
Q&A Call #3 Curated Questions with Seth - October 3, 2024

Common Themes:

(00:00:38)

How to find what soothing and safety actually feels like.

- Resources feel like distractions.
- How to have a more embodied feeling of resource and safety.
- What about when we know intellectually we are safe, as in there is an absence of threat, but still hypervigilant.

(00:11:21)

How to work with big emotions, sensations, thoughts, that don't have any clear context, as in the case of EDT.

- Joy leading to big emotions out of nowhere (hearing a happy song, watching someone achieve something great). Should I lean into the emotions?
- What if we suspect we were sexually abused, but there is no clear memory.

(00:17:38)

How to return to a healthy parasympathetic state after exercise

- After intense activity I stay activated and/or I have a crash into freeze.

(00:24:09)

What to do when we feel stuck in freeze

- How functional freeze can become non-functional.
- When to contain/resource, when to promote the SNS in healthy ways?
- What if even touching into the littlest bit of SNS makes us feel tired?

This section addresses the following questions:

(00:35:43)

Question: "Hi Seth, I'm an alumni on round 3 of SBSM. Since I started this round I've been briefly waking up during the nights with a tightly locked jaw, real tension in the muscles. I have just observed it and did not try to unlock it. Anything else I can do to support my body in processing this tension? It only shows up at night. I don't have any tension during the day, not even pain from the night tension."

(00:41:37)

Question: "Hello, this is my 2nd SBSM, I have EDT and fibromyalgia. I started noticing pains and tingling in my left side of the body, around the heart and down the torso, leg and toes, including areas Irene described where the Vagus Nerve is. I even feel muscle nods. Are these real muscle and nerve spasms or am I imagining it? How to work with it?"

(00:44:44)

Question: "I experience Dysphonia where my voice quality & strength is so poor & voice box so constricted it exhausts me. I love talking & get so frustrated as I can't speak much & feel so isolated. Also tics & jerks, which feel like a build up of energy in my body that has to be

released. Is this all linked to the ventral vagal nerve & any suggestions on how I could sooth this response to allow me to enjoy music & talking again please?"

(00:56:03)

Question: "Hi Seth, this is my 6th round. I've become so much more authentic and able to recognize and honor my system's needs. But when interacting with older adults or adults with perceived "authority" I go into fawn SO quickly (like a reflex) that I suddenly hear myself say things just to be seen as nice. I'm suddenly not able to be authentic at all. What can I do to stop this fawning?"

(01:00:40)

Question: "A new thing I'm experiencing is having my left arm "stuck" to my side. My arm is bent and braced like it's trying to protect my abdomen. This made me think of my parents telling me how as a 4 year old, I would walk around swinging my right arm while my left remained glued to my side. I'm wondering what would have led me to do this as a child. I notice that this bracing really alters the way I walk and stand. Is this something I should let play out or should I try to return to a more potent posture?"

(01:05:02)

Question: "I believe I've "inherited" some trauma from my family/ancestors, as there are some things that don't make much sense if I look at just my life. How exactly does trauma get transmitted through generations? Is it in the genes or cells? If so, how does (traumatic) information get stored there? And do we work with this kind of trauma the same way we work with our own lived trauma? Are there also releases/completions? If so, how does that energy get passed down?"

(01:12:18)

Question: "I understand that NS states affect emotions and thoughts - I notice it in myself, and I use this knowledge to calm myself. ("It is the NS state I'm in that is causing this thought/feeling.") But sometimes my rational part that doesn't understand how exactly this happens sabotages me a bit. Can you explain how our physiology creates different emotions and (especially) different kinds of thoughts so that I can be more at peace with this? Is there any book that explains this in depth?"

(01:17:16)

Question: "How can I work with my current enmeshment issues? SBSM encourages me to get to know my boundaries and follow my impulse. However, what if my boundaries are not respected and following my impulse is met with guilt giving words?"

(01:20:15)

Question: "I get overwhelmed and activated every day. I only calm down after walking for a few minutes. I try to sit with it, but it does not work. Am I relying on the resource of walking too much? I feel this might be hindering my healing? Any suggestions will be appreciated. Thanks."

(01:23:36)

Question: "I experience fear of food and have developed an ED. I can't eat out anywhere and barely leave my house because of the control I need over food. I am also scared to be somewhere where there is no access to good food or water. I am afraid that not getting enough of what I need or eating food will make me mentally or physically very sick. I have extreme panic before eating any food. What could be going on from your perspective and any suggestions you might have."