
Q&A Call #8 with Seth and Rebecca - May 2, 2024

Common Themes:

(00:00:38)

Attachment Wounds and Social Engagement - I need it and I'm scared of it!

- What is the specific survival response that gets activated from attachment wounds (student said it doesn't feel like anger or fleeing)?
- What to do if we want to be with groups of people but it is overwhelming, if we are lonely but also fear social interaction.
- What to do when we love and care for someone and want to stay connected, but simultaneously feel hurt, angry, resentful.
- Seth's story of coming out of hypervigilance and feeling safe with people. What were gradual improvements, what helped the most given there was no SBSM, did I experience challenges committing to the relationship at the start?

This section addresses the following questions:

(00:23:42)

Question: "I have Early Trauma and always struggled with my emotions. I get extremely triggered in arguments (when I feel rejected or like my experience doesn't matter) and it can become abusive towards my partner (and vice versa). Words are said and on occasion the intense urge to shove/slap them comes over me. People talk about the abused, not the abusive. Can this be fixed? Will this work help me? I want to do better but the survival energy takes over sometimes. What things would be most helpful?"

(00:28:35)

Question: "Hi Seth, I am doing SBSM 2nd round and wondering what's the meaning of dreaming each night so real, feeling and remembering them all the next day. They are always about my childhood, the house I grew up in, my ex-boyfriends, my family, even people that aren't here anymore. (grandpa etc.) I am very sensitive & it feels like I have a life in 2 parts, day and at night, my mind is running & don't get enough deep sleep, an unbalanced energy, in the daytime I'm aware what to do. But while sleeping?"

(00:32:53)

Question: "I'm an alum still struggling with decision-making. I go into freeze, it feels like life-or-death in terms of making the right choice, where the wrong one will get me killed. It feels like I can only be safe by not moving. I use grounding & orienting; I also do a comical imitation of freeze by bulging out my eyes (it makes me smile/laugh and breaks the freeze-grip for a second). But when it comes to finally making the decision, I keep procrastinating – which wreaks havoc in my life. What to try?"

(00:38:41)

Question: "Hi Seth. I was born via induced labor, just because the ob wanted to take his leave of absence from work for summer, believe it or not. Apart from in utero stress, I believe this was the first shock I ever experienced and the reason why I feel so unprepared to face life in general. Could there be shock and chemical trauma involved here? How can such trauma manifest later on somatically, and how can I know if I healed from it, since there's no memory? Thank you."

(00:42:51)

Question: "I have C-PTSD from birth/early/shock trauma. At 15 I had a NDE shock trauma from a bad acid trip (fetal position for 8 hours). Panic attacks started but I didn't know what they were & kept it to myself due to shame, destined to live in a mental institute. I spiraled in to agoraphobia at 19 & I couldn't leave the house. I'm 44 now, as I regulate, I've noticed I've been overriding leaving the house. I feel agoraphobic, is my world shrinking again, so I can begin proper healing vs CBT therapy at 19?"

(00:49:06)

Question: "With this work, I became more educated about things like EMF exposure, toxins in the air etc ... And I have a big fear of the invisible coming from early dev trauma (in war zone). Now I'm in a place where I find myself fighting to find a perfect healthy environment (home and school), but there's always something that brings those fears up (a cell tower, mold, a highway or a plant nearby, etc.). I feel hopeless sometimes. Should I stop looking for the perfect env and focus more on my inner environment?"

(00:53:34)

Question: "2nd time alum, have EDT, child sexual abuse, medical trauma - nail biting/picking at very early age, a 48 yr. habit. Not diagnosed with OCD but do present as such around the nail issue. Have learned that having nails done helps tremendously UNTIL polish chips and I obsess with picking. Understand now this is a NS response, self-annihilation? Fight, flight, freeze, all? Going to nail salon often feels like a band-aid -- SBSM exercises feel like a solution, just not sure how to fully resolve."

(00:57:28)

Question: "I have to pee every night. Sometimes twice. I'm in my mid forties, but have had this for as long as I can remember. Doctor / physiotherapist had me 'retrain' my bladder, which means holding my pee for a long time in order to stretch my bladder. Didn't work. Doing SBSM, it made me think about the kidney-adrenal system and how this could be connected to old trauma. Is it? How could I work with this? Thanks."

(01:01:25)

Question: "Hi Seth, I have hyperextended joints, as I complete the more Feldenkrais based lessons my awareness of movement has increased. I've noticed how I tend to lean my weight into supportive surfaces (kitchen bench, chairs, anything nearby) with legs in full extension. As freeze is lifting, I'm noticing how fatigued my muscles are. Is this the body's way of compensating to try and make standing less effort? Is there a common link between hyperextension of joints and trauma?"

(01:04:55)

Question: "Coming out of Fight/Flight is exhausting! After the AM freeze lifts, I feel the SNS. I work with it until it peaks and my system re-regulates. I am noticing benefits, but it's exhausting and takes all morning. Then I alternate activity, rest and soothing for the rest of the day. Sometimes I want a day off, but it feels worse if I don't work with the SNS until it peaks and my system re-regulates. I am struggling to find a balance. This feels like the full immersion experience and I need a vacation. How?"

(01:08:29)

Question: "When I get sudden panic my body reacts with muscle cramps, spasms and trembling, which really frightens me when they just happen suddenly. I'm afraid not from the

reaction itself, because I know what it is and that it moves through as a procedural memory, but of the possibility of falling, dropping something, somebody calling an ambulance, etc. I could override them in the past, but then not anymore. Do you have practical suggestions for everyday life aside from doing the work and getting more regulation on board?"

(01:12:25)

Question: "Do you have any advice on how to work with unconscious holding of my jaw? Bringing in awareness resolves it only for the moment, then my body goes back to the pattern. It seems to be more related to fear than anger, is this possible? Is there maybe a Feldenkrais lesson that can help change the pattern? Or what else can I do when I notice the behavior? Thank you!"

(01:16:02)

Question: "How to work survival energy out, heal pain, so that I don't need surgery? Doctors say herniated discs, keen to operate. I feel confident I can manage naturally & use SBSM to transmute symptoms. Once home from Up & Down Workshop, unexpectedly my symptoms got worse. MRIs/doctors, although now diagnosis is herniated discs, agree onset due to leg bracing, prior to first travel in 4 yrs to a place historically traumatic, believe contributing factors triggered flareup. Never able to express anger, life in freeze. I want to heal with available resources, no surgery! Ideas, please."

(01:23:16)

Question: "Hi Seth. How do you handle shutdown when terrified of the sensations? I'm not anemic, but can feel light-headed with very weak shaky legs, worried I might pass out & that something's very wrong. Is this shutdown? I don't feel I could stop myself from slipping away, so desperately want to stay 'awake'/resist. I feel not in control and that I could actually die if I

just let it happen. So scary. You advise to allow the sensations, but how can I overcome the awful fear to allow the process?"