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**Curated Q&A Call #1 Special Topic: Early/Developmental Trauma with Jen**

(00:00:02):

Crystal is a team member who does quite a bit behind the scenes, and has been around for many, many years. Ari is here helping out. So thanks, Ari. And then my colleague and good friend Mara Yale will be answering questions in the chat, if you have them. So hello, Mara. And also thank you, because Mara and I hopped on the phone last night and we talked through a few of these questions. So some of this will reflect some input from Mara too. So thank you. So excuse me, just since some of you are new here, I'll take a moment to introduce myself. My voice will hopefully be here today. My name is Jen Greer, and I am, for most of the year, based outside of the Philadelphia area, which if you're not from this part of the world, it's a little bit south of New York City.

(00:01:00):

I initially started with SmartBody, well actually, 21 days, and then SmartBody SmartMind, as a participant. And I think that was something like eight or nine years ago now. And Mara and I joined Irene's team at the same time. And so I think we've been helping out with SBSM for seven or eight years now. We've been around a while. The topic that we're going to touch on today as we answer a whole bunch of questions that came in is the topic of early developmental trauma. That topic is near and dear to my heart because it sort of reflects my own personal experience, and it took me many decades, not many years, but many decades to figure out why some things wouldn't work for me the way that they seem to work for other people, despite exploring many, many, many, many growth modalities over many years. And so finally when I started to understand this piece of the puzzle, things made a lot more sense. And so we hear that from a lot of the people who follow Irene and a lot of people in this program. So maybe that'll be the case for some of you here.

(00:02:19):

Just to give you a teeny bit of background, I'm a somatic experiencing practitioner, as most of our team members are, and I also am a movement teacher, and I like to dive deep into studying with our teachers who focus on this topic of early developmental trauma. So I actually would love to find another term for that, because for me it's not just about trauma, but this is really about how we develop as people. And as many of you know well by now, or will learn as you move through SBSM in your pace, at your pace, our experience of ourselves and of other

people and of the world around us is very largely influenced by the physiologic states that we have access to. And what we now know is that we are not born with access to all of those states by default. So some of those states were born with, and we'll talk about this as we answer some of the questions today, some of the survival responses, excuse me, and the states that go with them, come on in utero.

(00:03:36):

So in utero, babies or fetuses can freeze. It can sort of withdraw into a corner of the womb and they can curl in. So some of these responses come in even before birth, and we get them whether some of us like, well, we need them all. The challenge is just that we may not, if we don't experience certain conditions or if we experience certain types of adversity, then we may not grow as much access to the sort of more everyday states, or the states that support moving through everyday states with some more ease. The states that support us in enjoying being around people and having it not feel super stressful. The states that help us to feel safe in ourselves and with others. So what this is really about is the fact that some people's nervous systems develop differently than other people's nervous systems. And how your particular system developed will have a lot of influence on how you might take in and interact with SBSM.

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And so that's why we do this call early in SBSM, now, because what you focus on and your pacing might be very, very different, if you even suspect that, if you know, or even suspect that this might apply to you. And so I'll give you a few kinds of times people say, well, how do I know? How do I know if I have early developmental trauma? Excuse me. And if you want to, those of you who know, if you want to sort of pop into the chat what you've noticed in yourself, you're welcome to do that. And I'll read a few out. But one of the main characteristics is something's been around. There's been something that's been around for most of your life or your whole life.

(00:05:31):

So someone might say, oh, I felt anxious as a little kid, or I was depressed even as a little girl, I never felt comfortable around people. You're going to hear some of this will really come through the questions that people ask today. I have a hard time making friends. I have a hard time in a relationship. I'm very reactive emotionally. It's very hard for me to control my reactivity. Oftentimes things like A-D-H-D related, traumatic trauma, go hand in hand. So yep,

vigilance, I'm just going to take a peek in the chat for a second. Mostly Mara and Ari will be keeping an eye on the chat, but vigilance, hard to calm down and feeling scared even as a little kid. That was me too, always being afraid of something while having a lot of terror. Oh, another very common one is people who are either on type A, push, push, push, go, go, achieve, achieve, achieve, or totally off, can't get going, freeze a lot or a mix of both. Go back and forth between the two.

(00:06:46):

Thank you. Having no memories is very common. Or having few childhood memories is very common for those of us in this club, looking here, having it be very hard to soothe and settle. And for me, until I was very, very far into my life, I didn't know what it felt like to just chill out. I could never get how people could lay on the beach. I had no conception of how that was possible because I had to be moving and doing. And unless I was crashed out on my bed with a book, that would be the other kind of side, of the extreme over sensitivity, depression. So all of these things that people are sharing about their experience, yes, some delays developmentally, some of you might be familiar with the term asynchronous development where kids develop differently, they might be the equivalent. Let's say they're 12 years old, they might be more like a 6-year-old in some ways and more like a 15-year-old in other ways.

(00:07:52):

So that too, not necessarily, but that's something that can come with us being a caregiver. So yeah, so there's lots that can go with us, but for me, one of the things that is really helpful to think about is like, oh yeah, I've been this way since I was a kid. And another one we hear a lot is that not much helped until I found this. So, and some people don't realize that this applies to them until they are a few rounds into SBSM, and that's fine, you'll find your way. It's not like you have to know the answer right now. That's actually a big theme. People coming in and sort of wanting to do SBSM the right way and find the answers. But really, this is really about, SBSM is really for me, it's about you and it's about getting to know you in a whole myriad of different ways, and really learning what works for you.

(00:08:48):

And excuse me, there's a little bug in here. It's out here. Spring is just starting to show up a little bit. It's getting warmer and the bugs have shown up this week. So that's another sign that spring is on the way. Yeah, so this is really about you, and finding what works for you, and

listening to you because what helps us to develop those other states, those states that help us to feel safe in connection, and feel a sense of ease in our lives, and have access to our creative energy, and the ability to do things with it, is attunement. Attunement, having someone be there for us, and a regulated, ideally other person be there for us. And attuning is what really helps us to develop access to ourselves in these different ways and access to these different states. And so a lot of this course is really an invitation, different ways to attune to yourself and to really listen to yourself and be with yourself.

(00:09:46):

I'll probably say it, I'm going to try to say it at least five times a day, but the gifts and benefits of the course do not come from getting through the whole thing, at least not for quite a while. They really come from how you listen to yourself and support yourself and adapt what you're doing based on what you notice in your own experience. So hopefully I said that clearly. So we got a lot of questions today, so I'm going to kind of go through them and as I do, I really invite you to do practice what I was just talking about, and if it feels like too much because all of the education and the things we talk about, absolutely have the potential to touch into things in each of us. So even if it doesn't make sense, you just feel a little overwhelmed or tired, you're welcome to drop off the call at any time. You're welcome to look away, walk away, move, get some tea. I have tea and water here, so whatever works for you, please take care of yourself on the call. There's a bug again, I think it's going to be my little friend today, so I'm just going to take a moment and pull up the questions that I prepared.

