
Q&A Call #2 Curated Questions with Seth - March 7, 2024

This section addresses the following questions:

(00:02:30)

Question: "I have early developmental trauma. Physical violence & injury from father throughout childhood & toxic shaming from mother. Osteoarthritis (in neck, I think injured by father), fibromyalgia anxiety & depression. chronic pain all the time. My posture is painful & covered. I feel unsafe easily & go into freeze; then feel partially here & struggle to think. I am an alumni. Many NS exercises help feel safe. Q. How best to continue to engage with SBSM? How to get my thinking engaged?"

(00:09:22)

Question: "When my mom leaves home things get really fast and I feel extreme terror. I get super tired and feel disorganized and disconnected from myself, this is all happening simultaneously. She then comes home and I am distant or pick a fight with her. What is going on here from a developmental perspective. Can you give some guidance on how to work with this?"

(00:13:52)

Question: "Any suggestions for learning what infants/babies need to grow in safety, especially from a N.S. standpoint?"

(00:17:28)

Question: "I have a very "big" life story starting with trauma as an infant up until age 12. Lately I've been feeling a strong urge to tell the story in full in a public way. The challenging part is

holding both the part that absolutely doesn't want people to know for intense fear of pity..and the part that feels very ready to share and serve. How can I better hold and reconcile these opposing parts? And how will I know when I'm ready to share?"

(00:19:33)

Question: "I have done SBSM 4 times and I hear that many others know when they come in to freeze or dissociation. Can you help me to know what to look for to know this? I think I might override these feelings since I can't seem to tell when they arise or what they feel like."

(00:23:36)

Question: "I have a friend who has an 11 year old grandson with Tourette's. As I read about it, it seems there is a direct connection to nervous system dysregulation... either as part of the cause and/or creating dysregulation from the ongoing stress if the family doesn't understand the impact on the nervous system. Any resources for the family would be greatly appreciated. The parents and grandparents are more aware than most regarding his need for support."

(00:27:57)

Question: "I have a freeze Issue I believe. I have a fainting reaction. I can think of fainting and do it. I got a Dr. report this week and I felt the fainting feeling coming on. I think it is a defense mechanism and I don't know how to calm it. I used to drive fine and now I am limited. It is fear of leaving my safe place and an anxious event of any kind. I try not to think about it and distract my mind with music, prayer, etc. I feel myself getting worked up in my mind before I even get in the car."

(00:39:01)

Question: "I had no attachment to my parents and attached to my Grandmother as that safe place. I lost her in 2020 and when I started to decline. I think her loss internally made me feel

unsafe. The only person I have in my world that makes me feel safe is my husband. I am scared if something ever happens to him all the time. How can I feel safe without having it be attached to a person?"

(00:42:12)

Question: "My children & I have EDT & shock trauma. I have realized lately (over 5 years into this work) that the guilt I feel is coupled with grief from losing my son in a car crash & I feel all that coupled with shame from EDT. Can you talk about self-forgiveness (how to get over the shame, guilt & remorse of all the mistakes I made as a mum) from an NS perspective & what it feels and looks like & how to uncouple the couplings?"

(00:46:24)

Question: "I have a very expressive & sensitive system. I cry often & have an iron will to try to suppress. I can be with my emotions, but they are often super intense/overwhelming. Done a lot of bodywork to heal; a recent energy healing session touched on deep dev trauma. Since, whenever I tune in briefly, my eyes flutter, a grinch mouth forms, body shakes, etc: WILD! I am trying to build trust, cry, hug myself, orient, let it do what it needs. I am worried to stay stuck. It took so much to even get here. Thoughts?"

(00:48:39)

Question: "I have feelings of existential grief and pain, which feel endless. What is the best process for me to heal and integrate this, and will this take a long time? Does it ever go away as it heals?"

(00:51:57)

Question: "This is my 6th round. Does it make any sense that I still am finding myself able to do less and less each round? I come fully committed but my capacity to engage in the way I'd like

decreases each time. I can understand why that would be the first few rounds but I feel that by now my capacity to engage might have increased. I expect you'll say it simply takes time but could you expand on what's happening? Is it about the time it takes to unlearn the conventional ways and expectations of learning?"

(00:54:15)

Question: "Hi Seth, I'd love to hear your take on "inner child work" and "reparenting" as they relate to nervous system work. Where do they work well together and where might we see some differences in approach to healing? Thanks so much."

(00:56:26)

Question: "After the Q&A call, I received a suggestion to nudge my Sympathetic Nervous System when stuck in collapse by making fists and pushing. It led to episodes of high activation starting in anger. I reviewed the site FAQs and resources after last week's Q&A call re: healthy aggression. I have also been doing SE basic exercises for 2 years. After the anger charge comes down, I start to experience disgust. Advice on working with disgust."

(01:01:01)

Question: "How do I differentiate between an impulse and my parts stopping me from following my purpose? I am stuck in my business and moving very slow, and mostly find myself in freeze. Thanks."