

---

## Q&A Call #2 - March 20, 2025

### Common Themes:

#### **Boundaries in the context of trauma work**

- Feeling depressed/anxious/dysregulated after visiting a parent (mom), even after years of work
- Feeling an increase in symptoms, access to deeper layers after setting boundaries with a parent (mom) - very deep existential sadness
- Is it possible to get better when one has EDT, very little co-regulation throughout life, and still is in a toxic relationship or family system

### This section addresses the following questions:

(00:07:51)

**Question:** "My resources shift and change each session. However, recently reading about the power of the dopamine effect has me concerned about some. For instance I play online Solitaire when I feel the need to zone out, and thought a little of that was ok. But along with social media, I'm noticing an inability to stop. How dopamine works with addiction in our brains has me wanting to totally stop certain resources, but I'm finding it hard. Also, would you view hypnotherapy tracks as a resource or manipulation?"

(00:11:06)

**Question:** "I am an alum since 2022, but have never made it through all the labs. I have not remembered any dreams in years except maybe once or twice a year. I'm more consistent

doing the lessons, and can't help but think that this is causing me to have/remember my dreams almost daily. The dreams are wild and full of symbolism. Just I wonder about your thoughts/validation? Thank you!"

(00:14:05)

**Question:** "How do we distinguish a narrative (the story/ meaning) from a somatic imprint (trauma) of a life event ? Can the narrative we have about an event create and/or perpetuate a trauma? Is a negative cognition of an event an indicator that there may be trauma there? Can people confuse their narrative about an event as trauma? Thank you."

(00:20:02)

**Question:** "I'm trying to differentiate between symptoms (migraine and pain), being triggered and feelings. When it's too much for my capacity I get stressed (both sympathetic: tension and elevated heart rate and freeze: dizziness and hard to think). The feeling behind is fear (of not being enough, judgement, not safe). Should I work directly with the stress response, like calming down/resources OR with the feeling of fear more directly, like acknowledging it? Feels like a slightly different approach."

(00:25:08)

**Question:** "Could I have an exercise/practice for clenched fists accompanied by a fear/unsafety around letting go of controlling everything. How could I go about working with this on my own? If you could let me know some reassuring words about this to say to myself, along with any exercise, that would be great, many thanks."

(00:29:59)

**Question:** "Hi Seth. I often face issues where my reasonable requests for help, whether with professionals or services, aren't heard or are dismissed. I asked here on the forum about hiring

helpers while I heal, and was advised to either minimize contact, or go without (which feels like neglect), or tolerate the situation. I'm improving but still need assistance with basic tasks. I'm learning to listen to my body, but would appreciate your perspective. Am I missing something in getting my needs met?"

(00:37:29)

**Question:** "During the 21 day tune up and SBSM course, I realised that I often fight against my body reactions instead of accepting and honouring them. In this way I actually perpetuate the flight fight energy myself and I circle in the stress response. Could this be the harmful pattern I gained due to early misattunement to my parents? What is your insight of this dynamic, can you please give some advice on it?"

(00:41:18)

**Question:** "I have had a lot of developmental trauma and overcome drug/alcohol addiction. The problem is now: when I am asked to publicly speak, or talk in large groups I feel my whole head and body start to overheat to a point I can't really think or say what I want to say. This also has, a few times, almost led to me fainting or just completely spacing out, like I'm frozen. What can I do to help myself overcome this?"

(00:50:29)

**Question:** "Can you geek out on the nonreciprocal relationship? In practice it might be what I feel when I smoke ganja. Two forces work at the same time. I smoke it because things finally surge up. For me it's about finding discomfort to find comfort. No longer invisible, I can work with it. Another voice in my mind talking back, I can THINK and FEEL. I've tried it sober but it's not the same space-time and felt sense. My sobriety is always non-feeling. It seems only in this battle can I find myself."

**Question:** “I have a history of EDT, newborn surgery with tubes in nose to esophagus and trachea to lungs and was extremely shy as a kid and young adult. I have worked on it in various ways including Toastmasters. My voice is monotone & I was told by a vocal teacher in the past that it is stuck in my chest and throat. Will my vocal prosody improve with this work? How do you recommend that I improve it? You and Irene have very full prosody. How did you both achieve that?”

(00:56:12)

**Question:** "Recently my dog died. I stayed connected to my environment, sensations and cries. I arrived at some peace but it cracked open something very deep, an old suffering I've felt I always had in my chest. I have so much pain around the heart and right hand, anxiety. Can you explain more about the heart space/heartbreak? Everyone protects it the most, and it's so hard for people to open their hearts. I really don't want to "shut down" in this experience, but I feel I'm just on the edge of my capacity."

(01:06:21)

**Question:** "What impact does circumcision have on the early development of the nervous system? I recently unlocked a feeling that I couldn't ever place (a feeling of sexual violation). It's a strange custom and it seems like America is one of the only countries where this is normal. It's something that I would've never uncovered if it had not been for plant medicine, but I'm curious about the best ways to heal a part of the body that has been removed (similar to a phantom limb)."

(01:14:40)

**Question:** "I am a 3rd time alumni. Have improved massively so far. Now, I am struggling with balls of energy that get stuck in different parts of my body. Because now I can feel everything, these balls are annoying. It's not overwhelming, but pretty uncomfortable. They tend to last for days. The common pattern is that while sleeping, I have a big shake on the given area, and the sensation moves somewhere else. Any tips on this?"

(01:18:49)

**Question:** "I struggle a lot with anxiety just thinking of vacation. 5 years with SBSM has improved it, but going to Portugal this summer scares me. Have had a lot of anxiety before when traveling, how to work on this. I want to feel joy. Anxiety comes every time when we are on holiday, especially when we are going to land, like Crete, Spain. Please help. I can't relax."

(01:23:15)

**Question:** "Seth, can you please give examples of an internal resource from your own life? I'm imagining an internal resource might be an exercise from the course, or a phrase I tell myself, or a memory, or following my breath? Am I on the right track? Round 2 alumni."