

The Grief School

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Episode : S11E227 -

The First Holiday After the Loss Part 2



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the grief school
**THE PLACE
WHERE YOU
LEARN TO
GRIEVE**

with Sharon

Sharon ([00:01](#)):

Okay. No big intro here. This is part two of Nanette, sharing her amazing family and surviving the holidays, her own, own personal story through healing and growth during the holidays. So we left off of part one. You are in a hotel in Kansas. It's the holiday season. Your husband Craig, who was just your friend at the time, says, come out here, let me help you with this. So you go out there, tell me what the greeting was like in a different state.

Nanette ([00:31](#)):

I am good at putting things aside, playing the role. So I was excited to see him instantly. He told me when he picked me up from the airport, he said, the family can't wait to meet you, but we don't have to go. I'm like, oh, Lord, I don't wanna be around nobody's family. I just left mine. I don't, I don't, I don't have, but I couldn't say no. I felt I couldn't say no. And I said, oh. He said, well, we don't have to go. I said, no, no. If they're up waiting at 1130 at night, we're gonna go. So let's just go by. But if you mind, we don't stay too long. And he goes, oh, absolutely. In and out. I walked in. He has two sets of twin nieces 10 and two at the time. And the, they all were up.

Nanette ([01:30](#)):

The sister was down from Oklahoma. Sister that lives in Kansas was over. Mom was there. And they, the two 10 year olds greeted me at the door with hugs. Like they hadn't seen me in a year. And I'm like, what are you guys doing up Santa's coming soon. I said, it's 1145. You got your letters outright, you gotta go to bed. We haven't done our letters yet. I was like, what? And literally, everybody gave me a hug. Me and the kids sat down and we did a letter to Santa. I had never met them.

Sharon ([02:11](#)):

Oh, my. That fills my heart. How amazingly. Beautiful. But listen to what you just said. I left my family behind and joined in with this new family.

Nanette ([02:23](#)):

Yes. It, it was such an easy holiday for me.

Sharon ([02:29](#)):

Hmm.

Nanette ([02:30](#)):

Of course, my guard was up. I did definitely didn't wanna be around children. I couldn't even be around my, my godchildren because they remind me of my daughter because every holiday they're all together. Now I see them and one is missing.

Sharon ([02:48](#)):

Yeah.

Nanette ([02:49](#)):

So I couldn't even be around them for a long period of time. But here I am writing Santa letters with two little girls that I don't even know. The, and the 2-year-old, they're, they're scribbling on their paper too. So to get ready for Santa, literally a hour and a half later we got the letters done because they had, they had to read it to me. We had to spell the words. Right. All of that. We had to get the cookies. They had cookies, but they hadn't poured. Yes. We had to get the cookies on the plate, the milk. They all gave me hugs, goodbye. Wanna know if they were gonna see me tomorrow. And I'm like, of course, I gotta see what Santa's gonna bring you. And they off to bed. We left and my heart was full. The only thing I could say was, thank you, God.

Sharon ([03:34](#)):

Yeah. Because

Nanette ([03:36](#)):

I didn't expect that at all, and definitely didn't want it. That's somebody else's child. And mine's just not here.

Sharon ([03:46](#)):

Tell me about the longing and the grief. Did it show up during that time at all?

Nanette ([03:51](#)):

It didn't show up because I he got two twin beds for us. And, you know, so I asked him, I said, no, you don't have to drive back. You can stay. We're grown, da da da da. We were gonna talk all night, but he went to sleep. <Laugh>, I was up. I didn't really sleep well. Mm-Hmm. But my heart was at peace for some reason. It was very weird.

Sharon ([04:17](#)):

One of the, one of the things I often teach grievers, we talk about, especially at this holidays, is to have a plan. Mm-Hmm. <affirmative> have a plan. Leaving town is a plan. Right. It was an amazing plan that you had. It was,

Nanette ([04:31](#)):

It was,

Sharon ([04:32](#)):

It was survival.