(00:11:11):

So yeah, so we're going to start with a really broad question, and what I'll do is I'll just give a quick read of the question, and then I'll tease it apart and talk a little bit about each one. And before I do, I'll let you know that the themes... We had a few themes that really showed up today, and one theme was about how do I work with early experience? Because working with early experience can be different in a number of ways from working with experiences that happen later in life, or even from working with experiences when we have more regulation on board. And an example of that is if you imagine a little baby trying to get away, that's going to look very different than a teenager trying to get away, or a little baby fighting is going to look very different than a teenager fighting or an adult fighting. So the way there's different considerations in working with our responses when they come very early in life. So that was a theme today.

(00:12:15):

Another theme, there were a lot of questions that had to do with relationships in different ways. Either existing relationships, what's happening with an important person in someone's life, or the fact that relationships are challenging. So we'll talk about that. Then there was the third theme. There were three main themes. The other theme was how do I engage with SBSM when I feel a lot, when I feel anxious, when I feel frozen, when I feel overwhelmed? We're going to talk about that too. It's different for me. I'm so used to interacting and getting feedback. It's really different just to be the one talking a lot. I'm very much looking forward to the calls when I'm co-hosting, like with Mara, for example. So yeah, so I may get a little, it'll just take me a moment sometimes to get my variance.

So this first question here is about working with early responses and it says, "please," this person said, "please offer some advice on how to cope with survival, stress, procedural memory, trapped in the body due to early developmental trauma. What is your experience with that when trying to release it?"

(00:13:36):

I want to start by mentioning a few resources that if one of you could pop in the chat would be great. We created... There's a resource that's available from the get-go in SBSM called Early Trauma Tips, and there's some more information in there about what we're talking about today. And then there's some tips for you if you feel like this is you and you'd like some ideas about how you might approach SBSM with that in mind. And then there's also an interview with, it's a Q and A that Irene and Seth and one of our very long time, very experienced team members, Janice Castlebaum, did, it was a special topic Q and A about early trauma. And so the first resource can be tips for actually going through the course. The second resource is more about if you want to learn more generally. And Janice does, and Seth and Irene talk a lot in there about relationships, which is very related to what we're doing today. So to get to the question, this person mentions procedural memories. So some of you may be very familiar with the procedural memory, if not, you're going to learn more about this from Irene as you go through. But it's basically like we have an impulse to do something, we have an impulse to run or to push someone away and say no, and maybe someone threw a Frisbee at us, and we wanted to put our hands up to block it from whacking us.

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So there's all different kinds of procedural memories, and sometimes we don't get to actually complete what wanted to happen in order to take care of ourselves or protect ourselves. And so what can happen is those we can simply put, think of those as getting stuck in the system. And as we do this work and we become more aware and we listen to ourselves in these different ways, those procedural memories have a way of bubbling up, and we learn to work with them in this course, if you have it already, this person is asking about very early procedural memories, and when things are trapped and how to deal with it. And this word, released, gets shared a lot. The first thing I want to say across the board is that it's not all about feeling sensations and screaming and making big movements that can be part of this. And we really want to have the capacity and the regulation to be able to be with whatever experience is happening and not just sort of make it through, hold on, can I survive, but actually be able to stay present, to listen, to observe, and to have our system do what's called, to move towards a little bit energy, a little bit of activation, and then settle again, come back down.

(00:16:52):

Some of us, including myself, might never have learned to really come down. We might have learned to turn off, which is that conservation, that freeze conservation physiology, but we might never have really learned that going back to that laying on the beach thing, we might never have learned what does it feel like to just kind of to come down and settle and have things drop and feel soft inside, while we're still present to ourselves and what's around us? And so growing capacity and learning to settle are two very fundamental foundational things that we want to learn just for life, and also in order to work with these different experiences that we might hold inside of us. So to the person who asked, the first thing I would say is really focus on the basics and on what supports you in growing nervous system capacity and regulation.

(00:18:01):

The good news is that you're in the right place to do that. And the first two labs in particular have a lot of really foundational practices, or have, I would say, some of the really foundational practices that when we make them habits, they can really go a long way to supporting growth and capacity and regulation. And so those are things like orienting, even before orienting, perhaps knowing our resources. Those are things that were in lab one this week, in lab two coming up there is following your impulse and potent posture you can work with. You can even take one of those if you're someone who has a lot going on, and we'll talk about this later

when someone says it's too much, where do I start focusing on resources, and what feels supportive to you? Some people work with that. Oh, someone opened a whiteboard, so I think that was probably an accident. So I'm just going to, there, close the whiteboard. Thank you.

(00:19:15):

So, everyone can see me again? Yeah, I see all of us, the gallery. Yep, yep. Cool. Alright, thank you. So yeah, so we're going to come back to this theme today, and also throughout SBSM, but taking steps to support the growth and capacity and regulation is key, because it can be really important to let ourselves feel absolutely, but if we only focus on that without focusing on the growing access to safety and the ability to settle, it doesn't often lead to a lot of really sustainable change. A lot of people I talk to, including myself, did a lot of meditating, and I'm a fan of meditating, to be clear, but did a lot of meditating and crying and I have a history of working, training and working with Gestalt. So lots of feeling and lots of feeling sensations. And yet some of these really foundational things that we talked about earlier as being characteristics with this early experience, those often don't change a lot.

(00:20:21):

Maybe we get more comfortable screaming, which is not nothing, but feeling really at ease in ourselves, feeling really at ease with other people. That sense of underlying fear and terror. That didn't change for me until I learned to work in these ways. So you might have a different experience. I also want to throw in there if something works for you, you don't have to stop. So that's the other thing. Some people think like, oh, I love yoga, but yoga might not be the best. No, if something works for you, what's important is that you do things that help you too. Some of us are, when we have this presentation, are just trying to get through our lives, right? Over time that changes and it gets easier, but do what works for you. So you don't want that to get lost. So another thing, I mentioned this, but just in the context of this question about working with early experiences, sometimes things can feel very big if you think of that little person and how, if you can think of a distressed baby or a baby crying, there's these big feelings and some of us went through a difficult birth, or we lost, or were separated from our biological parent at birth.

(00:21:50):

There are these experiences that happen and even though we can't process 'em in the way that we can, as we get older, we feel 'em in ourselves. And so sometimes we can have these

feelings and experiences that feel very big and yet our capacity can be very small. And so a huge part of working with those experiences is what I was talking about earlier. And you're going to hear it like a broken record today, growing capacity, learning to settle and grow regulation. So let's just see if there's anything else on that question. One more thing on this is that as we were talking about running, if a teenager wants to get away, they might run, a baby might wriggle. So with these little experiences, with these early experiences in little people, they're often more based around the spine like the head and the neck. And so instead of thinking in terms of running, we might think in terms of wriggling, we might think in terms of withdrawing, and the way the baby might curl up into a little ball. So thinking in terms of what things look like in very little people can often be helpful, because if we went through things when we were very young, it won't always look like what we think fighting and fleeing looks like. So hopefully that's clear.

