Tony ([00:02](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=2.71)):

Erica and Sharon are sisters who began their grief journey in 2006 when Erica's 10 year old son, Austin drowned. Together, they participated in a grief education program were so moved by this experience, they studied and became specialists so they could help the broken hearted find recovery. In 2015 tragedy struck their family once again when Erica's oldest son Donovan was killed in a motorcycle accident. Erica and Sharon are committed to sharing their experiences of love, loss, and healing through this podcast. Now your grief specialist, Sharon and Erica.

Sharon ([00:41](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=41.11)):

Do you wanna know what word I hate other than, well, I don't hate grief, but I, I don't like grief. I like that. I, we get to talk about it all the time. I guess. I guess I can say that I like that we get to talk about it all the time, but the word that I hate the most and it makes me so mad every time I hear it is fricking closure. What the hell is closure?

Erica ([01:07](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=67.33)):

That is so true. What does that even mean? What is closure and how did that come to be a term associated with relationships or broken-heartedness.

New Speaker ([01:18](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=78.25)):

And why is it that I feel like you always hear it on the news. We gotta get all the newscasters together and tell 'em stop using the stupid word. Closure. Closure is a term used to describe the process of acceptance after the death of a loved one. Did you ever get to acceptance?

New Speaker ([01:41](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=101.93)):

Acceptance, accepting that the person is dead?

Sharon ([01:46](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=106.56)):

Yeah.

New Speaker ([01:46](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=106.97)):

I mean, does that even make it any better? Just because you accept it, does that change the way you, you know, go about grieving them and being sad and longing for them? I mean, these terms are so they're so asinine when you apply it to grief because you never really get acceptance.

Sharon ([02:08](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=128.91)):

So I wonder if that acceptance seems like it's a whole show you and I can do. Okay. But this show is not about acceptance. It's about closure. Okay. So I, it also says I'm reading an article. It says, it looks like that closure is the final stage of grief.

New Speaker ([02:28](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=148.56)):

Oh, again, stages.

Sharon ([02:30](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=150.21)):

Your favorite word stages.

Erica ([02:34](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=154.169)):

It's it's really sad cuz we do people, such a disservice with this information.

Sharon ([02:39](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=159.24)):

Yeah.

New Speaker ([02:39](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=159.83)):

We really put this expectation out there that if they get to these stages and I'm doing air quotes that then their life is gonna be better. That's not true.

Sharon ([02:53](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=173.87)):

Yeah. one of the other things that I read, cause I just did some research, the internet, I says losing a loved one is hard, but especially hard if you never reach closure. And that I remember when Austin died and a few months after he died, someone said to me, when you get closure, you will feel better. I, I distinctly remember that. And I remember my entire body rejecting the word closure and I guess that's why I feel so strong about it. I felt like my entire body rejected it. And here's why, because I felt like they were saying that I needed to accept that he was gone and that I was gonna close the door on my relationship and closure to me. And I'm doing the quotes and you can see me equal forgetting, right. Quotes, equal to forgetting. That's why I hated the word closure.

New Speaker ([03:49](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=229.8)):

Yeah, it it's. Well it's, it's like a an unspoken message, you know, because, because grief makes so many people uncomfortable and no one likes to allow the emotions associated with grief in, they would rather you get to acceptance so that they don't, the people are, you know, society, your coworkers your friends don't have to be uncomfortable around you because you're grieving.

Sharon ([04:18](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=258.02)):

Yeah. Yeah. It, I also read that without closure or acceptance, you will be stuck in perpetual grief.

New Speaker ([04:28](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=268.44)):

And then see they wanna scare you. You don't, if you don't go find this closure real fast and in a hurry, you're gonna be in whatever perpetual grief is. That sounds awful.