Nanette ([04:33](#)):

Yes. And

Sharon ([04:34](#)):

A reasonable doubt. And you got blessed to just go into such an amazing family and walk into that home and have that experience, which was truly a blessing, having that plan. And so, I'm, I'm so glad your grief specialist before said you gotta leave town, your therapist, because that was, that was perfect for you.

Nanette ([04:52](#)):

Yes. That was perfect for me because I didn't have anybody else. I had my godmothers, but my godmothers was part of my circle.

Sharon ([04:59](#)):

Yeah.

Nanette ([05:00](#)):

But the, the main, the main two were missing.

Sharon ([05:03](#)):

Yeah. Yeah. And that's not even why I wanted to do this show, even though I, I, I don't think I'd ever heard that story before. That's beautiful. I'm so glad you shared it. So you come back home

Nanette ([05:15](#)):

Yes. To

Sharon ([05:15](#)):

Grief, pain, brokenness, and the reminders. Mm-Hmm. <affirmative>, you come back home to that Mm-Hmm. <Affirmative>, you start the grieving process all over again. Mm-Hmm. <affirmative>.

Nanette ([05:24](#)):

It was like, it just happened.

Sharon ([05:26](#)):

And it, it, even though you got this respite, which is so beautiful, you got this respite, then you come back, you go into it, I think it was like August of that year that you reached out to us.

Nanette ([05:38](#)):

Yes. Yes. Because I really went into negotiation with God. Hmm. And I wasn't gonna let it go.

Sharon ([05:47](#)):

Hmm.

Nanette ([05:52](#)):

And I was just, I was just angry and mad and I didn't wanna learn how to get through it. Yeah. Because I needed him to understand what I needed him to do. Yeah. I even, I even talked it out. I told him, you know, don't worry about it. I got you. You know, people say you don't make mistakes, but if you're human like we are, everybody makes a mistake. No. We just don't know. And if, if you would like, I can share the conversation. It's, it's really

Sharon ([06:20](#)):

Sure. Because the other thing is like, you bring her back now or else

Nanette ([06:24](#)):

Yeah. That, oh, that was my thing. It's like, look, I had had it one night. I had just had it and talking and praying and asking why Of course. And why my daughter. And you know, there's other people out there that are doing harm. Oh. I went, I, I reminded him of everybody. And then I walked and I got ready to go to bed. It wasn't a pre-thought, but when I put my leg on the bed, I had one dangling down, one crossed. I said, look. And I had my finger pointed, this has gone on long enough. Bring her back. Now.

Nanette ([07:00](#)):

Now people are gonna be shocked and they're gonna not know what to do, but they're gonna get over it. They're gonna love her because they already love her. I've lived a full life. I've done everything I wanna do. Take me. They're gonna be here to comfort her. She'll be fine. Now, when I go to sleep in the morning, I wanna be looking at you. I flung my covers. Or like, I mean, I was mad Mm-Hmm. I did everything but curse me better than that. And I laid down. And I, that was a peaceful night's sleep that I hadn't had. And since my daughter passed, I, I don't think I even tossed and turned. I don't think I moved from my spot. The next morning I opened up my eyes slowly to see what I was gonna see. And I saw my blue curtains and I was so disappointed. It was personal. And I just cried. And I was like, you're not gonna bring her back.

Sharon ([08:06](#)):

Hmm.

Nanette ([08:07](#)):

And I knew I was ready to find healing

Sharon ([08:13](#)):

And start doing the work. Mm-Hmm. <affirmative>. I bet you more people have that conversation than are willing to admit. I bet you there are a lot of moms out there that have had that conversation.

Nanette ([08:29](#)):

Yeah.

Sharon ([08:30](#)):

Yeah. I'm so glad you shared it, because we want everybody to know that you, this is where you go sometime. Yeah. I can't remember if you, I think you text Erica and I and said, Hey, I am ready.

Nanette ([08:43](#)):

Yes, I did.

Sharon ([08:44](#)):

Yes. Here's what I wanted to, I was thinking about you this morning that I wanted to share. You came to every session. You never missed. You did everything we asked you to do. You said, I'm ready. Mm-Hmm. <affirmative> I, we typically need to meet with you kind of to see where you are. And we needed to judge where you were at at that moment. And then we knew, we knew, even though that much time had passed, you really needed to start at the beginning. Yeah.

