

Is This Grief?
Take the quiz

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**Healing Starts with the
Heart**

*Sharon and
Erica.....*

The Broken Heart.....*quiz*

How can the sisters help me with this pain?

We use a three-step process:

1. We start with the definition of grief:
What is grief?
We studied the science of grief and why so many in society are ill-prepared to help.
2. We walk you through an exercise where you get to examine your heart and we gently look at all of the brokenness in your heart. You are doing the heart-work we are simply the guide; we look at loneliness, isolation and pain.
3. Then again with heart-work we assist you as you begin to complete your relation to pain, loneliness and isolation. So, that you can hit the reset button on your heart without overwhelm.

Without our healing program we know women that have quietly suffered for years. At some point they feel no one wants to hear their sad story so they stop telling and give up. We know that at one point in her journey Erica said, "I will just have to live like this for the rest of my life". Friends we are here to tell you that is not true.

With this amazing healing program, our clients have been able to heal their broken hearts. Go back to their busy families and live again. Our clients are able to talk about their loved ones without falling apart. They are able to help their children grieve as well. They can look at photos of their loved ones and share stories without falling apart. Most importantly they are not living in perpetual anxiety and overwhelm. Like the sisters your life will be forever changed. But you do not have to live in the total pain and agony day in and day out. The women with the broken heart are doing the work we are simply the coach.

The Broken Heart.....*quiz*

Have you experience the death of a close family member?

Yes | No

Have you experience the death of a distant family member?

Yes | No

Have you ever experienced a miscarriage, stillbirth or abortion?

Yes | No

Do you have a strained relationship with your current spouse or romantic relationship?

Yes | No

Are you having a strained relationship with a living parent?

Yes | No

Have you ever experienced the death of a spouse?

Yes | No

Did you ever have a pet die?

Yes | No

Have you ever quit a job?

Yes | No

Have you ever been fired from a job?

Yes | No

Were you ever bullied in school/work?

Yes | No

Have you had a major financial change?

Yes | No

Have you experience a divorce? Or multipole divorces?

Yes | No

Do you harbor sad feelings towards a deceased parent?

Yes | No

Are you in a difficult relationship with your bothers and sisters?

Yes | No

Are there long stretches in your childhood that you do not remember?

Yes | No

Have you experienced a series of illnesses or accidents?

Yes | No

Have you had a long series of unsuccessful relationships?

Yes | No

Did you **NOT** graduate from high school/college?

Yes | No

Are you questioning your relationship with God/Your Higher power or church?

Yes | No

Did you move multiple times in your childhood? Leaving family and friends behind?

Yes | No

Did you have childhood religious training that has broken your heart?

Yes | No

Do you harbor any resentment or sad feelings towards a friend or relative?

Yes | No

Were you physically abused during childhood/adult?

Yes | No

Was a non-typical child born into your family?

Yes | No

Have you experienced a loss of safety?

Yes | No

Have you experienced a loss of fertility?

Yes | No

Have you experienced a change in your independence?

Yes | No

Have you had a change to your health? Or a series of illnesses or accidents?

Yes | No

Is a family member questioning their relationship with God or church?

Yes | No

Were you sexually abused during childhood/adult?

Yes | No

Have you experienced sexual abuse as an adult?

Yes | No

Did you experience a loss of trust?

Yes | No

Have you experienced a loss of safety?

Yes | No

Are you experiencing a loss of hopes and dreams?

Yes | No

Are you over-drinking or using illegal drugs? To cope with the pain.

Yes | No

Have you experienced the loss of the use or function of any part of your body?

Yes | No

After being the full support for my baby
sister the number one thing that I
learned is: Women in pain from a broken
heart need someone to walk along side
of them without judgement
-Sharon

You are in possession of a tool that is the first step designed to get you massive results when implemented correctly. Here is the deal friend, we know that this looks and feels so simple. The truth is that a broken heart although it feels like the worst pain ever, (and it is). The tools for repairing your broken heart are simple. You just have never been given the correct tools to repair your heart.

But unless you understand what each tool is and see them all put together as if we were building large heart puzzle you will never understand it. Trust us we did not understand it all at first.

Let us give you an example. Step one is acknowledge that you are in fact suffering from the pain of any unfinished business in your heart. This Quiz/Survey helped you to achieve step one. You, my friend all by yourself were able to answer the questions and see that yes, I am grieving. My heart is broken.

It's like you have the keys to your most amazing dream house on the hill with a view of 1000 beautiful mountains and the bluest of sky's. Just off to the left you can see the rolling ocean waves coming in one after another. But you cannot find the front door.

So, if you would like to use these tools to their fullest potential, we want to show you how though an in-depth, advance training where we will take a look at what completing a relationship to pain, loneliness, and isolation truly will look like for you.