Sharon ([04:42](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=282.31)):

Oh my gosh. So where, what we're getting to is number one, how much we hate closure. That's number one. Why you don't need closure? What Eric and I teach. And I think it is so beautiful. And so profound is that we teach completion. We teach that what you absolutely need is completion and there's no stage to it. There's no time limit to it. And let me see if I can do this without having to draw it, cuz I really figured out a beautiful way to draw it. Well you, you really, we call it the Austin circle. You have this amazing relationship with this child. You found out that you were pregnant for him. You felt him move within your body. You gave birth to him. He became the boob baby. He loved being on the boob all the time. He was really into boobs. Even when he left here. Everything about your relationship with him was the mother son relationship. That was so, so beautiful. But on the day that he died and your relationship in it way too soon at 10 short years, you were incomplete with him. You were incomplete with Austin. There were things you needed to tell him that you never got a chance to say. There were things you needed to tell him about how important he was to you about how amazing it was to have him in your life. There was also this part about that. You needed to tell him about sometimes what a little shit he was.

New Speaker ([06:14](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=374.67)):

Yeah.

Sharon ([06:15](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=375.1)):

Or that you were still mad that he never would pick up the dog poop. I'm making these up. You never pick up the dog poop. When you set him out to do that. Completing means you get to go to that area with Austin. That's just you and Austin. And you complete your journey with him.

Erica ([06:32](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=392.39)):

Yes. And that, that to me seems so much more enticing than saying closure, completing the journey with your loved one.

Sharon ([06:44](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=404.68)):

Yeah.

New Speaker ([06:45](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=405)):

That, that is a whole different. And it's true. When, when you say the word closure and you think about the people you've lost, you do resist and you does make, you get a little defensive. But when you hear complete the journey,

Sharon ([07:00](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=420.47)):

Yeah.

New Speaker ([07:01](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=421.27)):

It's a whole different vibe.

Sharon ([07:03](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=423.39)):

Because it's personal. Closure is what I wanna have with the guy at the bank that gives me close out my checking account in a timely fashion. I wanna have closure with him because I never wanna see him again.

New Speaker ([07:17](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=437.33)):

Right.

Sharon ([07:17](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=437.681)):

Right. So impersonal closure seems almost like it has a negative connotation attached to it where completion is about me and Austin. It's about me and daddy. It's about everything that daddy and I went through. It's about the time that he spanked me. And I was so mad at him. It's about the time that he showed up at my school. And I wasn't expecting him to be there. It's about the time that he bought us home, the Hershey's bar because he forgot to get us a Valentine's gift that's completion. I needed to say all these amazing things to him. Not only that we also teach how to complete throughout your life with someone how's so important to keep the communication going when you are on the journey with them.

New Speaker ([08:06](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=486.72)):

You know, people think, you know, oh, that's's not important. You know, especially the stuff you went through with, in your childhood, with your, when it comes to a parent or stuff that I might have experienced with Austin when he was young, that stuff's not important. You don't carry that, but that's not true. You do. You and I have seen it real live and in color, the heart, just like the brain is a muscle that maintains memory. You know, when you go to the gym, they're like muscle has memory, which I still believe that's a load of crap, but cause my, my muscles have amnesia.

Sharon ([08:40](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=520.17)):

So my butt though, my butt really has a lot of memory.

New Speaker ([08:43](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=523.01)):

My muscles have amnesia, but your heart, when you start talking about those stories.

Sharon ([08:48](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=528.73)):

Yeah.

New Speaker ([08:49](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=529.021)):

Your heart remembers.

Sharon ([08:50](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=530.49)):

Yeah.

New Speaker ([08:51](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=531.04)):

And, and we call 'em heartstrings. When you hit a little tender spot, you have a reaction in your body and those emotions are connected and you may not realize you've been carrying it for 30 plus years, but you still are. You absolutely are. And that's why it's important to complete the journey so we can take the good, the bad and the ugly. That's stuck in your heart and get it out and leave you with the beautiful.

Sharon ([09:22](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=562.49)):

Do you think that you ever reached closure Erica?

New Speaker ([09:26](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=566.17)):

No, because I don't even believe it's a real thing. Somebody made that up.