Nanette ([09:12](#)):

We

Sharon ([09:12](#)):

Started you at the beginning. Sometimes when we meet with Grievors, they're a little bit further along in their grief and their healing. And we can start at a different spot. But you, we needed to say, Hey, this is grief. This is what it feels like, and this is how you process it. Mm-Hmm.

Nanette ([09:26](#)):

<Affirmative>

Sharon ([09:27](#)):

Started in processing the pain.

Nanette ([09:29](#)):

Yes.

Sharon ([09:31](#)):

Which was amazing. You took every little bit serious. You ju you went in a hundred percent even. And still mad. You went in a hundred percent. Oh

Nanette ([09:40](#)):

Yeah. Still mad.

Sharon ([09:41](#)):

Yeah.

Nanette ([09:43](#)):

But I knew by then that what I was demanding, I wasn't asking <laugh>. I asked in the beginning. Then I got to be like, look, you know, I was demanding that it was unrealistic that I had to start accepting. Yeah. that she wasn't coming back.

Sharon ([10:07](#)):

That she wasn't coming back. Mm-Hmm.

Nanette ([10:09](#)):

<Affirmative>.

Sharon ([10:09](#)):

We did much needed grief work. Mm-Hmm.

Nanette ([10:12](#)):

<Affirmative>.

Sharon ([10:13](#)):

We cried a lot. We did it all on Zoom. So we weren't even there to give you a hug.

Nanette ([10:18](#)):

Yes.

Sharon ([10:20](#)):

We talked. We cried. We laughed. Yes. People think you're gonna come here and you're gonna absolutely laugh. We met every week. We did the extra work. And, and what I said to you was, we're gonna see you change before you absolutely feel it. And that's what was happening. We started to see you change. You did some amazing things that I thought was really beautiful. You got memorial tattoos.

Nanette ([10:44](#)):

Yes. <laugh>. I did. So just real quick, I have been wanting a tattoo since Sheena was, she ended up been talking about tattoos since she was 16. And that was absolutely not. She had to wait till she was 18. Then she went off with her godmother and got her first tattoo. And I liked to die. 'cause I'm like, oh my God, I can't believe you. You were still on that and you got it. So then Tigger came out and I was a Tigger fanatic, so I was gonna get a Tigger and I had all these press ons. Every time I go away on a vacation, I'd take a picture for her. And I'm like, look, I got a tattoo. She goes, it's not shining. So I didn't do my research on how it was supposed to look. But anyway, she said, you're never gonna get one, because the first time you hear it, z and it, you feel that pain.

Nanette ([11:30](#)):

You're gonna say, okay, that's it. You're gonna come back with an extra mole. 'cause I don't do pain. I don't know how she does. 'cause She had plenty of tattoos. So it was just a running thing with us. Every time I'd see something I'm like, oh, I like that. That'd be a nice tattoo. She goes, Mm-Hmm. I'll find your sticker and move on. <Laugh> when my daughter passed, and this, she passed in September. It was in July. I was going through her phone, her pictures. 'cause I wanted to make sure I had all the pictures that she had that maybe I didn't have. So I, I kept her phone on for a year. So I transferred all majority of, you know, pictures of her that I wasn't sure if I had or I liked. And I probably had 'em already in my phone. And I found where she had a Tinker Bell tattoo picture, which was, she was very sexy. She had locks on one side and she was a sister and, you know, and she had, she was bent over, very shapely. 'cause My daughter was very shapely.

Nanette ([12:49](#)):

So she was very shapely. She was very shapely. So what I did is my daughter growing up, she was a girly girl and a tomboy played basketball. So her favorite outfit were tennis shoes, crop pants, a cute blouse, nails, <laugh> hair, all done up <laugh>. So I put her into that outfit. I found, I went on Instagram and I just was looking at tattoo artists and I just, you know, in my area, I just kept looking at all of them. Would stay up half the night looking and found a place that looked like they was close. They had excellent reviews. And so I had three tinkerbells that I needed paste together. This is the outfit. 'cause I had Sheena, this is Sheena's fit picture. This is how the, the, the shapely is great, but I want her standing up, you know, so they could like, you know, draw me out something. And the young lady actually did as close as she could to Sheena's face. Wow. Sheena was up in a bun all a hundred percent of the time. And so she did it. And I was thinking about something this big, and it actually came out this big <laugh>.