(00:23:28):

Going to go on to the next question. So the next question is very related. And so pretty much everything we just talked about we'll apply again, this person is more specifically asking about pre-verbal terror when there seems to be no, they're not finding a procedural memory to fight or to flee. So they're just feeling this terror and they're not sort of feeling like, oh well I want to get away or I want to fight. And they're saying since they were little, they can get stuck in terror and literally freeze for hours where they're not able to move and it feels like if they do move, they will be under great threat. So the next part of this question is that they did experience something very frightening. Their life was in danger when they were a baby, so they think it might be linked to that.

(00:24:29):

The good news is we don't need to know in order to work with these things. And then as an adult, they've been chronically ill and bed bound for many years and it seems like the illness also helps, serves to help keep them immobile, just like the flashbacks do. Terror can absolutely be immobilizing. And so first we want... Our system is very wise and knows and does all these different things to protect us. And one of 'em is that in some of us we might freeze, and so we might not have access yet to that impulse to run or to flee or whatever might want to arise. So often we sort of held... Things are held out of our awareness, and those are some of the things that in time start to bubble up. So for this person I would say really keep working on the basics.



(00:25:34):

They're not really basics though, but I'll call them the basics for this. Keep working on where can you find a little bit of okayness, where do things feel a little bit more? Okay, when you're feeling that terror, what does it look like to turn to your resources and to really notice that right now, I have this cup of tea here, I'm going to take a sip to consciously let yourself know, because parts of us can think that we're sort of still back then. And so by doing that we're letting ourselves know like, oh, it's 2025, I'm in my home, I'm having a sip of tea. And so those little things we do offer cues of safety that go inside, and they add up over time. That doesn't necessarily mean that something's going to happen in the moment. So I've been doing this for a long time.

(00:26:32):

So often as I look out the window I have the impulse to stretch and I often yawn or I'll take a deeper breath, but for a long time I would orient and nothing was happening. I'd be like, nothing's happening. But I kept the faith and I just kept doing that. And in time something did start to happen because those signals of safety, those cues of safety were going into my system. It just took time for my system to learn to settle as it does with many of us. This making sense so far? Yeah. See some yes, some no, maybe, but let's see if we can clarify a little bit. So orienting, I want to talk a little bit about orienting, because when we're developing, touch is the first sense to come online.

(00:27:33):

I don't really know, I don't remember honestly, but I don't think we're looking at it a whole lot when we're in the womb. But we do touch, and we do. So that sense of touch, and if you can picture a baby, often they're experiencing the world tactilely and then through their mouth. And so thinking in terms of what would a baby do or what would a little person do and what's supportive to them as they develop can be very helpful, and thinking about how to support ourselves. So yeah, someone said touch and hearing, I saw that pop up. So yeah, any of the senses, touch in particular, can often be helpful. Some people, because of the hypersensitivity, for some people touch, being touched, even touching themselves can be too much. And that's okay. We meet ourselves where we are. And so if that's the case you might see, does it feel okay to notice?

(00:28:28):

You might notice right now whatever you're sitting on, does it feel okay to notice your bum in the chair with early stuff? If you think about how we carry a little one, we really support the neck and the spine and our sympathetic chain runs down our spine. And so sitting in chairs or laying where your neck, sorry, your head, neck, and spine are supported can also be really helpful. Just one of those habits we can cultivate that keeps giving these signals of like, oh, maybe I'm okay, maybe I can let down. And again, even if nothing happens in the moment, we're still giving and receiving those signals.

(00:29:15):

Checking my notes here. So the other thing that can be helpful if you think about little ones is soft things. Soft things are a huge resource for me and have been over time, like blankets, clothing. I forgot to pop the link in the chat, I don't know if you can find it. Mara, Aline LaPierre has, she does early developmental trauma work, and she has a shop where she sells these very soft things in different shapes that you can heat up. It doesn't have to be, hers are nice, they don't have to be hers, you could make your own, or I've made some from rice and a sock, but softness, warmth, warm beverages. So thinking in terms again of what helps those little ones feel safe and sooth, and then noticing how to offer that to yourself. Many people, this was me too, and many people here have stuffed things that they, stuffed animals, or something to hug, or a nice pillow to hug, putting a pillow on the belly, holding a pillow.

(00:30:20):

Things like that can often be settling or soothing or help to offer a sense of containment. Sucking the thumb. I think it's important to learn to sort of suspend. It's not about, because our mind can come in and say, really, I'm 40 some years old, I'm actually 50 some years old and I'm going to suck my thumb. But really learning that, often, that's a way to keep us from doing something new, and to just, if you're drawn to try something or curious or you're desperate and think it might help, then to try it. Yeah. Okay. And then what happens going back to this person who has a terror? The other thing that can be important is since we're looking to move towards working within our capacity, working with less, or titrating, and that might be a time, thanks Mara, to pop in. Irene has a video, she has a couple, but there's one about titration.

(00:31:22):

I popped it in the chat, I forget the name of it, but titration is about working in little bits at a time. It's about how much. And so when we're working with these big experiences and little

capacity when we can, we might not always be able to do this at first, but when we are able to, working with a little at a time can be very helpful, because we're able to stay more present, we're able to notice more, and we're moving ourselves closer to our actual capacity where sustainable change, which is a place where sustainable change happens.

(00:32:02):

There was something I wanted to say there. Oh, imagination. Imagination and working with things when they're not happening, happening. So if this person has flashbacks of terror, once they have the capacity to do so, they might just start to think about a time when they had a flashback 20 years ago, way off in the distance. And just taking our attention in that direction will usually start to touch into whatever experience we're wanting to work with. And so working with things when they're not happening and working with as if they're far away can be a way to titrate.

(00:32:45):

And as I mentioned, we might wait a while until we have the capacity to do that. So even the titrated, working directly with a big experience like terror, having some access to safety is really important. Before we do that, as we do that in time though, the response is that if you remember, I know it sort of like we've kind of ventured far from the original question, and they originally were asking about the fact that they're not noticing an impulse to fight or to flee. And so what happens as we have more safety in our system, and as we grow regulation and capacity, and we become more aware, those responses start to emerge. So I would say just the short answer, that was a very long answer, the short answer to this question is continue to focus on the basics, work on growing capacity and regulation and the rest will come.

