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## Q&A Call #3 Special Topic: with Rebecca and Jen - March 27, 2025

### Common Themes:

- Is this the work (or)...?
- How do I know / decide?
- How do I work with X?

This section addresses the following questions:

(00:03:59)

**Question:** "I love Q&A. It's become my resource. I think it is my 6th round, never got to the end, always got stuck somewhere around lab 6. I am at the point where I'm able to open, own up to my experiences, I feel like before it was all covered in shame, hiding. I hope it's a sign of healing :)."

(00:05:18)

**Question:** "I've suffered from headaches & migraines for a long time. A couple of years ago I went to get chiropractic adjustments a couple of times, and it helped, but it wouldn't stick (the chiropractor told me that my weak constitution is the problem). Now, after doing this nervous system work for 2 years, I went to an osteopath and he did the same chiropractic adjustments, and my headaches are now completely gone. I'm shocked, do you think there is a connection to the nervous system work?"

(00:08:26)

**Question:** "Are physical clearances, such as bowel clearances, after healing work, a sign that my nervous system has been pushed too far? Bowel movements are my barometer for stress, but also can react after healing sessions (not SBSM). The wellness world sells this response as positive, but I'm wondering if it's a sign of dysregulation instead?"

(00:11:40)

**Question:** "I find myself unconsciously asking permission of my dad to do this work. His response triggers the pain of not feeling loved, seen... Will there be a time that I will be capable of communicating to him, without being so easily triggered, or maybe without the expectation that they have to understand me? Is this SBSM also going to help me learn to give worth and love to myself, and not rely on the validation of others? "

(00:16:45)

**Question:** "(Alum): This work has transformed my life, and I know how valuable the practices are. I was in a very good routine of practicing the lessons, however, the last month or so I've had massive resistance to even starting the lessons (and practicing them). Is this potentially my body telling me to take a break from practicing, or is this something I should do regardless of all the resistance I feel? Thank you!"

(00:24:08)

**Question:** "Hi there , I have been doing healthy aggression work in the last two years . When I get rid of un-welcoming thoughts, I use the towel. Usually 4 or 5 times a day. Is it too much? How do I know if it's too much? I still don't know too much about capacity.Thanks."

(00:29:55)

**Question:** "Now that summer is coming, I feel pressure to remove my body hair, which I've done for years. Now since starting this work, I don't want to put my poor body through the

pain and bracing of waxing, but I can't shave either, because it leaves me super itchy and rashy. I am not comfortable going out in my bikini with my dark italian hair. Any insights regarding this work and my insecurity would be helpful. Thank you."

(00:36:58)

**Question:** "This is my second round of SBSM. I'm more able to regulate myself throughout the days now. I still struggle in social settings. I try to stay grounded and oriented, but when I get engaged in the conversation I forget everything and then I have to use hours afterwards to calm down the sympathetic activation. How can I help myself stay more regulated in social settings?"

(00:48:14)

**Question:** "After being engaged in an abusive relationship as an adult, I have a subconscious reaction, during sleeping, to scratch myself. Sometimes this wakes me up, feeling pain. The intensity of the reaction lessened as I am participating in your courses, but is still present. I wonder if I am still not aware of some elements of the SIBAM that keep perpetuating the reaction, or if there is an incomplete procedural memory, and I am not aware of it? What is your advice on this dynamic? I also have a history of EDT."

(00:54:39)

**Question:** "I usually sleep through the night, but I wake up exhausted. And when I look at my Garmin watch, my stress levels are really high during sleep, often higher than during the day. I'm wondering if it's possible for the stress response to complete while we are asleep, or if it would be better to try to wake myself up, and see if I can complete it then?"

(01:00:11)

**Question:** "I am a 30 year old woman, and I have felt very ashamed, angry and masculine my entire life. My dad was abusive, and I think I became like him to defend myself. My question is how do you work with other people's energy? This work helps so much, but are there any specific things I can do?"

(01:03:52)

**Question:** "Alumni, applying EDT tips, PDF. Question: how to heal from impacts of physical harm/assault? In my case, from dad. From age 1-19, possibly younger? Stopped on leaving home, after a beating, age 19. Despite history, immense love between us. In other ways, took care of us, e.g.housing, food, etc. Freeze, dissociation, terror, anxiety, depression, etc. Are all challenges for me. For context: other EDT history; emotional abuse, toxic shame (from parents & others); parents didn't do the following: sexual violation & unsafe neighbourhood."

(01:11:06)

**Question:** "Hi, there, I'm an alumni with EDT. Lately, I get random heart rate sparks without an apparent reason (or at least I am not aware of one) - it happens at home, at work, as if I'm startled. There's no impulse that I could sense, what my body would want to do. I feel stuck. What could I do to process this activation in real time? Thank you."

(01:13:44)

**Question:** "Hi. I was diagnosed with CIDP as a child. Hopefully you know what that is. I got IVIG treatments and didn't go anymore and symptoms went away as a child. But I wonder if I still suffer from it in ways that aren't recognized by doctors. For example, when doing somatic practices I get a lot of fear. The disease affects the myelin sheath of nerves. I'm wondering how I can effectively work with CIDP."

(01:18:36)

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**Question:** "4th round. Heavy layers of disgust, fear, shutdown after realizing I am transgender (man stuck in woman's body). How do I work with the mobilization of the flight response and strong fear held in the belly when it wants me to run away from my own body, organic estrogenic process, and the trauma that was the first puberty that shouldn't have happened?"

(01:26:41)

**Question:** "Hi! Is it possible to be stuck in the initial shock-state? I've always had a feeling of that deer-in-the-headlights-state where I feel terror and a big surge of energy in my whole body but am unable to move. And I've never really been good at being functionally frozen, because I always feel too much at the same time as I am frozen. Do I need to work with this in a special way? Many thanks!"

(01:31:17)

**Question:** "I am in my 4th/5th round now but I still feel I have sadness/grief stuck in my upper body. I wonder why it does not seem to come out. I did gut/brain, and now start the Voo AHH, but I feel it stuck there. What could be the reasons it does not find resolution? I feel angry/desperate about it, as I feel how much it restricts me in my daily interactions. I wake up at 5am every night."