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## Q&A Call #9 Special Topic: Shock Trauma with Seth - November 28, 2024

This section addresses the following questions:

(00:01:52)

**Question:** "I had a shock trauma at 11. It seems like it's close to EDT. I managed to override that by putting on like an outside self, which doesn't work at all anymore. Whole world system is experienced as a danger for my life. How can I uncouple the shock trauma? At this point when it comes up I land at once in EDT, and when I try to address that I land in the shock trauma, it's like simultaneously addressing two things, which results in a cycle downward. Haven't built a life I can refer to as safe."

(00:06:28)

**Question:** "Hi Seth! I experienced a lot of anxiety and toxic shame as a kid, and on top of that I was hit twice with a football on the diaphragm, which stopped my breathing both times. Today it's like a giant rock is sitting there. I used to numb this sensation with food, even though it suppresses my appetite. When I slow down and connect with it through touch the tightness climbs up to my throat and I feel sick. What can I do to allow what's there to move? Is body work needed for those injuries?"

(00:11:50)

**Question:** "Hello Seth, would you talk a little bit about grinding one's teeth at night and sleep apnea? I heard Irene say her sleep apnea improved when she became more regulated. Would sleep apnea and the grinding of teeth be caused by certain types of traumas, or just the holding in and suppression of any emotion? This morning I worked with tensing and relaxing my jaw. Amazed at how much easier my jaw opened after. Thank you for all of your information!"

(00:14:32)

**Question:** "Hi Seth. Recently I sent a video (where Keiti talks to Irene about breast cancer) to offer hope to my niece that there is a new way of dealing with cancer. However, yesterday I learnt that both her and her sister have had double mastectomies (mother and grandmother died of it). This news completely changed how I think this amazing video would be received and I laid awake with regret on sending it. I would appreciate some help in dealing with guilt and regret without adding more beachballs."

(00:19:01)

**Question:** "Hey Seth, I was wondering if you could help me to get clear how the ANS is of influence on the menopause, how it connects. For several weeks, I sometimes notice heatwaves in my torso. It starts from my belly and goes to my chest. There it stops. Since I am 52 people around me say 'Oh, you're in menopause! Welcome to the club'. I am not convinced that that is the case. I feel it has something to do with my ANS. But maybe there is no real difference? Could you explain the connection/differences?"

(00:23:55)

**Question:** "Hi Seth, Irene mentioned something about negative health effects from being in close proximity to high-voltage electrical wires and (possibly) mobile/cell towers. Could you please elaborate and explain how it works and what impacts are on our health - I am looking for a house, possibly near a mobile/cell tower."

(00:28:34)

**Question:** "Hi, I suffer from benign positional vertigo. About every eighth year I get a big episode where I'm totally wiped out. I'm sure this is nervous system related and after doing this work for five years, this time around the episode was much milder, I could even walk! I'm

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curious as to how this relates to the nervous system. The usual explanation about crystals in the ear that no one has ever seen can't be the whole answer. Do you know of another explanation? Thank you."

(00:32:16)

**Question:** "Hi Seth, 6th round Alum, I have made a good deal of progress over the years, but still have LOTS to work on. I am overly critical of my partner, I am impatient, I get angry when he is negative or insecure, he doesn't deserve my uptight, twitchy attitude. I really do not like myself very much after these encounters. I feel like a bully. Thank you."

(00:35:13)

**Question:** "What do I do when I can't process a feeling when it comes up? For example in the car or when with my baby. When I try to come back to the emotion/sensation when it's a "good" time to do so, the intensity is a lot less and I can't "reach" that level of activation when trying to process it later."

(00:37:52)

**Question:** "Is it possible to go deeper into freeze and at the same time be more functional? I have early developmental trauma, suffered from CFS and later on developed PTSD. My reaction to the neurosensory exercises, especially the adrenal awareness one was pretty strong, now the symptoms are almost gone and I overall feel better than before, but I have the impression that my body is somehow numb. My mind is a lot clearer now, but I feel my body less."

(00:42:05)

**Question:** "Hi Seth, after hearing you answer the question about how symptoms of dysregulation and perimenopause can be the same as our autonomic processes are being greatly influenced by survival energies...I wonder if you might know something about how low

ferritin can be also greatly influenced by survival energies. Any feedback is greatly appreciated. Thank you!"

(00:44:21)

**Question:** "Having spent most of my life in hyper-arousal, I have now started to experience variations of deep shut-down that probably was underpinning my sympathetic overdrive all my life, which would explain the chronic health issues I have. Now, there was a family visit and things were different for the first time: less self-sacrifice etc., but more acute pain and feelings of betrayal. I guess it is a break-through to get to this layer, but the pain is almost unbearable. Where to go from here?"