
Q&A Call #4 Curated Questions with Seth & Rebecca - March 21, 2024

Common Themes:

(00:00:53)

Doing this work with complex syndromes/chronic illness, or when things don't go as expected. What to do when losing faith in the work.

This section addresses the following questions:

(00:12:47)

Question: "Hi Seth. Fifth round alumni here. Have experienced some weird symptoms through each round that have always checked out medically and things have been OK. I am now experiencing a swollen lymph node and wondering if you have ever heard of this as people are working through their traumatic material. Or how a response like this could make sense as we are doing our nervous system work. Any thoughts would be appreciated."

(00:16:10)

Question: "As I am growing my capacity, each time I get an expansion like a success in my business, or an interest in my services, I feel a big wave of contraction, which makes it so hard to move forward in my business and finish the projects that I have started. I feel paralyzed and afraid to show up and continue with the progress. How can I manage that to be able to move forward in my business and finish on all the projects that I have started? Thank you."

(00:20:28)

Question: "My question is about the joint work. I had a major surgery in my left knee at age 19 (meniscal transplant - yes I have someone else's meniscus). Do you have any extra advice on

working with these joints (ones with surgical trauma) as compared to other joints? I know I have a lot of fear, immobility, etc that is stored from this and so engaging it gets very scary. Thank you.”

(00:25:43)

Question: "I have a question about the release of movement patterns. Is it best to always complete these until the end? While I was 'executing' a movement pattern, I had the impulse to soothe and 'hold' my younger self and tell her that she wasn't alone anymore. That stopped the movements and brought an 'automatic' smile to my face. It felt really good to do this and also afterwards I felt great. But just to be sure, is it necessary for the body to finish these movements to have a full release?"

(00:29:20)

Question: "Last week when talking about exercise you mentioned that if you get "emotional" (big expression of anger, tears, etc) that this meant you were using survival physiology. Can you explain this more? I'm thinking about how I coped most of my life with stress and releasing emotion through vigorous exercise. How is this not ok for the system?"

(00:36:15)

Question: "Hi, I'm in my 3rd round of SBSM. I definitely notice healing, less defensiveness & capacity building. Orienting is still challenging. The exercises make orienting easier, but I still feel tense & anxious when doing it. I have hypervigilance around my eyes, neck & shoulders from shock trauma as a child. I water the brain stem & it helps a lot. But should I try to titrate orienting in tinier bits? I avoided daily practice, but I know this is foundational & must be integrated. Any suggestions? Thank you.”

(00:40:13)

Question: "My parents died in 2012 and I felt nothing. I have EDT - not touched, no emotional connection, no ability to express. Is it "normal" to feel this way or is it more likely a total repression of feelings that are too big for the moment. I feel strange when people talk about having loving parents!"

(00:43:08)

Question: "I wanna ask about healthy aggression. When I get the physical sensation of 'I stand up for myself' it lasts a second and then switches into helplessness and rage (or also combined) and then fear. I get scared of my own energy and power because it was a threat to me as it was seen as crazy. I hope I get across that it is mixed together. Do you have ideas how to work with this in that moment that it arises, when it is hard to just feel the ground and reorient, because it gets me into freeze. Thank you."

(00:48:13)

Question: "When doing any of the neurosensory exercises, I find myself immediately wanting to change the playback speed, getting bored, impatient, slightly irritable, etc. I also noticed as I am becoming more aware, that I am generally uncomfortable feeling sensations and have a tendency to dissociate. What is the best strategy to further develop my tolerance or capacity? Just do less in terms of dose, just notice and observe the "uncomfortable feelings?"

(00:52:31)

Question: "Memories. I remembered that when I was a kid I was sitting on a chair and I brought my arms up to my head because my father was slapping me on the head. My mother was behind saying not on the head, on the buttocks. How to work with this memory somatically. The memory is cognitive. What kind of somatic work can I do? I have a shoulder

with tightness. Following precedent question. I also remember that my husband didn't like when I hugged and kissed men when greeting. So I remember that I had to keep my arms down. Arms, shoulders again like in the previous question. But the opposite position. How to work with these memories. One was protective physically in the previous question, the other one was defensive?... Preventing a normal movement (I am European and we usually kiss and hug when greeting) to avoid the anger of my husband."

(00:56:19)

Question: "Hello Seth..thank you for your answer last time on the burps..showing that the low tone dorsal is coming online a bit. Now my next question is...I am feeling like I want to express...some kind of energy...just force...but though I also feel..I cannot access It. When I want to, I lose strength...and cannot access It...and feel weak inside again...without force...what's going on and what type of exercises would you focus on now? Starting the program I concentrated on building capacity."

(00:58:43)

Question: "When my functional freeze lifts I am flooded with constant intense emotions I cannot regulate (social anxiety but deep craving for connection). In freeze, my usual state, I'm numb to my intense needs so I perpetuate the abandonment plus stay stuck in life, leading to me burning out. I feel like a helpless infant trying to navigate the adult world but having no tools. How can I facilitate this with SBSM? Would you recommend additional help for the attachment issues?"

(01:02:08)

Question: "I'm an SBSM alumni. My partner has EDT - narcissist dad, Mormon church. He was diagnosed with a brain tumour 14 yrs ago – it grows in his nervous system cells. In Nov, he had a second surgery, takes seizure meds (had many concussions before getting meds right) and is

currently on chemo. He goes through periods of lethargy, is physically collapsed and is eager to heal. How do I support him as an adult - since I activate him? Seth, how did Irene support you to start healing your nervous system?"

(01:06:02)

Question: "Currently I'm experiencing emotional numbness, a lack of energy and other symptoms probably related to freeze. The way I try to work with it is connecting to my body, its sensations (even though I don't feel much emotionally) and the environment. Additionally I engage in physical exercise like going for walks and bike rides. When I do that, I orient, while I feel my feet, arms, shoulders, etc. How can I ensure that I'm not reinforcing my freeze state? Any additional suggestions on how to work with it?"

(01:12:23)

Question: "Hi Seth. Is this 'Mother Hunger'? I have pretty extreme activation/fear, worsened by feeling so alone. I have some company & groups, but nobody close I could be held by nor cry with. There aren't SEPs/touch therapists near me. Am I re-experiencing early unsafety/EDT, or grieving the lack of loving involvement and contact here now? I orient, resource, etc., but I'm still feeling & fearing the fear, & it feels like ONLY a close OTHER person could enable safety. I want to feel able to help myself."