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## Q&A Call #2 Curated Questions with Seth - September 26, 2024

This section addresses the following questions:

(00:01:59)

**Question:** "I often assume when a mistake is made or something bad happens it's my fault, or fear of making mistakes stops me from doing things. Also tend to feel like no one cares about me and have really low self esteem. Sometimes it's sort of in the background, other times very intense fear comes, but I find it hard to work with either end of the spectrum of this. Do you have any advice on these themes?"

(00:12:24)

**Question:** "Hi Seth. For 10+ years I've been 'doing' my PhD on women in family business. It's my background and a source of many issues: lack of direction, financial dependence on father, guilt. Think PhD was an excuse to not engage in the world, worked on it writing constantly but produced nothing. Had my son 5yrs ago, thought I'd left it behind, but can't seem to leave it in the past. If I don't finish I'm proving the belief that I never finish anything. Feel I have something to say but can't get it out. Help!"

(00:16:42)

**Question:** "I had surgery at 48 hours of age that included 2 tubes placed into the throat to stomach & to lungs. When the sensation comes up to release trauma, it is very intense, I cough uncontrollably and feel like I'm going to choke to death. I ask to be allowed to die. When I come out of the intensity, I do want to live. Any advice on how to navigate through choking? And the feeling of wanting to die when the choking comes up?"

(00:21:41)

**Question:** "I would love to hear about overcoming the resistance against daily tasks. You and Irene offer some ideas in that long form interview "Healing our resistance to making money [...]" Would there be more, where that comes from? I'm struggling with getting necessary daily tasks done to the extent that I fail to meet deadlines (e.g. taxes). I keep on involving myself with healing work as I can make much more sense of it. I fail to connect the same healthy sense to necessary tasks of life."

(00:30:24)

**Question:** "If you had to have full regulation in order to work with people, how could something like this be measured? How did you know you were ready to work with people and you had regulation on board? Thank you."

(00:35:10)

**Question:** "With regulation on board, when old stuff comes up can it last hours or days or is it like a stress response, fairly quick in and out? Is it because of my dysregulation that I feel certain things for days, weeks or even months?"

(00:36:32)

**Question:** "Developmental trauma information triggers me, because my children experienced sibling sexual abuse by a stepbrother. My kids were ages 3-6. As a former teacher, I know a lot of developmental information. All I can think about is my children's pain. I lost my son to addiction. I know this trauma at an early age was a big contribution. How can I be present and learn? And get to my own developmental trauma? Help!"

(00:46:12)

**Question:** "Hi, alumni 2021 with EDT. The special Q&A on EDT helps. I'm nurturing ok-ness. I've grown capacity. However, I have just been diagnosed with a rare autoimmune disease: antisynthetase syndrome, which causes dermatomyositis, arthritis, & worst interstitial lung disease. Part of me can't understand why this is showing up now that I am healing my NS. Does it make sense? Have you seen autoimmune disease coming up when people heal? I'm on immunosuppressive treatment. What SBSM practices would you recommend? Thank you."

(00:54:06)

**Question:** "I constantly pick my hair, nearly every moment of the day. I know I'm checking out from something, but it happens so often I am unclear how to stop it or be with what is coming up more. Is this a freeze response from overwhelm? How would you recommend I handle it? Especially because it happens in the presence of others or in business meetings, where I don't always have the ability to get up and leave."

(01:01:03)

**Question:** "Are there any issues with or benefits to practicing orienting without my glasses on? I'm very nearsighted, so this would blur my surroundings but still make them recognizable."

(01:02:41)

**Question:** "On government assistance. Worry it'll be cut, then I'll starve, become destitute, etc. This scares me & renders my brain off-line; making it difficult to focus & think. At times I feel dissociated/go into freeze, and at times anxious. I experienced all of this in the last round of SBSM, so I couldn't finish it. Have EDT. In childhood: Physical violence and toxic shame from parents; unsafe neighbourhood. I feel unsafe easily. Am alumni. I'd like any advice to help me complete this round of SBSM in the most enriching way possible."

(01:09:35)

**Question:** "Since watching Irene's YouTube videos, I've had a lot of organic shaking—what I call pulsing—and full-force movements. Few episodes felt complete; others seem like my body is expressing what it couldn't for so long. I wonder, what should one do? Just be present with it? Why so much pulsing when nothing changes? Thanks to your education, I can be with it—spine, abdomen, and buttocks pulsing. I used a scoliosis brace for years and can't have a full orgasm, as the arousal just shuts down."

(01:15:34)

**Question:** "I'd love insight, please, Seth, on what's happening. I live with severe ME/CFS. Starts with feeling fatigued, like falling asleep, then a really unpleasant feeling, like free falling through space, a sense of chaos & terror, feels like attached to a bungee which reaches its end, then pulled back super quick, blood & bones being sucked out of my body. I thought it was PEM (post exertional malaise from ME/CFS) from too much activity, it happens on these calls, even with doing small amounts."