Nanette ([14:08](#)):

Oh. And we thought, yeah. So I said, well, okay, that's beautiful. Because they told me when it was ready to come down, look at it. And I was just amazed. And I said, okay. I said, well, when do I make the appointment? She said, well, we can do you now if you want. And I'm like okay, <laugh>, but I need to be numb. So we went through the process and I felt good. I was six and a half hours. She gave me two 20 minute breaks. And they told me I could tap out if I wanted to, which is me saying, okay, I can, I'll have to come back tomorrow or whenever you come back to finish it. It wasn't until we got to the last wing and I said, okay, I don't know where you are, but that numbing stuff is not working. I had the owner there by, he was by himself. The other artist didn't have anybody. It was a weird day because they said they normally have so many walk-ins on a Friday. And they didn't. So it was, I had the owner playing in the great oldies movie of music war. And he was explaining the history and the Long Beach and they were so cool. They were holding my hand at one point.

Sharon ([15:30](#)):

What a great experience.

Nanette ([15:32](#)):

Yes. They were so awesome. And then the lady was doing it and I said, okay, where are you right now? She says, we're on the last wing. I said, she doesn't need a last wing. We can, that's okay. We can do one wing. She'll get her other wing when I get up there, <laugh>. And they were like, no, 'cause Mike called my daughter pumpkin. Hmm. They were like, pumpkin has to have the two wings. I said, no, she don't

<laugh>. And they were like, yes, she does pumpkin. Pumpkin has to have two wings. And they just kept talking to me and talking about pumpkin. Like they knew her. And I got through it.

Sharon ([16:08](#)):

It was so beautiful. It is also part of the healing. I think that that tattoo added to your healing which was so beautiful. I love that story. But at some point you order a Christmas tree ornament with Tinkerbell on it. Tell us about that.

Nanette ([16:30](#)):

So I was on Estee and you know, they do a lot of personalized things and they had a black she's probably an angel, but she looks like a Tinkerbell to me. And it's a baby, like a, not a baby version, but she has like a baby face sort of. But, you know, and she had the wings and the little outfit on and she was flying and you could put her name on it and round, you know, like a little round circle. And she was so beautiful. And I'm like, I have to have that. So I ordered it and it came in time for, for that next Christmas. And I couldn't even open it to look at it.

Sharon ([17:13](#)):

Hmm.

Nanette ([17:14](#)):

I, I could not, I couldn't order to look at it. So I had it, it's, it was it. I opened up the box and it was, you know, it was in a, in that heavy white paper and I just put it under my pillow. And that's where she stayed until it was time to pack up the Christmas stuff. And she went in my drawer, of course not in the Christmas packet. She went in my drawer last year. I wanted my girl out. Because you going through the therapy with you and Sharon, I mean, you and Sharon, you and Erica. I was in a good place to be able to see her name.

Sharon ([18:05](#)):

Yeah. Yeah.

Nanette ([18:07](#)):

And have her part of Christmas, because I decorate every year at the cemetery for her and my mom. And it's almost like a, a circus out there. I mean, we got candy canes like up, we got Santas flying and I mean, you, it, it doesn't look like a cemetery marker. And I have double plots. So it's huge gate around it. We got everything out there, but not in the ho not in my house. Last year also, my girlfriend sent me a white angel and no year before last. And I did put that on the tree, but I couldn't put Sheena out. So last year after going through my counseling with you and Erica, I felt comfortable and confident enough that whatever it bought, it was okay. If it made me cry, if it was okay that it brought me to my knees, I knew I could live through it.

