
Q&A Call #6 Curated Questions with Seth - October 31, 2024

This section addresses the following questions:

(In Separate Video)

Question: "Honesty is one of my core values in life. I recently had a big, angry, frustrated and self-berating reaction to a dishonest situation that was seemingly out of proportion with the event. I think I tapped into a lot of underlying stored survival stress. How do I work with this at different levels: Processing and dealing with new experiences as they come in? Working with the underlying trapped stored survival energy? Navigating a world that, in parts, might not value honesty as highly as I do?"

(In Separate Video)

Question: "I get the impulse to bite the neck of mother, annihilation work. I feel it arise. It feels right and healthy, but then in the middle of it (tracking impulse+sensation) it switches abruptly to helplessness, guilt and disgust. Not able to titrate it, try to stop before it switches but even then it switches later. How can I stay with the pure biology of it? it flips when I have this picture of my mothers' helplessness which is expressed by her aggression but I get hooked to a need to help her."

(00:00:32)

Question: "Can you please explain the relationship between the nervous system and so called personality disorders? For example, I can't help but notice codependents and narcissists often come from the same exact childhood environments yet seemingly behave so differently. Maybe they're not so different after all. Thank you Seth and Team Lyon!"

(00:03:52)

Question: "I'm feeling like lots of stuff is coming up, old patterns, feeling activated, after 6 months of 'peace', now I have a new relationship. How can you tell the difference between old stuff wanting to process and signals that this partner is not for you?"

(00:08:43)

Question: "Long time SBSMer, practices from labs woven into daily life. Panic/startle intensified recently, regarding things I'm afraid of (where my mind is very involved) AND pure somatic experiences where there's no mind story, just sensation-waking up with heart 'racing', fear response. I go to mediastinum, containment, meet the activation etc. Only just understanding how much has been stored in my heart, I don't want to suppress, though the intensity & frequency is A LOT (too much?) at the moment. Sometimes heart 'racing' for hours."

(00:13:01)

Question: "On medical trauma: can it be that, even if someone is fairly relaxed when they go into surgery, they can still get traumatized? Even under anesthesia, the body is being cut and manipulated. Could it be that even under anesthesia, the body is somewhat aware of what's happening and would like to stop it (but really can't)?"

(00:16:17)

Question: "Hi Seth, I have EDT and my breathing's tense, most of the time I feel a bit short of breath. After 4 years of doing the work I've progressed in many ways. At the same time, I feel despondent because I still feel gripped by tension. I've never enjoyed breathing and have no trust in my breath being there for me. My feeling is that I'm in a vicious cycle where the sensations in my body are scaring me into a fear response. How can I break this cycle?"

(00:22:18)

Question: "As a victim of early sexual abuse, I can't help but wonder if someone who is a sexual predator has unresolved survival stress/dysregulation? Just like OCD is a syndrome where there is strong need to control, would this be considered the same?"

(00:24:44)

Question: "Hi Seth. I am in my second round of SBSM. I have been learning how functional freeze can lead to collapse, and that as we work with the nervous system, a variety of symptoms may appear that might not make sense if we see a doctor. I resonate with both of these. Is it possible to have both at once and do you have any tips to regain some functioning (single mom, work)?"

(00:33:32)

Question: "Hi, Seth, it's my 5th round SBSM. Also 3 times 21 Day'er. Over the years I've been doing potent posture several times. No matter my state, every time my heart starts pounding. It feels like freeze. I get scared and it feels like I can't go anywhere. I don't have this in any of the other exercises. Any thoughts? I also find it strange that I never get a heart race during anxiety. Ever. Only potent posture and panic attacks that wakes me up during sleep. "

(00:38:11)

Question: "How to deal with deep-seated anger, hatred & disgust which are coming out of my pores all simultaneously? They are rooted in (so-called) past lifetimes (time doesn't exist for me), though of course they got enforced in this lifetime. I am psychic and since I was small the "walls" between lives had been transparent for me..."

(00:41:11)

Question: "Hi there, Is ADHD a dysregulated system? How to work with it? Thanks."

(00:43:42)

Question: "Hi Seth, I would like to know how to start feeling tension in my body, but I can't seem to do it. Could you advise me on where to begin? I do feel general sensations, but not in specific areas like the diaphragm, for example, or other specific spots where there is tension but not felt by myself."

(00:46:39)

Question: "I have been working with kidney adrenal awareness as part of lab 4, using the hot water bottle as suggested. The first time I did it I noticed a lot of gurgling in my stomach, feeling very relaxed so much so I fell asleep for 30 mins. When I woke up I was refreshed, but later that day I was more spacey and found it harder to concentrate. Is this normal? Is it worth titrating with this work to avoid falling asleep? Any tips would be appreciated."

(00:49:53)

Question: "I'm very limited in daily life ('dysfunctional freeze'), as my pain lies on the surface. Always aware of how much tension, anxiety, unsafety etc. I experience. Overwhelming. As I lack 'safe' repression, first building capacity or titrating aren't options. How to start healing? Irene mentioned pendulating, focussing on a spot that hurts less, when in constant physical pain. Might this also work as a starting point with continual emotional pain? If so, please elaborate on how to start and proceed."