
Q&A Call #7 Special Topic: Early/Developmental Trauma with Seth and Jen - April 18, 2024

Common Themes:

(00:01:52)

Common experiences of EDT and why it's so important to grow capacity

This section addresses the following questions:

(00:12:44)

Question: "I've noticed I tend to push people away. I've never had a great loving relationship either. I'm wondering if I have some abandonment issues. When I was born, my mom went back to work when I was only 6 weeks old. Another family looked after me, and they were good people, but could this have caused some issues for me around love and security? Thanks in advance!"

(00:26:09)

Question: "I was humiliated when I was afraid as a child and stopped showing fears. Now I don't trust my feelings and have huge difficulties knowing what to feel fears for or not. It's mostly about my body. I need someone else to tell me that it's okay or not. It works for some day then it is the same again? I feel I need to find this trust in myself. But how? I am doing exercises, orienting and a lot of soothing. It works for a short time and then the fears are back. It's some shame in this as well."

(00:19:09)

Question: "I have EDT, no touch as a baby, no talking, no expression of emotion. I have avoided inside, part grief, another part is a sense of no self - there is nothing there - wants, needs, feelings. It's a black empty hole - I am really noticing it. I have difficulty attaching, I have always known something was missing inside, I just thought I was broken, like a defect. Is noticing it more (62 years old!) considered progress even though it is "disturbing."

(00:34:05)

Question: "It's my 6th round of SBSM. I have EDT. My question is, why do I feel so bad and my chronic fatigue symptoms worsen when I get triggered and slip into freeze? What are your thoughts on setting boundaries in order to reduce triggers, especially at work. I can barely get through my 3 short days of work most weeks and have to rest for the other 4 days of the week."

(00:41:03)

Question: "I have had multiple types of abuse and betrayal over different periods of my life. When I have practiced what Seth has mentioned in the Q&A's statements such as "I survived" "I'm here" "These are my arms etc" my mind quickly corrects it to "We" as in "we survived". I feel like each period of abuse happened to a different part of me (almost like a different person). Tips for better integration of these parts? "We" feels correct, but also unsettling."

(00:46:30)

Question: "I'm a 45 year old woman who had severe childhood sexual abuse from about age 1 to 21 years of age. I know I block out a lot of the abuse. I know I need to heal. My question is... when I was lifting weights, doing bench press, I had a muscle memory and flash of trying to push my abuser off of me. I cried and used "containment" to cope. How is this beneficial for

muscle memory/flashback to come to the surface? Am I just re-traumatizing myself or is this the healing way? Because man... it's brutal."

(00:54:54)

Question: "Hi Seth, I frequently find myself in arguments with people at counters, service desks, etc., and I can be quite impolite. Interestingly, the only time I wasn't triggered was in Canada, where I find people extremely kind, and then I can be lovely myself. My question is, why do you think I have such an aggressive survival stress attitude? Could it be because I grew up with a single mother who always fought for us, and perhaps instilled in me a belief that confrontation is necessary for survival?"

(00:59:32)

Question: "Hi Seth. I have EDT and CPTSD. Why the more I do this work the more depressed I become? I feel hopeless, apathetic and loathe myself. My cognitive function declines. Some days I think I've aged 10 years overnight. Is this the energy I used to run away from by being functionally frozen? I'm terrified to surrender to it in case I never come out of it. I fear I'm letting myself go. How can I know if it's this that wants to be acknowledged and move through or if I'm falling deeper into freeze? Thanks."

(01:05:55)

Question: "Hi Seth, Coming out of freeze, old survival stress is now constantly present as anxiety, sometimes debilitating. I would like to release old stuff. I know this is a natural process but I wonder if I'm facilitating it effectively. I'm in my head all the time due to intrusive thoughts (dysregulation). I often avoid the body sensations and instead resource externally. This helps to function but it doesn't seem to solve the anxiety at the root. How do I navigate this? What would you suggest?"

(01:11:30)

Question: "As long as I can remember I have always felt cold and I am finding myself craving heat - sauna, hot water bottles, standing beside radiators etc, especially when I get triggered. Is this external heat "good for me" or helpful for my healing? Although the heat feels like a relief in the moment, sometimes I don't feel that good afterwards and I am wondering if it is just a bandaid or even preventing my body from doing the healing work it needs to. Do you have any insights?"

(01:17:30)

Question: "How do you differentiate between what is EDT and generational trauma? My SE therapist thinks that my big emotions of feeling unseen and undervalued also stems from my lineage and culture, my mum and grandmother had intense life experiences that would explain the intensity of my emotions. The intensity in which I experience these emotions doesn't feel proportionate to my experience. How can I work this and process what's just mine?"

(01:23:21)

Question: "Hi Jen & Seth, last time you mentioned the reciprocal relationship between sympathetic and parasympathetic. I read in Kathy Kain's book that it can be disturbed and felt it applied to me. I have EDT and in my healing journey I have often noticed states of danger and safety in my body at the same time. I still experience sometimes when I'm triggered and bring in the ventral, that I can clearly feel that I'm in ventral now, but the sympathetic charge is still stuck there. How can I work with this?"