
Q&A Call #4 with Jen and Rebecca - April 3, 2025

Common Themes:

- Relationships
- Looping or completing?
- What's happening and how do I work with it?

This section addresses the following questions:

(00:02:59)

Question: "Hi there, I am happy to be able to share that I am beginning to experience a sense of regulation, ease and capacity. I'm aware that my past nervous system dysregulation may have negatively affected family members. For example, I know I was not the kind of big sister I would have liked to be, growing up. I wonder if you can provide some insight and hope into how this work can help relationships to grow and repair as we become regulated. Thanks."

(00:12:13)

Question: "I have a close friend, both of us with EDT and coming out of freeze. I, being more attuned to body's reactions, respond with feeling pain in the body (e.g. acute torticollis, unintentionally hurting myself), when my friend distances and does not express emotions due to overwhelm and freeze. The pattern is repeating, despite us talking about it after becoming aware of what happened. How to unwind this dynamic, will my reaction dissipate when I get out of freeze, and have more of my own life force energy?"

(00:20:51)

Question: "This is my second round of SBSM, and a lot of EDT is surfacing. On normal days I can handle it, but weekends and the kids' holidays trigger more, and I lack the capacity to cope. I have CFS. Not processing the stuff worsens my symptoms, but dealing with it exceeds my limits—it's a catch-22. How can I better 'wrap up' these issues to address them later? Any advice on managing this differently?"

(00:27:00)

Question: "Hello. My question is based on the relational side of SBSM. Watching Jen's EDT call, she mentioned there's old stuff relationally we repeat. What I repeat is that I want acceptance from people that exclude me. I get excluded from clique forming and feel angry, sad, jealous and shame. In some cases, they start talking about me and I leave and avoid. Yet why do I seek acceptance from these people who exclude me or don't accept me? I find it hard to stop thinking about them and blame myself."

(00:34:05)

Question: "I am going through a breakup and everything makes me cry. Reminders and my mind wandering to what is no longer. I'm allowing myself to cry but is this different from responding to impulse from a trauma? The tears are coming from thoughts and emotions. Thanks."

(00:41:05)

Question: "I have many shakings. They have been happening for more than a year now and since I started the program. Does every shake correlate with a release? (e.g. my toes goes crazy, folding back and forth.)"

(00:45:00)

Question: "Having done 21 days and now working through SBSM, I notice when I am either orienting or meditating (I usually connect my hands to my stomach), when I am deeply relaxed, my thighs get hot, then my stomach, and then it rises to my face, to be hot, is this related to a certain type of trauma ? And does it mean that something is coming up and out of me ? Thank you so much."

(00:49:32)

Question: "Alum, round 3, EDT. I keep waking up with my right leg in a tree pose. This leg pattern initially happened 8 years ago and led to a hip contracture, which resolved with lots of stretching, and hasn't bothered me in a long time. It started again, and I am also noticing tension on the right side of my body, and a lot of young fight/flight motions, e.g. wriggling; and feeling fear and immobility, especially in the morning, I wake in a panic but can't move. Suggestions? Why does my leg do this?"

(00:55:07)

Question: "Hello, alum here. I have CFS, POTS and Small Fiber Neuropathy. Also I grew up with EDT. When I do the exercises I am "so concentrated / willing to do it right / alert on what could happen" that I stop breathing, and also become tense in the layer below my skin in the legs. So I don't really settle into it. What do you suggest? Thank you."

(01:05:00)

Question: "I'm 45. I have CPTSD, EDT, Birth/Shock Trauma and agoraphobia. My system blew up 2 years ago with uncontrollable body spasms. I've been on meds for my adult life. I'm still bedbound. Should I get more "chemical" safety first with increased meds, or continue to "white knuckle/hang-on" my days while doing this work? I know you can't really discuss

medications re: my previous question, but I'm more curious about if "chemical safety" can be used as a resource at the beginning to establish a safer somatic baseline so the therapy could work better vs. "white knuckling" it 24/7...if this makes sense."

(01:09:54)

Question: "Exposure to porn mags from around 8 to teenage gave me a sense of confusing fascination, along with guilt for looking at them, along with this mix of fascination and disgust. The mags were freely lying around at a family friend's where we stayed, and he lent them to my dad who hid them under his bed, where I remember my sister and I finding them, but they were never mentioned by any of the adults. Decades on this still bothers me. What would this do to the nervous system of a child? How to readjust?"

(01:18:27)

Question: "I'm an alum of about 4 years. This work has made a huge difference in my life, I am much more my authentic myself. However, I've recently had a cancer return that was in remission. This has completely thrown me off. I suddenly feel afraid of my own body, and it is making it hard to do this work. I have an excellent medical team, but I find myself in a lot of collapse, wasting a lot of time doom scrolling. I don't seem to know how to "come back" to myself. Any suggestions?"

(01:27:55)

Question: "I grew up with a father who has Narcissistic Personality Disorder (plus alcoholism and is a "rageaholic"), and I'm wondering if you have any specific recommendations that have been helpful for folks in a similar situation, for healing the nervous system from parental narcissistic abuse, which includes early childhood/developmental trauma? This is my second round of SBSM, and I still struggle with the repercussions, even after over 25 years of my "healing journey"."

(01:32:13)

Question: "Hi. I have a lot, and my thoughts, feelings and reactions wreak havoc constantly. There's just so much. I have EDT with a huge goodie bag going with that. September 2019, I had a fall out with my youngest. I'm mourning the loss without her being dead. My life feels worthless, and most of the time I don't see/feel how life will ever again feel good. Can you offer some hope and advice, how to move on? Thanks."

(01:39:18)

Question: "How important is it to really believe that my nervous system will become regulated? I have EDT, fibromyalgia and a lot of fatigue. Been doing this work for a while with a practitioner, and I practice every day. But I'm so fatigued, and find it hard to have faith that I will get better."