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## Q&A Call #5 Curated Questions with Seth & Rebecca - October 24, 2024

### Common Themes:

(00:01:29)

#### **How to support hormonal health, particularly in the context of menopause and perimenopause.**

- Is highly symptomatic perimenopause part of dysregulation, the symptoms of the two are similar, how to navigate?
- Can doing this work throw off our regular bodily functions for a time? Will they settle?
- What resources support healing of hormonal issues and fibroids?

(00:11:01)

#### **Ways that anger can show up.**

- In the spine (from EDT) also in the core.
- Passive aggressive comments (What to do? Build capacity? Work with the anger?)
- Heartburn / acid reflux increasing as I consciously work with my anger - history of high sympathetic.
- What about when we are angry at circumstances rather than a particular person?

This section addresses the following questions:

(00:24:24)

**Question:** "Every night I'm having very intense emotional dreams, and I wake up exhausted and anxious. I use the exercises and everything I have learned to attune to myself. Most days I feel a lot better towards the evening, and I feel like I have achieved something, just to wake up in the same dysregulated state the next morning. Any advice on how to have a more stable and less emotional sleep?"

(00:27:45)

**Question:** "How can I work with the urgency I feel to 'fix' myself? I have CFS and am mostly in freeze or flight. On the rare days I have energy to leave the house, I always think I should put myself in stressful situations, like exposure therapy (e.g. shopping, socializing). Often I become shut down - exhausted, brain fog - so I don't go. Then I feel ashamed, helpless, despair. If I do go, I often feel like I'm white-knuckling through, or panicked, and it doesn't get easier. How can I get out of this cycle?"

(00:32:38)

**Question:** "How do we work with early sexual trauma when anytime that I get intimate with even myself I cannot fully connect, get erect, or be with pleasure fully without disconnecting. It's hard to gauge the window of tolerance with this."

(00:36:58)

**Question:** "I have a scar at one month old, early trauma. But in college, severe trauma, the pain in the scar became severe and migrated to my neck, arm and head. SBSM and body workers helped to unwind this. This week, a body worker integrated one of the remaining parts of the scar. On the plane today, I could feel my neck and head try to release, and felt like I was

going to be sick. I suppressed it. Numb since. Question, positive thing? Is the intense opening lost or does my body need to process?"

(00:40:24)

**Question:** "I'm a grad. Question about memory. Example: Remembering where I put things. I think I'm orienting and being very aware where I put things, but when I go to get them, they are not there. Pattern is that I have an intention of where to put it, but actually put it somewhere else. I remember my intention but not my action. Even when I think I'm being aware. What am I actually doing? I remember the process, that I did it, that I was paying close attention, orienting, but I can't remember or mis-remember where I actually put the thing. I do this with info or facts I want to remember. I remember hearing, reading it, and telling myself I want to remember it, but I can't recall the information, facts, data, etc. What am I actually doing? So what's going on here?"

(00:44:04)

**Question:** "This is my sixth round, and I've started to get an intense itching in my feet/legs when I orient. I always feel unsafe and shut down when I'm around people, but I've started to feel safe when I'm alone. I'm walking/exercising every day, if I don't I feel really low. Should I just stay with this itching which finally leads me to have my legs shake intensively (then it gets better for a couple of minutes before it comes back), or should I just let it be? Something wants to come out, I'm not sure how."

(00:48:27)

**Question:** "Early this year, I had an experience of what felt like a release of terror. It was a new level of intensity for me but I felt safe to be with it. Crying turned from shallow and up in my throat, to roaring out from my guts (it felt wonderful in a weird way!). A family member who was present approached and shut me down saying 'NOT NOW!' They were angered by me. My

expression withered and became quiet. Ever since I have felt angry, and worry I may never get to release that terror. Any advice?"

(00:56:37)

**Question:** "Hi Seth, I am an alumni with shock, early & developmental trauma. Lately my freeze reaction to barking dogs has intensified, and I have resorted to taking some Valium to get relief. Previously the gentle head rolling exercise helped ease the tight muscles in my jaw, neck, shoulders, head and chest but now the tension feels too much. Do you have any advice? I feel a pull to work with my spine. Overall I feel I am coming more out of freeze, with an increase in sympathetically driven symptoms. Thanks."

(01:01:25)

**Question:** "I know somebody who society would describe as "Type A". He is super ambitious, a go-go-goer, and never relaxes or expresses emotions. I can see he is sympathetically-dominated and functionally frozen. I still have a hard time understanding how somebody can be dominated by the sympathetic nervous system, but also be functionally frozen. I thought the dorsal vagal (aka freeze) would slow somebody way down, but he never slows down."

(01:04:54)

**Question:** "Hi Seth. I'm on round 6. Mentally/emotionally, I'm feeling better than ever, and I'm happy with the way my life looks at the moment. I used to wake up with existential dread often. I always believed this was because there was something wrong with me and with the life I built. Now I understand it's probably to do with EDT. I recently woke up with that same old feeling. I guess it wants to be felt now that I have more capacity. Can you give me some ideas on how best to meet it?"

(001:08:09)

**Question:** "Hi Seth & team. As long as I can remember, I've felt anger, frustration and deep sadness around feeling neglected. I am at peace with why this is (upbringing) but have a hard time expressing this frustration and disappointment I carry with me. It comes up a lot in physical touch as well, I feel myself flare up with anger when my body does not feel attuned to / depth reached. I am practicing sharing my needs with others, but wonder if there are self soothing techniques. Thank you."

(01:11:45)

**Question:** "What is the best way to get over public shaming trauma? Every time I have to say more than a few sentences in front of a big crowd, my system shuts down from feeling judged. Is it enough to feel everything after it happens, or is it retraumatizing/making it worse by exposing myself to it. Thank you."

(01:15:59)

**Question:** "I'm a four year alumni who still struggles with following impulses. My main conundrum is distinguishing "real" biological impulses from symptoms or an overactive NS. For instance, back pain with no structural damage. If I follow my NS overactive signals, I might baby my back and avoid healthy activities, which then perpetuate a sense of being hurt and unsafe to my NS? And if I push through it feels like I reinforce a sense of my NS not trusting my higher brains decisions. How can I find a middle ground?"

(01:21:30)

**Question:** "I have been practicing orienting the last few weeks. The last few days, I have experienced feelings of grief and sadness where I couldn't stop crying (I think this is linked to my EDT as opposed to shock trauma). I then found my arms and legs shaking, but it felt like it

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was going on for ages, and my body ran out of stamina to be with it. How do I manage the fact that this feeling and the shaking that follows feels endless? Will it ever stop?"

(01:24:36)

**Question:** "Could you explain more about coupling dynamics. I read your article (and I think I understand it), but I didn't really get a practical connection to my experience. I recognize the coupling, both over and under coupling in myself and to the outside, but there is so much coupled and I haven't found a good way of addressing it. Can you explain it in more detail, that would be helpful, thanks. (Going into the coupled body memories one after another is tricky -- too much coupled on different experience levels.)"