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## Q&A Call #10 with Seth - May 16, 2024

### This section addresses the following questions:

(00:00:13)

**Question:** "(In sensing my body) agency and confusion are very near together. I have an agricultural German background. Transgenerational. The farm is more important than the human + my own early experience was being locked away in psychiatry for being 'crazy' while expressing what I felt. Love the land but practically I collapse physically (challenging the 'give yourself up' program passed down the family system). How do I work with this? I used pendulation and tried diaphragm work to make space for me. Any more practical advice?"

(00:05:51)

**Question:** "Every time I leave home I faint. This is extremely debilitating to every aspect of my life. With growing more capacity does the body just know it doesn't need to do this anymore? I thought I was understanding the theory of the NS but I now feel like I don't understand anything. I always thought I was hyper vigilant in fight flight not freeze. Are these states of the nervous system visual to the human eye? How are they measured?"

(00:15:18)

**Question:** "I'm wondering how to work with the feeling that I want to control my environment. I have EDT and I survived by trying to control my father's temper and convincing myself that I have more control than I had. This causes me to remain on high alert and blame myself for things that are really not in my control. How can I work with this somatically?"

(00:19:01)

**Question:** "In the last training call Irene talked about the delay between thought and action (Feldenkrais specific). How does that fit in with us seeking to be spontaneous and trying to get away from second-guessing ourselves?"

(00:20:34)

**Question:** "I have a general question about "stuckness." This is my third round. I've had daily repetitive symptoms of shaking that I don't seem to be able to pass through and add meaning/images/memories to (just sensation, sound and movement). At the same time I curiously always get "stuck" on lab 6. Do I need to spend more time with "anger" before I'm ready to move on? Or is capacity the problem? What ideas do you have generally for people who get "stuck"?"

(00:24:59)

**Question:** "Regarding toxic shame: I grew up learning that anything to do with sex and the naked body was shameful and disgusting. It all felt very embarrassing and awkward. Later in my early sexual relationships with men I did things to please them which still now fill me with a sense of shame and disgust. I'm feeling confused about toxic shame in relation to this. I don't feel anger, more a feeling of recoiling/curling up. Your thoughts on this would be very welcome. Thank you."

(00:31:16)

**Question:** "I experienced a shock last weekend. My Dad fell and hit his face. I was so scared when I saw him because he was black and blue and had a massive swelling above his eye. I had to drive him to the hospital. I felt faint and disconnected. I'm wondering if my reaction, which felt extreme, is worse because of my limited capacity to process my feelings in the moment

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and/or if this could have triggered something from my past, as it felt so big. Any thoughts? My Dad is OK fine but my fear is still lingering.”

(00:35:24)

**Question:** "I am a late diagnosed autistic (age 66) and have learning issues due to brain injury at a young age. I'm experiencing difficulty with website navigation plus reading, understanding and doing the exercises. Please explain if there are specific exercises that are better for TBI and autism or others that are less favorable. I'm struggling to find someone to work one-on-one to help me with the exercises. This is my 3rd round - I've been limited to the live sessions due to learning & navigation issues.”

(00:39:53)

**Question:** "Listening to Q&A #9, several questions came up. Embarrassed to ask them as I am a 6 time alumni & feel I should know & understand by now. Things land SO slowly & still get easily overwhelmed with what to do, so I freeze or distract. 1) After a stressful day or event what type of exercise might one do afterwards to help things flow through? 2) What does organic releasing look like? 3) How might a toolkit look and how to use it? Basically what might day to day living this program look like? What key points to remember?”

(00:46:56)

**Question:** "Hi Seth, you helped a girl who had brain surgery play out stored trauma on a skeleton. My son has had birth trauma, held down lots for medical interventions, taking bloods/inserting cannulas/sedation for brain scans/general anesthetic, for stitches in forehead. He's 5 & grabs & squeezes peoples arms/finds bits on my skin to pick/grinds his teeth in his sleep. How can I work with him? I've tried redirecting him to squeeze objects but prefers people/Loves cutting up & ripping paper!”

(00:54:03)

**Question:** "Hi Seth, I would like to have a life where I study, meet my friends and where I'm creative. To be honest I am somehow only able to do one thing. On days where I study, I don't see my friends and I'm not creative and so on. Do you have an idea why that could be (if that's important) and how to titrate my way into being less rigid I guess. Thank you so much."

(00:57:33)

**Question:** "My dad was an abusive narcissist and money was the only support I ever got from him. I left home at 24, I'm 30 and he still pays for all I have. I'm unemployed with CFS, terrified to be in the world and feel like an imposter, all of which sabotaged any attempt to make it on my own. I could never tap into the idea of being self-sufficient. I feel paralyzed and terribly ashamed for relying on him for my daily sustenance. How to break this codependency dynamic?"

(01:02:50)

**Question:** "In the last call Irene mentioned there's a lot going on in the area around the armpit and thoracic spine. That's where I feel a void, as if a part of me was forcefully taken away. When I resource I always need to curl up in the fetal position, push pillows against my left shoulder diaphragm and place my fists on that area like a baby. If I don't I feel exposed. My thoracic spine cracks a lot both front and back. What could this mean and how can I best work with that area?"

(01:07:26)

**Question:** "I grew up with gaslighting and bullying and keep finding myself in situations where people are rude and I don't know how to respond. I come home and ruminate about the event and I still can't find the words that I would say to that person, or if I do my sentences are

jumbled. I do the healthy aggression work but in real life my mind goes blank, can't articulate myself and feel powerless. It's like I'm choking. I wonder if I did something wrong. Why can't I articulate myself in real life?"