Sharon ([09:29](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=569.151)):

Yeah. I agree with you on that. I'm I'm just sitting here thinking about it. Like I never even tried to achieve it. I never even tried to achieve it cuz I didn't buy into it. Here's the other thing that I find so amazing when I tell clients, especially if I've just met them and they share their loss with me that there's no such thing as closure, you can almost see their shoulders relax or their face change because they have no idea how the hell they're supposed to achieve closure.

New Speaker ([10:00](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=600.99)):

And it seems completely foreign that it's something that's even possible, you know? And that, I agree with you. We need to take that word out of the news media and talk shows a lot of talk shows.

Sharon ([10:13](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=613.11)):

Yeah.

New Speaker ([10:13](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=613.54)):

Use it when they have their whoever experts on, they use it a lot. We, we need to talk more about completing the journey, making it so that everything that was left unsaid is spoken all the the hopes and dreams that won't be obtained are acknowledged.

Sharon ([10:35](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=635.71)):

Yeah.

New Speaker ([10:36](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=636.001)):

You know? Cause that was a big part for me too. We just, over the weekend, went to a wedding in San Diego and all of us our, we were with our mom, all of the siblings got together and I did not for, and it was someone that was in Donovan's peer group. He grew up with Ashline it not one time did I think about him not being there and, and I would've normally.

Sharon ([10:59](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=659.47)):

Yeah.

New Speaker ([10:59](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=659.761)):

Because that, that was a big thing for me of, you know, in the beginning I was never gonna see him get married and my heart was absolutely broken about that. But I, because I am complete in that area. I didn't have a reaction, not one little bit.

Sharon ([11:15](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=675.46)):

Yeah. Yeah. That longing and missing seeing his wedding cuz you're complete in your journey with him.

New Speaker ([11:22](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=682.32)):

Yeah.

Sharon ([11:23](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=683.059)):

Completion is a beautiful thing.

New Speaker ([11:25](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=685.07)):

It is.

Sharon ([11:25](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=685.51)):

Really is a beautiful thing. Okay. So just the other day, you guys, this the Uvalde, Texas shooting has just happened two weeks ago. And you know, as the news media does, they interviewed everybody that they could find, they got pictures. They replayed the pictures about five days in they start interviewing each other as they usually do when they're at the scene. Right. Cause they don't have anybody else interview. So the newscasters start themselves. And I saw one gentleman that asked another gentleman, what do you, what do the people, this was his exact question. What do, what do the people of Uvalde need right now? And he said, the first thing they need is closure. That's what he said. And I, I really wish I was standing right there cuz I would've asked him, what do you mean by that? Because I don't even think they know what they need. And like when, when were they gonna get this closure? I mean, 19 children died. Now they need the closure before the funerals even take place or do we take have the funeral? And then the closure takes place is closure. Something we achieve over time is closure. A place that we go to. It's like, it's so weird. This closure thing that everyone speaks of.

New Speaker ([12:44](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=764.15)):

Well, and I bet if he would've contacted one of the parents, surviving parents from Columbine or one of their surviving parents from the Parkland shooting or Sandyhook and asked them if they had closure, they would use the F word and hang up on it because.

Sharon ([13:01](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=781.55)):

Yeah.

Erica ([13:01](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=781.8)):

Every single one of those families I bet was triggered by watching this again, happen to another school. You know? So if they, if closure is so obtainable, why don't these other families have it?

Sharon ([13:16](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=796.23)):

Right. Right. I agree. I agree with you. I guess that I'm gonna piggyback on something that I already talked about and that is completion being so personal. And I think you, you really hit about it on the, with the wedding only you and Donovan walked that relationship together from day one only you and Austin walked. What I shared only you and daddy had your relationship with him. Only me and daddy had my relationship with him. I was the only one that had the relationship with Sharon. You're the only one that's had the relationship with your husband. Right?

Erica ([13:53](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=833.22)):

Mm-hmm.