Sharon ([19:02](#)):

So you and I just happened to do a pickup call and you were like, yeah girl. And I decorated for Christmas and da da da. Oh yeah. And look at this. I pulled the ornament out and you just said it in passing and you were just going through the thing. And I was like wait, hold up.

Nanette ([19:18](#)):

Yes.

Sharon ([19:19](#)):

What up? And you're like, the Orman look, lemme show you. And you showed me with the phone and we were just talking and I was like, Nanette, do you realize the significance of that? That was such a huge part of the healing for you. Mm-Hmm. <Affirmative>. And for Sheena that it was ti it was ready. Mm-Hmm. <affirmative> It was time.

Nanette ([19:38](#)):

Yeah. It was time

Sharon ([19:39](#)):

For her to come out. And it just showed that I'm ready to accept this holiday with Sheena and, and the joy. Tell me more about that. And, and when I said that to you, your eyes opened big.

Nanette ([19:54](#)):

You're like, because I didn't even realize it. Yeah. Yeah. The deal is, I, 'cause when I decorated the tree, it was, I have a four foot tree. She had one, I had one when my mom passed because I didn't decorate after my mom passed either. I stopped all the house decorating and all of that. And so eventually she didn't want to get back to it. So I had bought us both these four inch trees that are in a pot. And so when I put it up and I did all the little bows on it, whatever, I still didn't put her her ornament on that day. But just all of it was, I can't even now remember what it was. And I'm like, I'm ready to put the ornament on, on the tree. And I just went and got it and put it on. I didn't, I didn't have it under my pillow. It was still in my door where I put it. I went and got it and I looked at it, I'm like, oh my God, it's so cute and da da da. And I just hung it on there. It just felt, it felt right. It felt natural. It was a forced thing.

Sharon ([20:53](#)):

It was significant of you and her and where your relationship with her, your spiritual relationship is with her now. I, that's the, the huge significance to me.

Nanette ([21:03](#)):

Yeah. Yeah. It was just but I wouldn't have gotten there without the work that we did. I, I just can't say that enough. It was the work that we did. Because a lot of times I didn't even want, you were asking some questions and I'm, I'm like, I'm gonna cry again. I have never cried so much in front of somebody in my entire life.

Sharon ([21:24](#)):

Yeah.

Nanette ([21:26](#)):

Entire. And, 'cause I'm holding it in and then at night I'll cry. Yeah. Nobody knows. But to be able to do that. Yeah. And I trusted you and Erica to let my feelings out. Yeah. I trusted you guys a hundred percent to say whatever it is I felt, whether it was politically correct or not. Yeah. How crazy. It sounded. But

Sharon ([21:50](#)):

I wanna say something. Nanette, let me just say this 'cause I wanted to connect this dot. You were my sister Charlene's best friend. You would be at family functions. But you and I had never really had intimate conversations. Mm-Hmm. We didn't know each other.

Nanette ([22:03](#)):

No, I knew you. You were Sharon, the older sister.

Sharon ([22:07](#)):

Bossy oldest sister <laugh>.

Nanette ([22:08](#)):

Yeah. Yeah. You bossy older sister.

Sharon ([22:11](#)):

You and I had never Mm-Hmm. Like, you'd be on girl, give you hope and all that,

Nanette ([22:17](#)):

And then we move on

Sharon ([22:18](#)):

And move on. But we weren't, we didn't know each other intimately. No. So it wasn't like you felt comfortable coming in. I was just as much a stranger to you as your therapist was.

Nanette ([22:27](#)):

Exactly. But I knew you gave me the comfortability.

Sharon ([22:32](#)):

Yeah.

Nanette ([22:33](#)):

Yeah. And I can't say I trusted you because of, I mean, I knew, I knew I would be okay. Which that was something that both of your sisters always told me. Yeah. that was something that everybody told me, you're gonna be safe with Sharon. And I'm like, it's not the fact that I think I'm not gonna be safe. I'm just not ready to do it. Yeah.

Sharon ([22:56](#)):

Yeah. And you came when you were ready. And I say that all the,

Nanette ([22:59](#)):

And when I knew, when I was ready, I knew I was going give you everything.

