
Q&A Call #7 Special topic: Early/Developmental Trauma with Seth and Jen - November 7, 2024

This section addresses the following questions:

(00:00:58)

Question: "Hi Seth. Can working with old survival stress feel like a game of “whack-a-mole?” Once you resolve one issue, another pops up, or is it more like the stress just transitions to a new subject? Or can it be that the original syndromes were never fully resolved?”

(00:07:35)

Question: "I have a lot of anxiety, and underneath it I have a lot of emotional turmoil going on (sadness, frustration), and it's been a real struggle to find safety but also allow emotional expression (crying, anger) to be able to get better (to get the balls out of the pool). How do I find balance between those two?”

(00:13:11)

Question: "I have EDT, but combined with early shock trauma. It is very helpful to feel fear as stored survival stress instead of as an emotion. I need a similar access to love/compassion for me/inside me. Love got manipulated (or is overcoupled with manipulation). Can you think of a more biological access (besides trying to show compassion for myself, which isn't working so well), or asked in another way, what is love biologically? And also grief and innate/inner pain. Thank you, hope it makes sense to you.”

(00:19:47)

Question: "I am having difficulties being assertive. When somebody says something at work that is confrontational, my default is to appease - I struggle to assert my position at times. In the moment I go blank and automatically go to how to avoid the confrontation. That will even mean putting off a difficult conversation until it blows up into a problem. How do I work somatically with this fawning response?"

(00:29:23)

Question: "How to do this healing work with a new baby? I have a 3 month old and barely have any time/headspace with exhaustion and baby brain. But I am also really scared to not do this work, because I know I need it. Especially now, I've been feeling more anxious than ever. Along with the general changes in my body, relationship and identity, it's a lot. I'm struggling more than I think I realize, and I'm nervous that my baby, husband and I are not going to come out of this first year unscathed."

(00:33:59)

Question: "Hi Seth & Jen. My system is very slow to thaw. I've been on the "healing path" for over 10 years, and this is my 6th round. I've grown a lot and feel better. And yet. The change is SO slow. In one of the calls on EDT this slowness was mentioned as a possible consequence of EDT. How does EDT cause this stuckness in the system? Sometimes it really feels like I'm trying to move an immovable object."

(00:43:02)

Question: "Hello! My question is what does it mean to be addicted to your own stress physiology, and what if anything does that have to do with disorganized attachment. Thank you!"

(00:49:04)

Question: "I'm an alum, and I'm starting to feel a lot of anger. I'm having trouble working with it because when I feel it, I want to stay angry. I don't want to soothe or resource or try to come out of it. I have severe CFS and I know I'm not ready to move the anger yet. So I either end up staying angry and suffering the consequences, or being harsh with myself and going into a bit of freeze. How can I work with anger more productively?"

(00:56:28)

Question: "Can I do the towel exercise or any of the healthy aggression exercises in front of my children? Sometimes when I am angry, which most of the time happens when my kids are around, I feel the urge to yell not really at them but around. So I think maybe healthy aggression exercises will help. And since our house is small the kids will obviously hear. I do not want them to be afraid. How to show them what healthy aggression is about?"

(01:04:55)

Question: "Every time I leave home, specifically my mom, my body collapses. I become catatonic and unable to function. It is debilitating. I have a sense this is connected to EDT and an early separation from my mom. I am still not understanding why we don't need to know what happened to us in order to heal. How and why specifically through this work does this response no longer take over?"

(01:11:31)

Question: "Hi, I have a big problem with bursts of rage and hatred towards my mother that come over me on a regular basis. I just go for a walk or watch a movie and all of the sudden find myself screaming at her, or arguing with her about the same old shit, sometimes in my head, but sometimes out loud, so that people around would notice. I have no chance to slow

anything down or notice how it builds up, as it is just there within a second. I have annihilated her a dozen times, but it doesn't stop occurring.”

(01:19:33)

Question: "As I am becoming more aware of my emotions, I notice that I lean towards pride and shame. What do you have to say about pride and shame? What are usually the causes? Now that I am more aware, I am very aware about my pride and shame (superego). I am aware that I cannot think myself out of it, because those are living in my physiology currently. I have the instinct that if I keep practicing our work here, these things will eventually fade away. I would like to have some insights on adequate focus for me to work with these challenges.”

(01:24:41)

Question: "This is my 4th or 5th course. I have difficulty retaining what I learn. E.g.: I've been trying to learn to play the guitar for over 40 years, but can't get past a few chords. I try to learn a language online, but I can't retain it. I think I have been in a very deep functional freeze all my life. I remain too frozen/anxious to progress with the course, yet I need to. I am running out of time to heal. Help!”

(01:33:53)

Question: "Hello Seth, not sure if this is an appropriate question for the Nov. 7 call. I would appreciate it if you could answer it in any of the future calls. This is my 6th round and thankfully I am experiencing much more regulation. Unfortunately, with that my sensitivity to non-native EMFs has increased exponentially. I continue to do the work so that I have more capacity to take it in, and was wondering if you have any thoughts on this. Thanks!”