Sharon ([13:53](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=833.22)):

So it's completion is such a personal thing because only, you know what you're experiencing only, you know what you're feeling only, you know what needs to be said only, you know, the parts that you're gonna hold and you don't wanna say out loud, the ugly parts cuz that's in every relationship only, you know, those things. So only your heart can complete the journey to the pain, loneliness and isolation of any relationship.

Erica ([14:23](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=863.3)):

That is so true.

Sharon ([14:24](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=864.91)):

Yeah.

Erica ([14:25](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=865.26)):

And that, that those are the things that are not spoken about.

Sharon ([14:28](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=868.77)):

Yeah.

Erica ([14:29](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=869.07)):

Those are the parts that are not encouraged. Go find healing so that your walk with that person is complete.

Sharon ([14:38](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=878.93)):

Yeah.

Erica ([14:39](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=879.44)):

And you don't have to carry those. Like you said, the unspoken things that you don't want to admit out loud to anybody, you know, you know what they are, everybody has them. There's no perfect relationship. There's no perfect person. Everyone has a little bit of ugly. You have to acknowledge those things. You don't have to say them to us. We do not require people. Tell us the, the nitty gritty and the ugly.

Sharon ([15:03](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=903.43)):

Yeah.

Erica ([15:03](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=903.9)):

We always share whatever you want. It's content free as long as you are acknowledging. Yeah. So it's not that we are forcing you to sit down. We're not Scientologists, you know, tell you all your ugly things. It's just for you to acknowledge so that your heart knows what's going on so that you can complete it. And, and that journey and, and be stuck with the beautiful, the beautiful memories.

Sharon ([15:31](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=931.72)):

100% and it's twofold. There's two parts to the completion. And one, one is that you and I walk them through the steps of everything that they need to complete a relationship, but it's twofold. It's the hardest thing you will ever do. And it's the most beautiful thing you'll ever do all wrapped up into the same package.

Erica ([15:53](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=953.02)):

So true.

Sharon ([15:54](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=954.24)):

Yeah.

Erica ([15:54](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=954.34)):

So true. Because you get to experience the relationship again.

Sharon ([16:01](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=961.04)):

Yeah.

Erica ([16:01](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=961.06)):

And kind of dissect it in a way that you've probably never done before.

Sharon ([16:05](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=965.31)):

Yeah.

Erica ([16:05](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=965.74)):

So there's things that I know. You share sometimes in our weekend seminar, when we were doing them in person, you came up with a memory, you had forgot about our mom that you really enjoyed from your childhood and it brought you to tears and it's, you know, it was a beautiful thing. There's parts. When you have to really sit down and review the relationship, you get to remember, there are beautiful moments that you're like, oh my God, I forgot about that.

Sharon ([16:35](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=995.02)):

Yeah.

Erica ([16:35](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=995.16)):

And it make you smile. Not every bit of, of completing the journey is sad and dark and miserable. There's a lot of parts that are beautiful that make your heart smile.

Sharon ([16:47](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1007.64)):

And that is the part that you take on with you when you're complete.

Erica ([16:51](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1011.64)):

Yes.

Sharon ([16:51](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1011.96)):

You take on that part of loving them, of being with them. That's the part you take on with you.

Erica ([16:58](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1018.27)):

So true. Those are the best parts.

Sharon ([17:00](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1020.65)):

Yeah.

Erica ([17:00](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1020.651)):

And we, as the, as the witnesses love it because we love learning about people's relationships through their eyes and hearing their stories. It's it is a very, very beautiful thing.

Sharon ([17:13](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1033.84)):

So what, like, just for an example, one of the things we would always tease Donovan about is that he was in the pretty committee, meaning that he was really pretty, he could have been blonde. He was really pretty, really dumb. Thank God. Got those looks because they're gonna take you a long way and you're gonna really need that. And there were a couple of nieces and nephews that are in the pretty committee. They have like their whole little group. We still joke about the pretty committee to this day and Donovan being the president of the pretty committee, because that's the part of being complete that we can go there and have that conversation.