Sharon ([23:05](#)):

And people come when they're ready. They don't come until they're ready. And that's just it. Mm-Hmm. Okay. Mm-Hmm. Yesterday you and I were talking and you said something to me. I have not decorated for Christmas since 2014.

Nanette ([23:19](#)):

Yes.

Sharon ([23:19](#)):

And when you say decorate, you mean like pull out all stuffs <laugh>

Nanette ([23:24](#)):

Stockings. We got the railings railings decorated. We got outside decorated. We got doors decorated. I mean the coucher decorated. They got the Santa Hatch draped over. That was my mom and Sheena's that we would wear. And we had three. So now I got four. 'cause Of Craig <laugh>. But yeah, <laugh>, we have our stockings out. I even have my first cat bread that passed. He had a Santa suit. It's out. Everything is out. Sheena's tree is out. The the, my tree is out. I even got the bathroom decorated. This is the first year since my mom passed.

Sharon ([24:04](#)):

And it wasn't just so I want our friends to understand. It wasn't just that you grieved Sheena and your heart was broken. You went back and you allowed me to guide you through Dad.

Nanette ([24:16](#)):

Yes.

Sharon ([24:16](#)):

Mom. Mm-Hmm. <affirmative> and Sheena. Mm-Hmm. <affirmative>. Which, when you said that yesterday, I haven't decorated since 2014. I was like, man, you, your, your heart is in a different place. And the one thing that I think I want you to share a little bit about is it's different now.

Nanette ([24:35](#)):

Oh yes.

Sharon ([24:36](#)):

You are decorating and it's different. It's not broken.

Nanette ([24:41](#)):

Yes. It's different. Yeah. I couldn't do it like most time before in two thou, before 2014, everything got pulled out on a certain day. And I worked from sun up to sundown and the house was complete. The next day you gotta take all the boxes and stuff, you know, and clean up. But the house is decorated. This took me three different stages. So one, I pulled the tree up and I pulled all the, the, I went downstairs in the basement, got the trees, the stockings and all of that. And the first thing I did was hung my mom and Sheena's and my stocking up. 'cause I have a fireplace with a mantle. And then I was like, well, how I'm gonna hang them? Mm. I have my mom over here and we all have characters. My mom is the moose from grandma got ran over by a reindeer. 'cause You push the button it sings. And my mother loved it. So hers was the first one I hung up and then I hung goofy, which is Craig. 'cause He just got his last year. He's, he's next to Sheena. 'cause They're both kind of big. Then on the other end I have Tigger, which is mine.

Nanette ([25:53](#)):

And I have Sheena's hanging off of mine and not her own space, but she's pinned to mine. Oh. And pinned to my mom is Fred's old stocking. 'cause It's a cat stocking that my mother bought Fred. 'cause He would have catnip stuff in his stocking. And I kind of just looked at that and I'm like, I like it.

Sharon ([26:13](#)):

Yeah.

Nanette ([26:14](#)):

Yeah. I like it. It felt good to have their stockings up and their stockings out.

Sharon ([26:19](#)):

Nanette a lot of grieverers at this time of year struggle with whether to put the stockings up, believe it or not. Do I have their stocking? Was that even a decision for you or were you just like, alright, these are coming.

Nanette ([26:33](#)):

Oh no, the stockings was the first thing I did. Yeah. I wasn't sure how much more I was going to do. Okay. But I definitely was gonna hang the stockings. Christmas time is my husband's favorite time of the year as well. So he was gonna bring a tree in because he has four downstairs. And I had bought the tree up, Sheena's tree up, but I hadn't did it yet. And the next day I actually went out shopping because I have a house now and I wanted to get some things. And I went into Home Goods and found all these Santas,

these little black Santas, the one that wants cooking and wanted standing up looking good. And last year at the end in February, I bought the six foot standup of the house. I didn't have no place for it, but it was, it was in February. It was on sale. So then I bought him up and it kind of got me in the mood. So then the hats came out. And then I set Sheena's tree up, but I didn't decorate it for like two days because I wanted to do something different. Mm.