(00:33:45):

Okay, next question. This is someone who's an alumni and they've been around for five years. When they came they thought they were just stressed and needed ways to calm down. And as they got into this work, they discovered they were living in functional freeze, and they have something called global high activation. And this is what we're calling early developmental trauma. Global high activation means basically your sympathetic system is on high all the time. And that may look like feeling a lot all the time and that can't stop, and it may look like feeling nothing and being shut down. So it can take different faces depending on the person. This person says symptoms have lessened slowly, which is great, good to hear something's working

and they're still outside their window of tolerance on a daily basis, especially at work, they have problems distinguishing between a new layer showing up and just being what they're calling re-triggered.

(00:34:48):

How can I find ways to know if it's a new layer and trust the process is moving forward. So just to clarify something they say, window of tolerance, that's kind of another way of saying how much capacity we have, how much we can experience something and stay present and not go off into real sympathetic mode, not go off into shutting down. And when we start this work, especially if we have, for those of us who have a history that includes some early adversity, by definition our capacity is very low, so it's very small. And so it can just be helpful to just know that it's how it is. Sometimes as we discover we can feel a lot of grief. That's very understandable. And if so, be kind to yourself. Always be kind to yourself. And I want to say to this person that it takes time.

(00:35:52):

Things are changing so that showing that your capacity, your regulation, your window of tolerance are also changing, and it takes time for that to continue to grow. And it does. If you keep doing the work, then they're basically saying like, okay, I'm at work and something happens and I feel something, right? Let's say their boss says something to them about something they could improve. I'm making this up, and they freeze and they get really like they can't talk. And then they sort of feel shame later because they couldn't talk and they were at work. And so they're basically saying, how do I know if that's a new layer showing up or if I'm just being triggered by what's happening? And the short answer is, it doesn't really matter. If we have a reaction to something that has a big impact on us and that seems disproportionate to the situation, then that tells us that it's touching into something from our history.

(00:36:50):

And by the way, this happens all the time, when we're carrying unexpressed responses and experiences inside of us. Life will constantly point us in that direction through big reactions to small things. I used to have a lot of, I wouldn't feel rage or anger at all. And then on the road, if someone cut me off this, whoa, the rage would show up. That's sort of not so much about someone just driving in front of me, but about things I was holding inside that I have the opportunity to work with. So I would, if this happens to you, I would invite you into this person.

I would invite you to see it as an opportunity. And we don't have to work with everything that shows up. And when you want to, whether it's a reaction to something that happens or it's because your capacity is growing, it doesn't really matter, it's still an opportunity to get to know yourself and support yourself and explore what's happening. So hopefully that's clear.

(00:38:00):

Next question. This is another alum who's been around for a few rounds. They're coming out of freeze, and this is common as we come out of freeze, they're feeling a lot of impulses, they're feeling angry, sadness, disgust. They're noticing that there's motions to fight and cry and wretch, which often goes with disgust, but they're not noticing flight. If they wake up in fear, they're in freeze. So in the night they wake up, they're scared and they notice they're sort of frozen, or in conservation. And what they do is they self-soothe or they practice something called containment.

(00:38:45):

Hold that thought. I'll finish the question first. Then they say, I don't have an impulse to move. So I try and do small motions if I walk around or sit on the bed and move. So if they do a bigger motion, or even if they move their heels, they feel worse the next morning. And if they simply self-soothe and do the little motions, they don't feel worse. Worse, they don't feel worse. There's a frequently asked question section of the site, and they're saying that in that section it's saying that when you wake up in the middle of the night and you're scared and frozen, you're supposed to get up and move. And so they say, what do you suggest? And so I'll ask you to think about this while I answer.

(00:39:33):

What would you suggest if this was you, would you do what you've noticed is working, that you self-soothe and you contain and you feel okay the next day and it feels helpful. Or you read a question in the FAQ that says you're supposed to do this or X might help. If anyone wants to pop in the chat what they think, I would be kind of curious. Yeah, there you go. Thank you right there, Savannah. Yeah, you follow what works for you. This is so important because everyone is so different. Yeah, thank you. So if it's working, then that's what you want to do, if it's working for you, then that's what to pay attention to, everything we say. The moderators who answer questions, the FAQ, we're going to answer based on themes and threads we've seen over time.



But everyone is so different that what's most important is what you find is true to your experience.

(00:40:35):

And that can be hard. I just want to say that for me, it's so obvious, because I've been doing this for so long, I'm like, yeah, I'm not listening to anyone else, but I mean I do in a certain context, but in this context. But at first we're, so many of us are conditioned to following the rules and being respectful and being kind, and we're in a course and they're the teacher, so they have the answer. And it's really, for some of us, it can really take some time to be like, oh no, in this context I have the answer. I have the answer for me. And to keep coming back to that. And so to this person, I want to say, it sounds like you're working very skillfully with what's happening and it's supportive to you. The small motions are great. That is even very small.

(00:41:23):

Motions can be a way to work with freeze. It doesn't always have to be a big motion. So I would say keep doing everything you're doing, and in time, as you keep doing this and capacity and regulation grow, then something new may emerge. You might feel more of an impulse to get up and move around, and that might feel supportive at that time. A few things I've mentioned here are, some of you are alums. You already have access to the containment lessons, if you are new, those are later in the course, but Irene does have a free resource, DIY, ancient anxiety medicine, which is a containment practice. And also the follow your impulse lesson I had already mentioned is in the next lab, if you're new, or if you did 21 days, you might be familiar with it. But that's a really foundational lesson, to tune into what movement is arising, what emotion, what sensation. Yeah. How about, we're about halfway through, so why don't we just kind of take a stretch break, because this is, I don't know about you, it feels like a lot of info to me. And just if you want to get up, I might get up and just stretch and just kind of walk around for a minute or do, if you want to lay down, whatever works for you. And I'll be back in just like a minute or two.

(00:43:49):

Yeah, I'm just checking out some of the recent comments in the chat. I'll just kind of reflect those while we're waiting for people, naming things out loud. Someone said, naming things out loud. That can be a super helpful practice because if we go back to what we were talking

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about early in the call, a lot of what helps us to grow self-regulation and access to these different states and experiences is attunement. And so if we just simply name out loud what we see or what we feel, that's very simple but can be a powerful form of attunement, the gentle sounds too, that can be helpful for many of us. And again, if we want to keep having things to associate these ideas with thinking about how we are with babies and what babies do, like cooing, humming, these sounds can be ways to both support soothing and to point to the fact that movement can be very small and subtle. Some of these things we do can be very small and subtle. So, going to rain in California, it sounds like, says, non-sequitur. Take a non-sequitur, as we go back every day, it rains in California, it is a great day. So that's very good to hear. Yay for rain in California. Rain where we need it.

