078.57)):

You gotta work to get on the want side and you do. It takes work.

Sharon ([18:03](https://www.temi.com/editor/t/960E8WNnZ8HBkueAkFlcufynJgbswZLHCIPQjk_137bq1H4q3nPz3JZgYgbvPAP2IKywnNCjQacnJcA6hG1DQxfLIdo?loadFrom=DocumentDeeplink&ts=1083.09)):

Okay, sisters, Hey, here's the deal. We are every Saturday, every Saturday we drop our podcast that we love doing Eric and I enjoy doing this so much, but if you want access to us every day, where you gonna get that is in our Facebook group, click the link below and join the Facebook group. Erica and I are in there every day. We're writing. We're putting thought provoking questions for you. We're there with you with other sisters who are greeting we're in there as a group helping one another, go through this most painful process in our life. Thank you for allowing us in for these few moments. We're honored to be here with you. Goodbye friends. Bye friends. Thank you.