
Q&A Call #9 Special Topic: Shock Trauma with Seth and Irene - May 9, 2024

This section addresses the following questions:

(00:02:34)

Question: "I recently experienced a shock (mom died) . Everything I've gained from the work feels like it's been ripped from under me and I'm starting all over. My health issues have come rearing back. Before she passed every time she left the house I would feel terror and collapse at the same time and our relationships have always been chaotic. I feel like I need her, I want her and I hate her. What is happening? Anything else you can suggest on top of the NS basics I am using to bring myself back from this shock."

(00:12:42)

Question: "There is one specific shock in my system that often blocks progress. I work around it and shift it a little but then it emerges and kind of shuts down every good step. How can I get this huge ball out of my pool first? In the third training call Irene mentioned that sometimes you have to release a huge ball first. (Working on capacity is helping but in this case I feel I'd need the ocean instead of a swimming pool.) Thank you for any thoughts, ideas and maybe practical images/examples."

(00:21:37)

Question: "Every time I have someone in my life that I love romantically I also get a sensation of pain in my solar plexus. This happens regardless of who the person is and I've experienced it in my previous relationships. Could this be a trauma tied to my first experience of love where

the feeling of pain somehow became coupled with the feeling of love? My first experience of love was a painful one. How can I work on resolving this so that I just feel love without pain?"

(00:27:50)

Question: "I have a question about symptoms changing when doing this work . I am wondering if I have resolved anything or if the trapped charge is just moving to a different place. I used to have pain in my back and shoulders and after working with that, I got tension headaches instead and now, when that is better I have nerve pain in my hands and arms making it hard to use them. Doctors say all is fine. Any ideas of how to approach this, especially the nerve pain that is debilitating and makes me anxious."

(00:36:30)

Question: "Seth, you have mentioned that surgeries in babies or small children are often traumatic for them. My baby (10 months) has a lip tie, and I could wait to get it corrected. The fear of the trauma for her is my big concern. But what if a baby or small child needs surgery that can't be delayed - how do you prevent or heal any trauma?"

(00:44:47)

Question: "Hi Seth, I have periods where I wake up around 2 hours before my alarm, totally relaxed, thinking: "Hopefully I don't get anxiety again that will keep me awake." This is followed by mild anxiety (used to be much stronger years ago) which keeps me from sleeping. I know from the past that suppressing the thought helps. But now I wonder if the thought itself is maybe a sign of survival energy surfacing. Is only the thought making me afraid or do I get the thought because of old trauma? How to work with this?"

(00:52:14)

Question: "I'm in a new 4 month healthy relationship. My partner is very present and intensely focused on me when we are together. The only problem is that when he withdraws his focus from me because of some distraction for a longer time (which is rare), my body starts shaking, stuttering, my head spinning, I almost can't talk. None of self-soothing works. In the bathroom I just want to scream but can't. What else can I do? What comes to mind is the Still Face Experiment with the baby intensely reacting."

(01:00:51)

Question: "EDT and repressed emotions as a kid. Shock trauma at 19 yo [sexual assault], repressed it, developed various health issues, including LBP. Now in my 40s and recovering from FF and collapse. When I experience an intense trigger, I still go into freeze and develop LBP. Eg. After a family funeral, I woke up with extreme LBP. SBSM work is helping. Coming out of freeze and feeling anger/disgust, notice low level LBP in morning that releases after those emotions peak and system re-regulates. Suggestions?"

(01:09:47)

Question: "I have early developmental trauma. I have found that doing some of the exercises have allowed some trauma to surface, if I do the exercise again and nothing happens. Does that mean I don't need to ever do that exercise again? I'm healed in "that" area. An example would be the joints exercise."

(01:14:48)

Question: "Physical sensations are surfacing from a surgery I had done 2 years ago to remove a cancerous tumor, during which I was under anesthesia. It feels like something is physically being pulled from me, and separately I feel a flash of the catheter being inserted. I felt

relatively calm going into surgery. It helped that I did a lot of grounding + orienting at the hospital during pre-op appointments (I tracked the sun, a river, north-south, etc.). How best to work with this?"

(01:21:57)

Question: "My motivation towards work has changed. Had to stop launching & work back in October because of spine surgery. It was hard to accept I needed rest/pause. I worked on sympathetic urgency/need since I was 14 and I'm now 59. Need 1 month so I can sit up but have NO motivation to launch/market. Notice resistant/unmotivated parts - not sure if because my daughter supported me lots with socials, logistics, launching but was very stressful. I do need help & no \$ to hire. Do need \$ soon. My lack of motivation concerns me."

(01:33:04)

Question: "Once we have more capacity and embodiment/awareness can other trauma release exercises like TRE, Biodynamic Breathwork or EMDR be added? Or is that still too much forcing the body still? Does it depend on which modality?"