(00:45:32):

Okay, so going to pick up and the next question is that this person is also an alum. They're a newer alum, it's their second round. They identify as having experiences of early developmental trauma. Also some challenges as adults. And they have chronic fatigue syndrome, CFS, which started after medical trauma. They've had periods of progress, but experienced major relapses when overwhelmed as their system shuts down as a child, they would dissociate during parental strife. They no longer feel intense, overwhelmed, daily, but my system still reacts this way. How can I proactively work on handling overwhelm when it doesn't appear in my daily life? So first I want to say it sounds like what you're doing is working. So for one, keep doing more of what you're already doing, because you mentioned that you no longer feel intense, overwhelmed, daily. So things are changing. That's a big change.

(00:46:45):

And some of this, sometimes we might help to do something differently and sometimes it's just a matter of time. We're basically changing the foundation of how we experience ourselves and the world. So that tends to take time and it's usually a gradual process. So just know that some of this may simply be a matter of time, for those of you who are newer. Dissociation is from a nervous system perspective, we see that as an aspect of the freeze response, or conservation physiology. So it's just simply something like, oh, there's too much and we need to disconnect a bit. We need to sort of remove ourselves from the situation for a bit, we need to remove ourselves from what we're feeling. So overwhelm is simply about too much, and freeze

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conservation dissociation is a way to move away from what feels like too much. So you're asking how to proactively work with this.

(00:47:51):

I would say you already are. And so keep doing more of what you're doing. The other thing, I'll repeat what I said earlier, about how we can work in the imagination. So you can start to think about a time when you were overwhelmed, and start to notice what happens in your experience, and see if that's something to work with. And sometimes it can be a lot, it's too much all of a sudden, and we need to just go back to, okay, how do I bring myself down and know that I'm here? And other times it might be subtle like, oh, my belly tightened a little bit. And then we just say, okay, can I just give that space? Can I feel my connection to my seat? Can I look? And I see some of your faces, and I see some colors in the background, a really lovely teal curtain. I can feel a gentle breeze. And so as I'm doing that, then that may give time for that tightening in my stomach to just sort of be like, oh, okay, maybe I can either soften or just allow that to move through.

(00:49:05):

So working in the imagination can be a way. The other thing that can be helpful is that often with trauma we tend towards polarities, so that means we tend towards like I'm on or I'm off. Yes. Or it's, no, it's black or white. All of this area in between, all of this gray area, this whatever, is all the possibility in here, is often off limits. For a while. We tend to be here or we're here, and we can tend to notice bigger things. And so another invitation would be, it sounds like you're either not overwhelmed or you are, are you able to start to explore when you feel like you might be moving a little bit in the direction of a little bit less subtle, a little more overwhelmed.

(00:50:04):

Is there a way to notice the very first sign that that overwhelm is coming? So starting to explore this space in between not overwhelmed and overwhelmed could potentially be really interesting and a place to explore. Just making sure I, yeah, and generally speaking, sometimes often as we do this work, at first things are really, we're kind of gross, not as in big and clear, not as in discussed, but gross as in obvious. And then in time things tend to become more and more subtle. So that can also be a trend as we explore this work over time and we just want to, wherever we are, we want to meet ourselves there. Okay, the next question. So I see you,

Savannah, you are here now. And I want to say I'm sorry because Savannah shared, oh, sorry, that was my, oops. Is it okay if I read this question, is it okay?

(00:51:05):

Okay. Yeah. Sorry. I was feeling my heart, and I've seen you for so many years. Yeah. So Savannah shared that her mother is in the process of passing away, and I'm very sorry to hear that. And so her mother is her safe haven. And at the same time, her early developmental trauma started in utero, because her mother had chronic fatigue syndrome, and you were the second child. And so having another child was frightening. Will I be able to take care of this child because I have chronic fatigue, and I already have a child. And so that is what you're pointing to as potentially that kind of had an impact on you, understandably. And so as Savannah says, I can't imagine my life without her. Can you talk about how it's possible that she is my most safe haven? And in a way also the base of my early developmental trauma. As humans, we have the ability to hold a lot of complexity. And in gestalt we say both. And instead of the polarity, she's either my safe haven or she's a source of my early trauma. It's more like, oh, I love her dearly and she's my safe haven. And also because of what she was going through, it had this impact on me. And so it's completely understandable that she would be your safe haven and also that your early experience had a big impact on you.

(00:52:49):

You didn't ask about this, but I just want to throw out there for anyone who, for you, in case it's helpful, Savannah, and for anyone who's listening, that it can just be really important to be really gentle with ourselves. I think always, but especially when we're losing someone who's very dear to us. And to know that we grieve, especially when we know we're in the process of losing someone, that the grief process starts, then we can even grieve before we know that. And so just to do whatever feels of allowing yourself to grieve, and I imagine you may already be doing this, but since other people aren't as experienced with all of the things that we do here, and the things you learn to make sure that you have check in with yourself to like, am I letting her know what I want to let her know? Am I having the conversations that I want to have? Am I being with her in the way that I want to be with her?

(00:53:56):

Because there can be a lot of love and poignancy there. Yeah. And again, I trust that you're probably already doing that. I just want to say that for people who might not have those

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experiences. I'm just checking to see if there's anything else I want to share. Yeah, also that, and thanks, Mara, some of this we were talking about, but to also know that when someone's our safe haven, especially when it's someone like a parent, our tendency can be to turn to them for support. And then if it's a time when they need support, then that's something that we might want to be aware of and just sort of notice, okay, where else can I also get support for myself? And would that be helpful? Because there's tons of grief groups and grief counseling being in nature, but just looking sort of where else can I find support for myself? Yeah, because there are lots of, I honestly have a family member who lost their parent recently, and they were really struggling and found some grief counseling in groups, and it's made all the difference. And I really wish I had known about that and now I know for the future, but so just turning toward different forms of support. Yeah. And our thoughts are with you. Yeah, just looking at the next questions.

(00:55:42):

So we've moved more into everything kind of overlaps a bit, but we're kind of squarely now in questions about relationships. So that's where we are in terms of our themes. And this person says, every time I interact with someone who makes me feel safe and cared for, I get this feeling of longing and I want for more than they can give me. And then after I interact with them, I feel a sadness that feels stuck inside of me. It feels like never ending pain and a void in my abdomen. How do I disconnect the experiences of safety and connection from the sadness and aloneness? And I also feel unable to feel secure in our connection and our relationship when we're not actually in physical contact. So between the times we see each other, it's hard for me to believe in that connection or to feel secure in the connection. So how do I support myself through this, heal the pain and unfreeze the stuckness?

(00:56:54):

So I would really start by saying that those feelings, like when we have early feelings of loss or of aloneness, they can really feel huge and never ending. And so to be kind to yourself as much as possible and to, in those times, do what feels at all soothing or comforting, if you can find other ways to co-regulate, you're not with that person anymore. But if I have this one here where I usually sit, I have tons of plants, I have lots of trees outside my window, and they feel a little bit like friends. They are alive and they're with me all the time. Not everyone feels comforted by nature, but often nature can be, or beauty, music. Music can be actually really helpful for some of us when we're feeling that depth of sadness or aloneness, watching things.