Erica ([17:46](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1066.48)):

Oh yeah. We, we, I have a that we've met here and when Donovan was living here and we were talking about it at one of Jordan's baseball games, the pretty committee, and now they say it for their daughter, cuz they're like, oh she is so pretty committee. So it's hilarious because it even has come out, you know, gone outside of the family. But when you're pretty committee, you know.

Sharon ([18:11](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1091.85)):

No offense to the blondes out there. I just, I had to use so people can understand. So yeah. And so that's the part of being complete, like you and I can sit and talk about usin or Donovan or daddy and just laugh because we're complete with that. You got to be at that wedding and enjoy the wedding fully as opposed to 10 years ago or, or seven years ago, when you went to the wedding shortly after Donovan had died and all of a sudden you realized you were never gonna see him walk down the aisle and you went in the bathroom and closed the door and called me crying.

Erica ([18:47](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1127.69)):

Yeah.

Sharon ([18:48](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1128.81)):

In those two, not being complete and being complete.

Erica ([18:52](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1132.79)):

Yeah. And that was another person in his peer group. And I did, I was it, I didn't even go into it thinking that I was gonna have that reaction, but yes, I was spent the most of the, most of the ceremony in the bathroom, bawling my eyes out because I was never gonna be able to see him get married.

Sharon ([19:13](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1153.369)):

Right.

Erica ([19:13](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1153.37)):

And what a complete difference seven years later where I, I mean, not that he didn't come to my mind cuz I do. I think about him all the time, but just a completely different reaction. And I prefer the second reaction over the first.

Sharon ([19:26](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1166.9)):

Oh yeah. And I don't ever consider that it was ever closure.

Erica ([19:32](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1172.81)):

Right.

Sharon ([19:33](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1173.23)):

It's always been completion. Yeah. Absolutely closure thing guys. It's really a beautiful thing to complete your journey with your loved ones. Or as Erica always says your less than loved ones. If you got a divorce and it was a terrible, terrible marriage and a terrible divorce, that relationship still needs to be completed too. Whether they're living or deceased, you can complete with anyone. Once you need rules. Once you rules, you can complete with anyone.

Erica ([20:04](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1204.51)):

Sorry. I didn't mean to jump in there. People think that you don't grieve people that you don't have good relationships with, but you absolutely do.

Sharon ([20:11](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1211.77)):

Yeah. It's a grieving experience that you're living out loud, loud.

Erica ([20:15](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1215.24)):

Mm-Hmm.

Sharon ([20:16](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1216.369)):

Yeah. Okay. Friends, don't be afraid of completion. It is a beautiful thing. I promise you that. And we'd love to give you and show you the steps for it.

Erica ([20:28](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1228.99)):

It's something that will change your life for the better. I don't know about this closure thing. Definitely need to stop using that term. Even if you don't meet with us, please start talking about completion because we need to get that out there.

Sharon ([20:42](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1242.77)):

So you and I say that we're gonna teach grief until the day we die until the day we leave here, because we wanna change the conversation on the word grief on this earth. If only thing we got across, if we two things, two things. If we got people to stop saying closure and start saying completion, we've done our job. That's number one. Number two. If after a tragedy, we get people to stop saying Uvalde strong Saga strong. If we could get them say together.

Erica ([21:14](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1274.5)):

Yes.

Sharon ([21:14](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1274.859)):

Whether we are broken, we've done our job. So that's our mission. Let's get to work on that.

Erica ([21:19](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1279)):

That's right. All see you later. We got, we got work to do.

Sharon ([21:25](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1285.47)):

Bye.

Erica ([21:26](https://www.temi.com/editor/t/BB9k246pvpRGpBFo59PnE2PTTg4cqn25bvyfv4Qd8C_k1jZaMmAgxmyLjC2OikjK08DFVdMpD60yC-HeG6q-Y4xCJmY?loadFrom=DocumentDeeplink&ts=1286.85)):

Bye friends.