Nanette ([27:38](#)):

I didn't know what I wanted do, so I wanted to wait. And then it came to me. She liked pink. She, she, that wasn't her favorite color, but that was her second color in line. I said, well I'm gonna do her a pink and silver tree. Of course when I saw the bubs, I didn't buy 'em. And I went back to give 'em, they were gone. But her favorite color turquoise was there. So she has a beautiful turquoise and silver tree. And I still need to get a few more things for it. Like, 'cause it needs a little bit more, you know, arousal dazzle to it.

Sharon ([28:14](#)):

At any point while you were putting all this up and making the decision, was your heart heavy

Nanette ([28:20](#)):

Or, yes. Okay. I was, it was not heavy where I wanted to cry, but my eyes, my, my I felt the anxiety a little bit. Yeah. But not to the point where it made me stop and baw up like usual. Yeah. But when it did, if it lasted longer than 10 minutes, I'd stop. And if it go away, 'cause I'm still looking at all the stuff that's in the floor that I need to get up or at least put it in one pile or whatever. I'd get up and I'd do a little something else and it would go away. Yeah. Little something else would go away. I actually stopped in the middle of decorating the living room 'cause that's where Sheena's tree is and all the personal stuff. And I decided to decorate my cabinets in my, in my kitchen. And I, so I cut ribbons and made bows, which hadn't, which was a new tradition. 'cause I had never done that before. Yeah.

Nanette ([29:11](#)):

So that kind of got me out of Mommy and Sheena, but I was still decorating. Yeah. And then the next day I'd come in and I'm like, okay, I'm gonna do da da da da da da. Yeah. And so I've done that. And like I said, I haven't yet put the ornament on the tree. I thought about doing it yesterday and there was a lot of phone calls coming in. So I, I, I didn't, and I looked at it last night and I'm like, oh, not yet. And so she'll get out there, out there

Sharon ([29:41](#)):

When you're ready. I love that. That's like you and her. And it's almost like you opening up saying, okay, come on baby. We gotta do this Christmas thing.

Nanette ([29:49](#)):

Yes. You

Sharon ([29:50](#)):

Know what I love about your explanation right now is that even though you've gone through the grief healing with Eric and I, you still have the space to allow the pain in. Mm-Hmm. <affirmative>, you still know it's gonna be there and you'll let it in and you

Nanette ([30:07](#)):

But that's only because of what I was taught. Yeah. I mean you, you taught me that. Yeah. That's so opposite of my entire life. Yes. Anytime I have pain I internalize it. Yeah. Because no one can see weakness from me. Yeah. That's absolutely not. Yeah. I'm the strong one. I can handle it. I can do it. What do you need that? And you talk, if I'm going through counseling with you, I've learned that it's okay in the store. Yeah.

Sharon ([30:35](#)):

Me

Nanette ([30:37](#)):

Let it roll. Yep. It's gonna be a boo boo cry. I'm just gonna leave my basket there. I'll be back

Sharon ([30:43](#)):

<Laugh>.

Nanette ([30:44](#)):

I'll get in the car and try to get it together. Or I made the mistake of one time stopping outside the store and folks was walking up, are you okay? Are you sure you're okay? I'm like, oh Lord. So now I'm okay. 'cause It's like, no, no, no. <Laugh>.

Sharon ([30:59](#)):

You tell me. Yeah. <Laugh>. So I, so when you said last night, I haven't decorated since 2004 and you started telling me the list of the things you were doing. That's my podcast. I want that right now. I want you to talk to all the moms out there that are grieving this holiday. The moms that have lost a child, whether it's their first year, their third year, or their 10th year.

Nanette ([31:22](#)):

What

Sharon ([31:23](#)):

Would you say?

Nanette ([31:23](#)):

It doesn't go away. It doesn't go away. Yeah. I would say do things on your time.

Sharon ([31:29](#)):

Yeah.

Nanette ([31:30](#)):

I have been blessed enough with the counseling to know you can't please everybody all the time.

Sharon ([31:42](#)):

Yeah. Yeah.