So I haven't mentioned that. That's been a big one for me, and that's one I haven't mentioned yet today.

(00:58:12):

So finding a show or an audio book or something to listen to or a watch. And Irene has a resource log about ways to spark up social engagement without socializing. Because what created the wound in the first place in part was not just that we had that very painful experience, but that we were alone in it. So anything we can do to be less alone in it, which could even be saying, I feel so sad, I feel so sad, I feel so sad. I don't know if this is ever going to end. We're still there with ourselves in a way, even if it's still very painful. So bringing in any soothing or safety or connection can be really important. That in time helps us to be with those experiences.

(00:59:13):

Sometimes it can be helpful to find places to connect with people, and that could be informally like going to a cafe or going to a park, or it could be joining a group of some sort. And I've actually, for me, doing professional trainings and things like yoga and gestalt, there are places where people are there to talk about real things. And so finding communities if you can, where people, when you're ready, not all of us have capacity for social connection for a while, but when you do, finding communities where people are authentic, can be helpful. And the good news is that there is a lot of that already. You're in SBSM, and it's a really lovely community, and sometimes people will post on the peer to peer or the alumni saying like, Hey, does anyone want to connect?

(01:00:10):

So all that to say, be kind to yourself, soothe, look at any way to feel less alone in what you're going through. It is normal, right? Because I don't want to say, I don't like the word normal, but it is common. We're wired to develop that very strong attachment to a parent or a caregiver. And so it's common for us to transfer that to someone that we're close to if we have that unmet need. So know that that's very common too, and understandable, and that over time it does lessen as we have more access to the ability to soothe. There's something called, we don't go into attachment implicitly. There's a lot about relationships in this course explicitly. We talk about it on the calls and whatnot, and we are in relationship with each other in different ways, but we don't talk about attachment styles much, for example.

(01:01:07):

And there is something called secure attachment, which is when we're apart from the person, and simply put, when we're apart from the person, we're still secure in our connection. So I feel the love, I feel the connection. I don't doubt that the bond is there, I just sort of feel it in my cells. That was not what I learned. And so there's also something called earned or learned secure attachment. So the good news is that even if we didn't have experience with early conditions that taught us how to feel secure in relationships, we can learn that later in life. And much of what you have access to in this course can support that. You also asked about how do I separate the two? How do I separate that when I feel the caring and the safety, then I also feel the longing and the sadness.

(01:02:03):

And so part of that is everything I've just said, we need to develop the capacity to be with the feelings and to be with ourselves. And then over time, essentially the essence of it is that we want to start to notice what does this feel like? What does safety feel like separate to what does sadness feel like? Because it's a big topic and we don't have time today, but there's something called, she mentioned the word coupling in her question, and that basically means that things are kind of stuck together. They always go together or we keep them apart and we can never put them together.

(01:02:47):

Seth has an article, if you want to learn a little bit more about that. The one about, I think, Planes, Babes and Incubators, maybe is what it's called. So if you want to learn more about that, you can read that too. But yeah, really starting with the foundations there. Oh, the other thing, sorry, I forgot, I wanted to say later. Since you're an alum, later, or if you're an alum, the mediastinum practice later in SBSM can be helpful with grief and it can also connect us to our sense of wellbeing. And if you're not an alum, Irene has a heart meditation that is on her YouTube channel. So maybe if one of you guys can link to that, that would be great.

(01:03:42):

Okay, so this is a related question. We're still in our relationship area. This person is going through a traumatic breakup, because after starting this work, they realized they weren't feeling safe with the person anymore, and he didn't understand what she was going through.

And so now she broke up, and she's feeling the most horrible emotional pain she's ever felt. And she thinks she's feeling the pain of the current loss, but it's also bringing up pain from past loss and existing attachment and abandonment wounds, and you're feeling extreme anxiety and panic. So everything that we talked about in the last question really applies here. I will reiterate that it's very, very common that when we go through something in the present, it does touch on unfinished things or incomplete things from our past. So what you said sounds spot on. The anxiety and the panic, we haven't talked as much about that. So learning to turn toward your resources, this is where we do whatever helps. If it's really intense, sometimes distracting can be helpful. The containment practices, we already linked to the DIY, ancient anxiety medicine, and there's a lot more about containment later in SBSM.

(01:05:11):

And then the other thing is that, alongside of that, if you think about it, anxiety and panic are very sympathetic experiences. And so often when we have a sympathetic system it is a system of mobilization, it's a system that wants to get up and move. So sometimes when we're feeling a lot of activation, if we have the capacity for it, it can be helpful to move to go for a walk or just do some, what's the word I want? Intuitive movement. And then Elia has super lovely movement lessons that are a great resource that are part of this course. And if you're new, you'll have access to those over time and to know that it will likely lessen. This lessens with time when things are fresh, they tend to be bigger and all that. The other thing I haven't said yet that I really want to put in bold is that all the steps you take are in there.

(01:06:13):

So if you've been doing this work, when we go through stress and our old protective mechanisms show up, it can feel like it all went out the window, but it didn't. It's still in there. And just from reminding ourselves like, okay, this is temporary. I will get through this, and there's all that I've already done is in there, that can be helpful. Because it can be scary if we have really intense feelings come up and they're not easily, or they're not quickly moving through.

So I'm just looking at the next question. And this one, someone has heard Seth talk about being a chameleon in his life. That basically means that we morph. Someone wants us to be peppy, so we're peppy, and someone wants us to be serious, so we're serious, and someone wants us to be really available. So we're really available. So we basically will just change

ourselves and morph based on what we think the other person is wanting, and what we think will meet our needs and keep the relationship kind of intact.

(01:07:26):

And so they're saying that they're masterful. They've been masterful at being a chameleon their whole life, doing what other people wanted, and now they become heavily dissociated around people. And so they're wondering how you were able to process through this pattern. They mention that they know healthy aggression will be important, but every time they go to do something expressive, they get intense feelings of shame and shut down. And they also have EDT. So we talked a little bit about the chameleon state. Basically when we're young, we just adapt. We do whatever we need to do to get our needs met. Not in any kind of a conniving way, just in a very practical way. Like, oh, this person wants me to be funny in order to get smiles from them and have them stay in, so I'm going to be funny, right? So we just adapt and our physiology adapts too, and that's just how it is. And a lot of what we're doing with this work is working with our adaptive patterns so that we can grow more access to our authenticity. And so the dissociation, remember as we talked about that from a nervous system perspective, that's freezing and conservation. So that's just saying too much. So something here is too much. So everything I've said today about growing capacity, growing access to settling, building the foundations, that all very much applies here.

