
Q&A Call #6 Curated Questions - April 11, 2024

Common Themes:

(00:00:54)

Authenticity

(00:14:39)

Freeze

This section addresses the following questions:

(00:25:04)

Question: "How do we bridge the gap between feeling grief (or other emotions) in the body and then understanding that in our context? We're not animals in the wild who can simply forget about their predators. We're generally intertwined with whomever caused us grief. Often, a good part of our identity has formed around the people we've had relationships with. We then have to make decisions about drawing boundaries or deciding to break up with a partner. We're not, in my opinion, "Power of Now" animals."

(00:29:58)

Question: "I have generalized high activation and I work on soothing. Over several weeks I go from high activation to feeling almost peaceful. But the peaceful regulated feeling only lasts a short time before some stored emotion comes up. I work through it, and then I feel activated again. The cycle repeats. I know it's good that I'm letting old stress out, but I'm feeling activated most of the time. Is there a way for me to spend more time feeling regulated and good in between releases/activation?"

(00:35:17)

Question: "I get what I call "adrenaline headaches". When I have a stressful event, I get really bad headaches across my forehead that settle into my temple and take two days to get rid of. These come when externally I am handling an event fine but there is an internal piece I feel like I don't know how to suppress because I am not worked up on the outside. I have tried but can't seem to control them or know how to calm a response I am not always aware is happening. They are debilitating."

(00:42:58)

Question: "Since last January I've had digestive problems - my mid-section swells when I eat/drink. It sometimes gets so swollen I feel my insides are being stretched. The doctor didn't offer any explanations/solutions other than to avoid certain foods, but when it started I was eating the same as before. The swelling is worse on days/weeks when I feel more emotionally overwhelmed but never goes away completely. Is it caused by ANS dysregulation? Waiting a long time between meals helps but means ignoring hunger."

(00:51:15)

Question: "I realized this (5th) round I'm hyper vigilant to people sounding angry. When I perceive an angry voice/sound, I feel strong sympathetic activation (mostly fear). Even when I KNOW the person is not angry my body responds the same way to the sound of perceived anger. Probably EDT. How can I best work my way through this fear response?"

(00:54:56)

Question: "What if the felt sense of safety and connection is a trigger in itself? Almost like it sets off a danger alarm in the system which then sparks a sympathetic response. How can somebody move forward from this place?"

(00:56:14)

Question: "I've tried exercises meant to be calming for EDT, but just feeling my body or even my feet on the ground etc feels triggering also, I feel like my body is just screaming in pain and my only resources are numbing myself with screen or sleep. Also now I'm getting triggered by Irene's voice, like rage emerging, no idea why. The only audio I've been able to listen to is 'watering the brainstem'. Could I please request if we can have more exercises recorded by you so that it can be an alternative."

(01:01:57)

Question: "Hi Seth, I have energy stuck in my reproductive organs. It is light, bright and a lot. I am scared of it and don't know if it's my own. My dad was very boundary crossing all my life. No CSA but he watched my body change and was very nosy about my sexuality, boys and contraception and stuff. He didn't let me not share. Sometimes I feel like his energy is trying to enter me through my vagina and it is disturbing. Is there over coupling? What can I do? I just went no contact for two years."

(01:09:19)

Question: "Why is there sometimes a time lag between the triggering event and the reaction in the nervous system or the fascia? In my observation it seems to be that the bigger the lag the more intense is the reaction. In the most extreme case I had two years ago, the delay for my nervous system to react was 48 hours. Can you explain why this is the case, what are factors that cause the delay, how can it be reduced? And what are the best cues to notice in the moment that something is too much?"

(01:13:23)

Question: "I had a back tooth removed about 9 yrs ago. I wasn't expecting that to happen. The tooth next to it started to act up, in the end I had a root canal & it never was right again. 2yrs ago I changed to a holistic dentist. We decided to remove the root canal tooth. I still get sensations at both removal sights. The 3rd tooth in that row is now chipped. What's the best way of processing all this? I was terrified of dentists as a child. I remember the dentist pushing my shoulders down & saying just relax."

(01:15:53)

Question: "Hi Seth. Before diving deep into this work I was the adventurous girl who traveled and road tripped solo. Now I'm overwhelmed by visiting the supermarket. I can't articulate/advocate for myself. I have EDT and CPTSD. I'm a HSP but had to suppress it as a child. Back then everything seemed way too much. I needed tons of support to adapt but I never got. My sensitivities were seen as weaknesses, my dad would get angry at me. Now I doubt I will ever be in the world again. Will this ever resolve?"

(01:21:07)

Question: "I previously worked with a somatic practitioner and the sessions opened up a somatic response which keeps repeating itself. It involves my jaw clenching up and my whole head feeling like it is changing shape. I also fold forwards and the emotion is a stubborn defensive blocking. Like a bull might defend itself before action. I believe it's from the womb. But my question is, how do I work through this? I feel that it is a big block that stops the flow of life energy through me."