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## Q&A Call #3 Curated Questions with Seth & Jen - March 14, 2024

### Common Themes:

(00:01:04)

#### **Exercise**

(00:11:20)

#### **Working with Sympathetic Energy**

(00:25:56)

#### **Signs that we need to focus on building foundations**

This section addresses the following questions:

(00:34:00)

**Question:** "What is a well-worked-with stressful incident supposed to feel like afterwards? Neutral, positive or a toned down version of the original feeling? Will it feel like it happened ages ago? And how can we tell if we feel better because we actually dodged that specific beachball or we just got out of an emotional flashback? I grew up with gaslighting and emotional abuse."

(00:41:21)

**Question:** "I have done 3 years of SBSM. In the start I used to make noises (like blowing out the air) but lately I want to do it a few times a day, especially when I get up in the morning. It's difficult to do it when I am with people. Can not go to the bathroom to do it. Feel

overwhelmed if I don't express it out. Please express what's happening? Also I can not wait until I come home because I feel suffocated if I don't. Any suggestions, please? Thanks."

(00:45:18)

**Question:** "I've experienced EDT and have almost no memory of the first 10 years. I meditate every day & do somatic exercises (hips). I regularly shake during the exercises and also during meditations. What's new: during meditation while shaking there's this growling-like sound followed by a scream. Doing the orienting as instructed in the integration audio in Lab 1 and turning right, I started to cry and shake - and scream again. Would you please provide some context to this? Is this an organic release?"

(00:51:11)

**Question:** "This is my 2nd round of SBSM. Recently, I've been having this part come up that every time I'm able to stay with a sensation/activation, this part says "Wow good job! That's what you're supposed to do!" It's like a proud voice, or a reward voice, followed by feeling good about myself. I know it's related to my conditioning - I was praised a lot for being overachieving, perfectionistic, etc. Can you give me insight on how to work with this?"

(00:53:45)

**Question:** "Are there areas of the body that hold on to stressors or trauma for longer? I've been aware of tension and holding in my jaw for years, and feel as though the release of tension here will be one of the last areas of dysregulation to be soothed. I'm hoping I'm wrong! So far nothing has shifted."

(01:00:13)

**Question:** "I have an upcoming surgery where I will be awake and have a lot of anxiety around it. What practices can help me build capacity/cope before, during and after surgery? Thank you



(01:06:32)

**Question:** "In your article on 'annihilation' you said that we create 'internalized avatars' of other people. I've been doing this all my life, but this is the first time someone coined it so simply! Could you explain how/why we do that? And how to work with strong positive emotions? In my head I can have a loving relationship with a person who hardly knows me; it gets confusing when I see them in real-life. I have developmental trauma and fibromyalgia; done '21 days' and progressing with healthy aggression."

(01:12:11)

**Question:** "Hi Seth, I often dream that I can't see, hear or move properly. Often I need to fight someone or something or get something done and time is running out or I'm late. I think this is confusion. Things have often been confusing when I was a kid and that confusion is stuck in me. I often don't trust myself and am anxious when learning something new. I was wondering if there is a "good" / adequate confusion, and also how to work with stuck / traumatic confusion. Thank you."

(01:16:58)

**Question:** "Hello, I started to have burps or hiccups 1 month ago. All day long and kind of tiring sometimes. Is that some kind of sympathetic release ? Seems to be from very early, even in the womb. And how long can such a period take? It seems never to end. Burps arising all the time. Can that be related to the spine, and compression in the spine too?"

(01:20:46)

**Question:** "Hi Seth, can you elaborate on the relationship with coping mechanisms (stimulants) and EDT/Freeze states? On the last call you mentioned, that it's not about giving up, but slowly replacing these habits. Rather than addressing the coping mechanism (which is a symptom), is it better to work on building regulation? What does that look like in practice, thank you."

(01:25:05)

**Question:** "I found Kidney Adrenal work incredibly helpful, however so much of lost parts of me show up psychically that I am not graspable for me at times. I had EDT and obvious transgenerational stuff and then a shock trauma at 11 (I'll get killed when I hold on to myself). How can I differentiate and work with one by one while all is linked up and interfering with each other? Especially parts on a soul level brings this confusion. At 11 I saw myself from above dissociated, now with more sense in my body, I can feel it."

(01:31:57)

**Question:** "If I am truly honest, at times I am noticing a sense of feeling sorry for myself. Usually I'd deny or cover this up; just not indulge it and find some turn around, but this has become harder. I'm wondering if it's a sensation to work with or simply a mental activity to stop? It's a disempowering feeling and lacks life. Similarly with hope, which seems to have gone. But I'm now wondering if hope is a way to escape being with one's experience, here and now. Is it ok/helpful to have 'lost hope'?"

(01:35:32)

**Question:** "Could you talk about the relationship between functional freeze and fake capacity?"

(01:37:51)

**Question:** "I have EDT and always lived in functional freeze. When I was pregnant this intensified. I was so lethargic & had tunnel vision. No medical reason was ever found. After the birth of my eldest I didn't sleep for 4 days due to survival energy. My kid is now 5 and still can't sleep through the night. I suspect this is due to sympathetic activation? What can I do to help her, other than following the SBSM curriculum? Her bad sleep impacts my own sleep, which makes this healing work more challenging."

(01:42:40)

**Question:** "I get a bit confused about resources after hearing Irene on regulation before relaxation. For me Yoga Nidra (sleep yoga) has been a resource to really relax and be able to rest deeply. I have issues with sleeping for 9 years. Now I am a little bit anxious to practice yoga nidra because how can I tell whether it isn't getting me deeper into functional freeze? While being honest, sleeping doesn't really replenish me, while yoga nidra used to do."

(01:44:59)

**Question:** "For close to a year now, I have been in a state of holding my breath whenever I am moving my body. Even just using the hands, my breath will start to hold and brace. I know that I was sexually abused by my father as an infant, and am wondering if this could be the layer I'm moving through causing a lot of bracing and a very tight breath?"