(01:08:56):

The other thing that applies, the other side of it is, really, if we've been a chameleon, sometimes we don't have as much ability to feel and sense ourselves. And really, and this is where this person says, healthy aggression, which can be part of this, but it's also just literally, where am I in here? Can I actually sense myself and this work where we're learning about what we feel in more detail, and learning to let ourselves feel sad when we feel sad or angry, when we feel angry? That is very much a part of getting to know ourselves. Sometimes you can find things that you're drawn to, being outside, or some kind of artistic endeavor, or what I'm thinking of here, oh, journaling. There can be just simple or not so simple rather, but just practices, is what I want to say, that can help us to get to know ourselves in different ways and to get to know different parts of ourselves.

(01:09:58):

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Healthy aggression. You mentioned that when you go to express big things, it feels like too much. That goes back to what I keep touching on, which is capacity. We need the capacity to be with these experiences that are coming up. So even though healthy aggression might be helpful eventually, and it often is, it's very helpful with things like setting boundaries and really feeling our ability to be here and have agency to do what needs to be done. We want to have the capacity to be with those bigger energies, and we might be scared of our anger, or we might have grief associated with our anger. So we also want to notice what happens as I just start to even think about those feelings, as I just start to think about my expressing healthy aggression, for example. And this we can refer back to what we were talking about with the belly might get tight, or it might sort of tense up, or constrict. So just knowing that we can work with those little bits, the subtle things, and what happens as I move towards something.

(01:11:11):

The other piece of this is that you mentioned shame, right? The shame itself might need expression. So learning to work with the shame in the ways that you will in this course, or you have in this course, as you have the capacity to do so. And the last thing is being reflected in places that feel safe. So if you have a friendship or could create a friendship or just someone, an acquaintance even where you can be authentic and say, you know what? I have a really hard time just staying connected to myself when I'm in relationship, and being able to be in places where you can actually talk about it, and it's not something that you're trying to hide, or it's not something you're trying to change in the moment, but you can just let it be what it is and have someone be there. And you'll often find if you go to the right places, someone else will probably say, me too, maybe we can help each other with this. So that can be something else to consider in time.

(01:12:18):

Yeah. Okay. So this one I'm going to just touch on quickly because there's still a few questions I'd like to answer. And they're basically saying that there's someone who never knows what to say to people. They struggle with conversation, and in general they don't have anything much to say, and they always feel like they're a child when they're around other adults, and feel like that's how other people see them too. Can this be a symptom of early developmental trauma and how do I know it's not just my personality? And absolutely, yes, hopefully you've gotten that from all the other questions, but 100% we need to experience certain conditions to develop and grow in all of our different dimensions. And when we don't, might, parts of us



may kind of feel like they're stuck in time. And when we don't learn to have access to certain experiences within ourselves, like our anger and our agency, we can sort of feel like we don't have any power and the other person does, which can also contribute to making us feel sort of young and small, and they can feel big and strong.

(01:13:34):

So the short answer is absolutely yes. It can be a symptom of this goes hand in hand with early developmental trauma. You ask about personality. So I'm not an expert, but just generally speaking, a lot of times people talk about personality being a reflection of nature and nurture. And so if we think about it, early developmental trauma has a lot to do with what we've been through, how we came into the world, the experiences we had growing up. So nurture is also a part of personality. In short, it could be part of your personality, but that doesn't mean that it's fixed or inborn. It just means that some people have used to, and some still do think that it's not changeable, but we see all the time that people have very different experiences of themselves and how they are with other people as they do this work over time. So just know that everything you said makes a lot of sense and doing this work does support changes in that.

(01:14:45):

And I'll just put a little reminder in there too, remember that having access to different feelings and experiences also has a lot to do with what states we have access to. So if we never learned to have access to certain of our physiologic states, then it limits the realm of possibility for the experiences that we might have is more limited too. That really expands for most of us as we do this work over time. And healthy aggression, there's a lot of, as you've heard, building blocks on the way there, but healthy aggression can really help us to feel more of that sense of like, oh, I'm an adult too. You're an adult. I'm an adult. We're both adults, which doesn't mean we might not feel like little kids at times too, but I think that's more of just being a human.

(01:15:44):

Someone else asked about how, or shared about how they have a hard time making friends and realize that their brain and nervous system was built to protect them from being hurt by people instead of being taught to actually build relationships and connect with them. And they say they're here to regulate their nervous system and they're curious if this work will heal with these sorts of different social patterns as well. Will it be covered? Excuse me. So hopefully

you've heard by now, yes, this work very much in a very deep way can help us to grow access to the experience within ourselves that help us to feel safer with ourselves and eventually with others and in the world.

(01:16:38):

And the explicit discussion of relationships is not as much of an emphasis. So we do talk a lot about the physiology related to being in a relationship, and you learn how to work with those things. So it can be very powerful and transformative when it comes to a relationship. And it's not like a relationship skills course, I guess is what I want to offer. And I think if you're not here, if you listen to some of the answers to the earlier question, you'll hear more about more information related to your question. This next one is someone who's 24 and living at home with their parents, they're seeing their peers go off into the world, start careers, live independently, and they feel stuck. They have birth trauma and experience, a lack of get up and go energy. And they're asking, can you please provide insight on becoming more independent and developing self-confidence?

(01:17:51):

So I completely understand, birth trauma can leave, have a really, and our birth experience can have a big impact on how we develop. And so first I want to say even before that, you're 24 and you found your way here, and I get that when you see your peers going off and doing something, it's like, whoa, I am falling behind or whatever. It can come up. But in the big scheme of hopefully you'll live a long life, and finding this work, most people I know who are my peers, if I'd found this work 30 years ago or whatever, I would think my life would have a very different trajectory. So well done to you for finding this work when you did, and it will hopefully serve you very well for many, many years to come as you learn to work in these ways, what we've talked about, accessing the safety, there's often a connection between conservation, physiology and a lack of get up and go as you learn to work in all the ways we've talked about today, accessing safety, accessing soothing, sensing yourself, those will all in time likely help you start to come into contact with all the life force that lies beneath that lack of get up and go.

(01:19:23):

And as you do, there's many layers to this process, but you'll learn in this course, you'll learn to work with that healthy aggression when it comes, and we have the capacity for it, can really

help us to sense that, oh yes, it has a lot to do with I can, with freeze and conservation. There's a lot of I can't do that, that's too much. Oh, I can't, I can't. And as we work with and integrate some of the sympathetic experiences we hold inside and especially healthy aggression, there's this sense of like, oh yeah, I can do that, or I think I can do that, or I can learn to do that just by practicing the basics. And then in time, working with what you learned in this course can really be life-changing. The one thing I'll throw out there also is that we can feel like it can be very common, especially since a lot of us came in to the, if we share this kind of presentation in common, we can sort of be reforming perfectionists, or have high standards, or achievers.

