

---

## Q&A Call #8 Curated Questions with Seth - November 21, 2024

### Common Themes:

(00:01:09)

#### **EDT symptoms and situations:**

- ‘What’s the point?’ thinking, helplessness, a panic of not knowing, confusion and ‘squirrely-ness’ at the same time, feelings of existential crisis (how to be an adult?) - WHY? WHAT TO DO?
- How to work with grief when it feels frozen or hard to access.

(00:16:29)

#### **Navigating receiving body work:**

- I’m terrified of touch but long for it at the same time, want to try Craniosacral, how to work with that?
- How to engage with bodywork when highly sensitive and moving through lots of emotions.

(00:19:34)

#### **Anger:**

- How do I know if it’s the result of unfreezing and old layers emerging (or being poked at by relationships or situations) vs. a healthy response to a present situation?

- How to know whether to allow the anger to express vs. resourcing and soothing, which may suppress?

This section addresses the following questions:

(00:28:22)

**Question:** "Hi Seth, I often struggle with something that frustrates me: in an instant I can be completely enthusiastic, feel inspired & passionate about an idea and totally feel that THIS IS WHAT I WANT TO DO...and a day (or even an hour) later that feeling is completely gone. Suddenly I don't feel up to anything. I need to do something else (like eat something) or let myself be distracted by something, and then the spark to, whatever I wanted to do, is gone. How do I create a steady feeling of this spark?"

(00:30:58)

**Question:** "Hi Seth! I'm finally ready to do some more structured exercise and started going to the gym. However, I'm confused about how to train "right". I know that Irene disagrees with a lot of classical exercise science. Could you say something about your routine, especially in what form stretching is necessary or recommended? Any other advice to share when it comes to increasing my exercise regimen?"

(00:36:50)

**Question:** "I have EDT & had abuses at various stages of childhood/teenage years by family members & family friends. I have noticed a lot of anger/resentment/rage coming up towards my (non abusive) mum - for not protecting me, turning a blind eye, not speaking up, not holding boundaries, being in freeze, etc. Also layers of guilt for the anger, because she wasn't directly abusive - like the anger should be directed elsewhere? Can you talk a bit about what could be going on here and how I can start to work with it."

(00:45:54)

**Question:** "This is my first experience with SBSM. While tracing the muscles in my left forearm, I suddenly felt the pain from two old scars where I cut myself. It was as if the injury was happening again. My body collapsed, and I was overwhelmed by pain and confusion. I sat up, focused on my breath, and distracted myself by watching TV. My question is: instead of distracting myself, do you have recommendations for moving through this experience? Thank you for your comments."

(00:49:57)

**Question:** "How can we "somatically" forgive ourselves or someone? Or I guess more precise - how can we physically not hold a grudge? How can we physically not have that tension in our chest or gut because of something we did? (Especially in cases where we rationally don't think forgiveness is deserved.)"

(00:53:37)

**Question:** "I have suffered from early trauma through life. Much has improved since I started this work. I am here in my body, more stable in general. I haven't gotten around my locked jaws so far. I have tension throughout the head and neck, and suffered from migraines for many years. Clenching my jaws is probably the core of my survival strategy. I feel ready to renegotiate that pattern, and am wondering if you recommend any particular exercise from the program, as I haven't found the right one myself yet."

(00:57:23)

**Question:** "Alumni with EDT, CFS, anxiety/depression. When I do an exercise bringing touch/awareness to my hand or face, I feel sad and negative, focusing on the dry skin, wrinkles, stiffness. It doesn't happen with parts covered by clothes or internally. I can feel a bit

---

freezy/distracted, hard to stay connected. I struggle with negativity and victim thoughts in general, can't express anger positively (I get passive aggressive) and can only attempt the healthy aggression exercises in an ultra-titrated way. Help!"

(01:02:26)

**Question:** "Question: How come that when your brain is stuck in survival, one is so much caring for other persons, more maybe even than for one self. After doing many exercises today I realized how my brain is stuck in this survival mode, and I reflected already a long time ago that every person I meet I kind of look out how I could help her or him, assuming somehow that they also hide some terrible issues."

(01:06:05)

**Question:** "I have an extreme fear of being ugly, I don't know exactly why but it has always controlled my life. My parents were very judgemental and insecure themselves, so I guess I inherited theirs on top of my own issues. Also I had family members that would call out flaws in a mean way when growing up. Mirrors are my enemy. I assume it's some fear of not being loved unless I am or look perfect. What are the best exercises to work on this issue? Thank you for all you do."

(01:11:36)

**Question:** "Irene posted that it's not enough to just be with sensations, etc, triggering a strong theme of mine of "I can never do enough", along with its desperate opposite of "I have to do more". There's hopelessness and resignation with the first and anxiety and pressure with the second. Yet STILL they cycle. The second is a childhood survival pattern, the first a childhood realization. Could you speak about her post generally, and also about how to move beyond those deeply held limiting patterns of decision making re trauma."