

## March Bonus Q&A Call Curated Questions

### Shock Trauma & Early/Developmental Trauma

This section addresses the following questions answered in this Q&A with Seth and Jen

(14:20)

**Question** "What does early trauma look like as I go through SBSM? How could I recognize it and differentiate from things that I went through later in life?"

(22:16)

**Question:** "I have early trauma and get easily overwhelmed and confused whenever I start to do a practice or watch a video, please help. What should I do?"

(26:46)

**Question:** "I recently heard a team line member say that fear needs to be released through running, which doesn't match my experience. Could this be different when fear comes from very early experiences?"

(31:23)

**Question:** And then, we got another question about not having content. Jen, do you want to get this one?

(33:49)

**Question:** "I have early trauma, and sometimes, I get these weird shivers, that move through my body if I drop in or if I ground in nature. Is that common? What is that?"

(35:36)

**Question:** "How is grief that someone experiences when they have early trauma different from other grief? Is there a way to differentiate past and present day grief?"

(39:14)

**Question:** "Why can people with early trauma feel intense loneliness?"

(39:28)

**Question:** "I recently lost someone and don't know how much I'm grieving the present loss and how much I'm grieving a past loss."

(42:17)

**Question:** "What's the path for feeling less lonely and coming back into connection and wholeness? I hear that co-regulation is important in healing, but when I think of connecting with people I want to run away. How do I work with this?"

(48:13)

**Question:** "I have early trauma and I find that whenever I'm with other people, I automatically morph into whoever I think I need to be in connection with them. Will I be able to find my authentic self and to connect with people from this place?"

(53:12)

**Question:** “How might growing up in a family of five with one sibling disabled contribute to early childhood trauma?”

(54:52)

**Question:** “I've come to discover I was sexually abused by my biological father from eight months old to 16 months old. What would this mean in terms of nervous system dysregulation and shock trauma?”

(01:00:53)

**Question:** “I grew up with an alcoholic father, a lone drinker. His moods were unpredictable, high and happy or low and depressed, volatile and angry. People saw us as a happy family. In the '90s film, Nil by Mouth, it was praised by its revelations on growing up with alcohol. I went to see it hoping for some kind of connection, but I left with rage and turmoil. It was nothing like my childhood. I felt the hype made my experience even more unseen and isolating. Can you speak about the many ways alcohol may affect childhood development? “

(01:05:40)

**Question:** “My mom is in heavy freeze and never emotionally present, and now at age 80, wants to make amends and learn what happened to me. Based on our talk, she's also starting to see a body therapist, as she never realized that she was in freeze in carrying trauma. What can or should I tell her about my early developmental trauma without giving her more guilt to carry at the end of her life? How important is it for my healing that she understands and can she at that age and fragile do some healing herself?”

(01:09:08)

**Question:** "How important is it for my healing that she understands?"

(01:15:03)

**Question:** "Only recently have I understood that being born with a cord around my neck is a near death experience. Early trauma. Is transgenerational trauma early trauma too? My maternal grandfather was a Holocaust survivor. I was the first long to four grandchild and my mom was overwrought in pregnancy due to a lot of advice from others. I didn't sleep through the night until I was four, and I was taken to docs for being hyperactive. My mom found me challenging. As an older child, I often woke screaming in the night and then began fainting at age 10. Is this PTSD?"