(01:20:34):

So it can be really tough to feel like other people are moving forward and I'm not. And so to have compassion for yourself around that and kindness and also to know that in time a lot of us start to see, oh, this is my path and my path has different experiences and losses and gifts than their path. And so if we kind of stay fixed in comparison, it can cause us a lot of pain. And sometimes it can be hard to shift out of that, but just to kind of plant the seed that in time, if we're sort of able to really see ourselves and our lives and all the things that happen as unique to us and know that everyone goes through stuff and has different gifts and challenges, it can kind of, yeah, I like what Kathy said, I just saw this in the chat. I've had to redefine what forward is. And Mara, Ari, there's the link about Seth, and when he talks about the matrix and exercise and the one, I mean, yeah, thank you. That might also be a nice thing to listen to give you some hope and an idea of what this can look like.

(01:22:05):

This next question, we just have a few more, we're kind of almost at our time, but this person basically said that a couple years ago they started SBSM and they worked at a job they enjoyed. They lived in a great place with great people and SBSM was amazingly effective. They had a lot of improvements right away, but since then they lived in different places doing different things, and there's always been too much, too much work, study, family relationships, social health stuff, and too much stress for it to be viable for them to follow their impulse and rest, speak up, et cetera when needed. And so just to make this, boil it down to what feels like the essence is, it really kind of feels, it makes me curious about the polarity thing we talked about earlier. It's either all this is great and all this is happening or there's too much and nothing is happening. And so my question would be what would it look like to explore what happens when you think about doing something small? When you think about just picking

something from SBSM, like a small thing, and making it a habit in your day, what happens when you think about doing that? I'm wondering if resistance or something might come up, there might be a reaction and if so, can explore that. And if not, then starting just incorporating those small things, maybe making it a routine.

(01:23:44):

It can seem like nothing at first, but it adds up to a lot over time, and it gives you something to build on. So yeah, hopefully that gives you something to work with there. So we have a couple people who said that in different ways. They said that when they go to, they had kind of a challenging lot of adversity early in life and they tend towards dissociation and freeze or they have flashbacks. And so in previous rounds, they've either had a hard time engaging with SBSM at all, or they engaged and then a lot happened and then it was too much. And so to anyone in this situation, I want to say start really small and doing SBSM again isn't about going through all the lessons. It's about finding the way to engage that works for you. And that could be picking something like, I'm just going to follow, I'm going to practice following my impulses and pick a couple basic ones like, I'm going to drink when I'm thirsty.

(01:25:07):

I'm going to go to the bathroom when I need to go to the bathroom. And when I feel myself getting really tight at the computer, I'm either going to stretch, or I'm going to stand up and move. It could be really noticing, and maybe just a little bit, growing resources. It could be, sometimes, people pick one practice, Irene has that, I didn't pop in the links, but it's the four simple steps to working with overwhelm. It's called different things, different places, but some people just pick that practice and just do that. I would say just really think about what you might be defining as engaging with SBSM. Oh, sorry, I focused on practices when I started. All I did was read the comments for a very long time as a participant, and it was on Facebook, so I totally felt like a loser. I just read the comments. That's all I did for a while. And then I had so much sympathetic energy, I couldn't go on a call. It was way too activating. So I would go in the woods and I would walk, walk, walk and listen to the recordings and just stop them every now and then. So the shorter this is, it doesn't matter what you pick or how small, just know that finding something that in any way works for you is starting and is engaging and we absolutely can start small and grow.

(01:26:42):

So yes, and some people are asking, someone asked about working with a specific experience, like a specific trauma, and really that comes after. If engaging is too much, then we probably don't want to be working on it. We're at the end of the call. So I'm trying not to say something really like a fall off a bike that was really painful. We probably want to wait until we feel like we have a little more capacity, a little more access to settling before we intentionally. Some of those things may arise organically, but before we intentionally go to work on a painful experience or an accident.

(01:27:26):

So yeah, so just know that that will come and you can always ask that again if you want more and you feel ready. I know we're at time. I'm just going to answer with the, we only have one more question, so I'm going to answer it. If you need to drop off, of course, please do so, I will just share this and then we will go off into our respective morning, day, evenings. So this person says they are an alum here and with healthy aggression, sometimes they're afraid of their own anger. So they started micro titrating with the healthy aggression. They were doing this in playful, gentle ways. It helps me to stay physically with the insides and also with the environment, the surroundings. I just want to pause there and say, that's all great, micro little titrations, little steps can be so transformative, in I think for everyone, but especially when we're working with a lot of a lot in our system and little capacity.

(01:28:30):

So that all sounds like you're working super effectively. I love that you're bringing in play too. Then this is the question part. They say, lately I've had the physical sensation of someone standing over me and slightly to my right as if to let me know you're going to be in big trouble if you don't stop being angry. Any thoughts on how to work with this? And so my first thought would be to question if you can bring in more of what you're already doing. So if you're micro titrating and you have this sense of play, micro titrating might look like, okay, what happens if I just, maybe if I make the person really, really far away, but I just kind of think of someone way back there. What is the first thing that starts to happen inside of me as I imagine that my low belly gets a little tight and then I would just kind of give that a minute, excuse me, and notice the cues of safety that are around me.

(01:29:32):



I instinctively can't see, but I instinctively placed my hand on my belly. So kind of bringing in that micro titration. The other thing is you could look at bringing in a sense of play. What if that's Big Bird? I dunno if I'll call it Big Bird, it goes around the globe, but is some kind of goofy, friendly, fictional character. And you can really use the imagination in so many ways. What if you imagine that you could shrink them and make them really small and all of a sudden you're really big? What does that do? And then the thing that I forgot to mention that I want to mention is when we're really little part of our protective system is being cared for by others. So sometimes it's sort of asking like, okay, would it be helpful to have a friend here? Or would it be helpful to have someone else come in and say, Hey, what are you doing hovering over her shoulder?

(01:30:35):

You leave her alone. So we can also bring in protectors and people, figures, characters, but we won't always, when we're very young and we're renegotiating some of these events, people have asked about a part of that can, an important part of that might be to have someone there with us either caring for us or protecting us or supporting us. I would say keep applying what you're already doing to this. It sounds like it's very effective. And then hopefully that gives you some other ways to play. So yes, so thank you. That was a lot. And just know that these are meant to be things that you come back to, probably should have said this at the beginning, but things that you come back to over time, not meant to. I just kind of trust that we take in and digest that, what we're meant to take in and digest.

(01:31:36):

Really, thanks for hanging out with me today. And this is only my second time, I think, flying solo. So I appreciate you also bearing with me while I get more comfortable doing this on my own. So yeah, thank you. I feel a lot of love. Yeah, so very grateful for all of you for being here today, and I wish you a really lovely, getting teary, really lovely round of SBSM, and I hope to see you around in whatever way works for you. Yeah, bye bye. Yeah, I'm going to do the, okay, I'm going to go, 3, 2, 1.