
Q&A Call #1 Curated Questions with Seth - February 29, 2024

Common Themes:

(00:00:02)

Overview of Early/Developmental Trauma

This section addresses the following questions:

(00:29:51)

Question: "Following video on an increase in procrastination and anxiety when doing this work. I am doing neurosensory and also osteopath, Rolfing, Feldenkrais. But how do you convey the message to those practitioners to titrate? My Feldenkrais practitioner said you have to do enough to create a shift and not to stay stuck. She said that I feel safe and my body responded well, and then I go back alone in my life and I lose the safety of the container she created. So what do I say to that?"

(00:39:31)

Question: "Early Trauma - Alum with deeply rooted loneliness and inability to connect with others. Is it possible to overcome this with more recovery work?"

(00:46:26)

Question: "I had a traumatic birth and almost died. Are there any differences in how you would work with a near death experience that occurred early in life, compared to an adult?"

(00:52:13)

Question: "I developed PTSD over two years ago following a period of chronic stress along with suppression of anger/frustration. I also had this overwhelming feeling of not feeling safe/things not being right. Eventually It got to the point of overwhelm. Since then I have been cycling between Anxiety/restlessness/racing mind and Low mood/low energy/freeze. To complicate matters I have a procedural memory trapped in my shoulder from a sports injury last year (dislocation). How should I sequence the healing?"

(00:56:05)

Question: "What about religious trauma as a child? I was told every Sunday morning I was "sinful and unclean." And I sure believed them! White-knuckle bedtime prayers asking for forgiveness. I'm 58 and left that church at 18 when I moved out and went to college. I currently belong to a wonderful faith community but I think that "sinful and unclean" message probably went bone-deep."

(01:04:53)

Question: "Hi Seth! I am affected by EDT. FAQs are not answering my question 100%. When getting in contact with relaxation it seems that my body is shifting into freeze. Can relaxation be coupled with freeze? I recognize that I need my hot water bottles more frequently when relaxing on my couch. Then also deep grief appears, but very slowly. Another inner voice is also there: "What to do next?" The slower and simpler it gets on the outside the more difficult it seems to stay really present. Thank you!"

(01:10:30)

Question: "I have experienced early developmental trauma. One of the things I experienced was feeling like I wasn't accepted for who I was and I am feeling this way with my partner (who

is wonderful). My somatic therapist thinks it's my childhood experience that is coming up and it's not due to my partner. How do I bring this charge down so I don't feel these big emotions all the time, it feels scary. I feel intense sensations running down my spine in particular."

(01:17:14)

Question: "Is it normal to feel anger/rage towards your wounded younger self? I can't process these emotions as I can't connect to this concept of inner child, i just feel angry/upset sometimes rageful as opposed to compassionate and loving. Could you help me understand this please. Thank you."

(01:21:59)

Question: "Can a general fear of death be related to early trauma and how to work with it more specifically? With other types of fear it makes sense to notice and grow safety and to realize the trauma is past but with fear of death it's harder since it will be inevitable in the end. Is it possible to go through the process of death if it's due to old age without it being a trauma for the body? I'm thinking about some Buddhist traditions where monks seem to practice this?"

(01:27:31)

Question: "What is the connection between nervous system capacity and our energy levels (to do the things we want to do in life)? I have early trauma and have moved out of functional freeze. My capacity is small (my sympathetic activation, flight, is high as well). Does that mean I will have less energy? That's what it feels like. When I get tired, I rest and do not override my system. When I feel recharged, I resume my activities for the day. Will my physical energy increase as my true capacity grows?"

(01:32:23)

Question: "I did the orienting exercise, feeling my feet on the ground. I was sitting up and then my body just slowly collapsed into the fetal position, where the top part of my body collapsed forward slowly and I'm resting on my legs(thighs). What's the reason my body does this, is it overwhelmed, is it self soothing? I leaned into it, and let my body do what it needed to do, it is strange. Thank you."

(01:37:08)

Question: "Hi Seth, knowing that there are no stupid/dumb questions, I post mine. A few weeks ago I played with the VOO and VOO AHH sounds almost every day. I didn't feel anything while doing it. 2,5 weeks ago I got really sick (flu) with intense coughing and last week I was diagnosed with pneumonia. Can one thing have to do with the other? Can it be that, although I didn't feel anything, I was doing too much of the VOO's which triggered this illness/coughing/pneumonia?"

(01:40:08)

Question: "Could someone with high academic achievement, honor roll and professional degrees, be affected by developmental trauma."