
Q&A Call #10 Curated Questions with Seth - December 5, 2024

This section addresses the following questions:

(00:00:50)

Question: "Hello Seth. The 'voo exercise' reminded me of voice exercises I unsuccessfully did in the past and triggered an old insecurity of mine, the fact that I don't have a strong voice. My voice is constricted and even the 'voo sound' exercise seems too much at times. I feel like the voice is an important part of someone's personality and I would like it to be stronger and louder, but I feel a bit stuck and incapable. Do you have some advice?"

(00:05:45)

Question: "Hi Seth, I have functional neurological disorder (FND), and one of my many symptoms relates to my voice. If I'm nervous or stressed talking to new people or I feel I have to project my voice, then I struggle to talk and get my voice out. Then if I look at the person I am talking to and realise they are struggling to hear me, it makes it even worse. Any advice would be greatly appreciated, thanks."

(00:11:12)

Question: "Been sitting with two questions: 1) How much wellness am I willing to receive? 2) If I didn't have CFS/ME, how would I want my life to look/be? The first arose from a mod saying we need to titrate goodness, plus noticing how I can have short periods of happiness, but symptoms rapidly arise. The second came from asking, how is CFS/ME keeping me safe? Material answers to the second are easy, but answering it honestly from the heart is hard. How to feel safe with true well-being, and how to find what that is for me?"

(00:00:00)

Question: "At work I can stay fairly regulated when doing boring or routine work. When working with something engaging that makes me curious, I get activated with both freeze and high intensity. Especially when having to relate to colleagues. How can I work to uncouple engagement and relationships (positive things!) with high activation? I don't have the capacity to titrate, it just happens. In other areas of my life this happens less often than before. Is just more time and capacity building needed?"

(00:16:14)

Question: "I find it hard to connect with people. Recently had painful breakups with partners and friends and became even more socially anxious, it manifests as feelings of worthlessness. There are episodes of desperation when I crave connections more than ever, but I feel safest alone. I am confused, am I supposed to go through it on my own or in hard moments reach for connection? I feel when reaching out in desperation I usually end up feeling abandoned. I want to be able to attract, not chase. Thanks :)"

(00:25:56)

Question: "Hi! I have EDT. Recently I've been feeling a massive influx of curiosity and creativity, a yearning to explore childhood dreams and bring them into life! My chest is about to explode and my system isn't ready for it! I feel very disorganized, terrified and confused. Brain fog and collapse follow every time I attempt something. I don't know how to break the process into REALISTIC actionable steps, which causes me to abandon everything. I feel so frustrated, and being alone in it doesn't help. Help!"

(00:30:42)

Question: "In the context of healing toxic shame, I have accessed these visceral qualities (retching, etc.) at random moments, but also around specific people, and conversely, I've had others access these qualities around me - particularly when I've discussed heavy emotional

topics, a friend will start to retch or dry heave. How do you know when this is your own shame imprint you are processing vs. absorbing and feeling someone else's energy and processing for them?"

(00:35:22)

Question: "So I have worked through a lot of shock trauma, and EDT, and it has been a very stormy road. From the training call I picked up a new insight: if I scratch my skin - which I do since I was a kid with chronic eczema- I activate my sympathetic nerves. It has been so grooved into my system for almost five decades, and I wonder what more I can do on top of continuing SBSM (since SBSM 10) to reverse my deeply grooved survival impulse to scratch. More specific and specialized around touch?"

(00:38:27)

Question: "Hi! My legs feel exhausted and achy often. I get the sense sometimes that my legs are withered or they literally feel frozen. Two things I'll mention. 1. I've had injuries in the left ankle and right knee. 2. When I lay on my stomach, I get the sense of being dragged by my legs. I feel terror and helplessness. I feel this is flashing me back to something, and I know I have EDT. What can I do when my legs feel frozen or withered? What is the wisest way to work with the stored trauma here?"

(00:46:49)

Question: "I've had migrating body pain for almost 20 + years, since a knee surgery. It moves between my knee, IT band, butt, hips, mid back, right shoulder, or cranial/brain stem. I've had shock and EDT trauma. Things have improved with seasons of zero or minimal pain with Feldenkrais, SBSM two times, and other modalities for 10 years. The last three weeks I've been having another round of frustrating hip, butt, left leg pain. Any suggestions for how to work with this, especially when in the hip region?"

(00:50:46)

Question: "I recently experienced short regressions into EDT up to the horrors of my birth. Then white light or any touch of cold or sound feels unbearable. I tend to lose my body warmth through the belly, and the only thing I want is crawling into fetus position, darkness and warmth. How to deal with this?"

(00:54:21)

Question: "My husband is supportive and slightly interested in my work with SBSM. He has been through trauma himself. Sometimes being physically close to him I feel jittery, unsettled, or speedy inside. When this happens the feeling feels too big to manage. I internally blame my husband. Can I be feeling my husband's unsettled feelings? How do I manage this? I spent my childhood trying to keep my father from exploding with rage towards my mother. All the best."

(01:02:04)

Question: "I grew up in a home where hobbies, physical activity, personal expression and socialising was deemed unnecessary, if not dangerous. I have in my adult life come up with interesting ideas that could turn into a career or business, but no motivation to manifest them. I have no strong enough desire about anything, and now that I got all this NSeducation, my mind is reasoning, "you could never pull this off anyway." Help!!"

(01:07:59)

Question: "Hi Seth, can you recommend any lessons to work with jealousy? I'm the oldest of three siblings and it seems like I am the only one who is dealing with transgenerational and EDT (or my siblings are in VERY functional freeze). I'm jealous (feels like a cold fire that's eating me up from the inside) of my siblings (who I love!) because of their "normal" lives, fulfilling

relationships and successful careers, while I'm exhausted, struggling financially, and only ever fall for unavailable people. Thank you!"

(01:13:18)

Question: "I'm confused about "multitasking." Irene will often teach about, for example, moving your head and neck and also your leg, this is, as I understand it, differentiation and "good." For example when driving a car, you want to be able to turn your neck or move your eyes, not your whole body. Becoming aware of different body parts moving separately (skeleton, muscles etc) is a huge part of SBSM and Feldenkrais, is that right? Where I am confused is almost everything I learn about wellness and health seems to encourage us not to multitask, and I've also learned "multitasking" is an illusion, you are not in fact typing and listening at the same time but going back and forth, and when you do this, attention is poor and so is focus and tasks actually take longer. What is the difference, if there is one, between the awareness and differentiation I think Irene is talking about, and our hurried, doing a 100 things at once multitasking? "