Nanette ([31:43](#)):

I'm a people pleaser and that's why I've always held everything in, but not with this. This is my baby. Yeah. It may, 10 years from now, I may still the sa feel the same way or decide I can't do this Christmas without her. I'm not decorating.

Sharon ([31:59](#)):

Yeah.

Nanette ([32:00](#)):

And I'm not gonna feel guilty about it. It's gonna be okay.

Sharon ([32:04](#)):

Yeah.

Nanette ([32:05](#)):

Apologized to my husband twice. I'm like, I'm sorry I'm not done yet, but I had to stop. And he goes, it's okay. It's okay. And, and whether it was gonna be okay or not, that's just where I was at because I have to, this is my girl.

Sharon ([32:21](#)):

Yeah.

Nanette ([32:22](#)):

I journal to her every day.

Sharon ([32:24](#)):

Yeah.

Nanette ([32:25](#)):

But I journal about everyday stuff. Like there's a show that we like or or her, one of her favorite people that was in our show that we used to watch. He's coming out with something else. I'll be like, Hey

Sheena, real quick. So and so and so is gonna be in this other show. I might watch it. If I do I'll keep you posted. So-And-So got arrested again, da da da da Hey Miss TMZ. 'cause She was TMZ! She, she told me about Kobe before the news told me about Kobe. And I'm a diehard every day, all day Kobe fan. She called me and asked me was I sitting down and where was I, was I home from church? I said I didn't go 'cause it's foggy out here 'cause we live 45 minutes away. Yeah. Well, where are you? I said, I'm in the bed. What's wrong? I figured somebody had passed and she's trying to brace me for it, you know. And she said, Kobe passed.

Sharon ([33:17](#)):

Mm-Hmm.

Nanette ([33:18](#)):

And you know, at that time I'm like, oh no he didn't. I'm watching TV and dah dah. And sure enough, five minutes after TMZ told me there, there it was on every channel. Mm-Hmm. Right on the phone together. Then I needed to hang up 'cause she wanted to talk. I needed to hear everything. So I am returned and it makes me feel good. 'cause It's not, it helps me to not miss her so much that I can talk to her every day about everyday things.

Sharon ([33:45](#)):

We call it a spiritual relationship. You have a spiritual relationship that you have kept going. That is so beautiful. Mm-Hmm. <affirmative> so beautiful. And I love that you're taking your time to put that significant ornament out when you know it's right for you and her. I really, yeah. I love that. Thank you, thank you for sharing your, your family with us. Thank you for sharing your heart. Thank

Nanette ([34:11](#)):

Thank you.

Sharon ([34:12](#)):

And what's the one thing that you would tell that mom today?

Nanette ([34:16](#)):

Mom, take care of yourself. Yeah.

Sharon ([34:19](#)):

Yeah.

Nanette ([34:20](#)):

Do what your heart feels. Yeah. This is for nobody but you. Yeah. If you have six other children, let them give, start giving them things. Say, Hey, you decorate this half, I'm gonna a chair. You decorate, but do what you need to do, mom.

Sharon ([34:36](#)):

Yeah. Yeah. You, you went with your gut and that really worked for you. It really, really worked for you. Thank you. I wanna dedicate this show to Sheena, to the beautiful Sheena and, and to Charlene.

Nanette ([34:51](#)):

Oh yes.

Sharon ([34:52](#)):

Your best. One of your best friends. Charlene Yes. You know, is always my number one supporter in the back. And without her, I would've never gotten a chance to meet you.

Nanette ([35:00](#)):

Yes.

Sharon ([35:01](#)):

Without working with you, I would've never got a chance to love Sheena the way that I do. And so I wanna say thank you.

Nanette ([35:09](#)):

Thank you. Yes, thank you. Because, because of Charlene. I have a whole nother family. Yes. <laugh>.

Sharon ([35:17](#)):

Yes girl. Alright, friends, thank you so much. I hope this helps. I hope this helps for your holiday season. And just know that you can put those ornaments out. You can. And

Nanette ([35:28](#)):

Stop praying for the moms and dads, whoever's, whoever's grieving, praying for them. And do what your heart feels.

Sharon ([35:36](#)):

Yeah. Bye friends.