
Q&A Call #5 with Rebecca - April 17, 2025

Common Themes:

- What to do
- Other modalities
- relationships

This section addresses the following questions:

(00:11:27)

Question: "I'm 24 and have chronic pain: low back, legs, arms, neck. My body feels constantly tense. I can't stretch, and I have chronic chest tension, anxiety. I did Kidneys (2 months, 30m/day) and Orient & Contain (3 months, 20m/day)—felt some things with the first, not much with the second. I struggle to feel anger. I tried all the exercises a few times. After 5 years, I believe it's early developmental trauma. Any advice on what to do?"

(00:17:33)

Question: "What should I do if I have two conflicting biological impulses at the same time, for example an urge to lie down and rest and an urge to be up and active? Thanks."

(00:21:37)

Question: "I've had a habit of biting the skin on my lips for years. I do it every day and want to stop because it leaves sores on my skin and the fact that I'm doing it makes my anxiety visible. On the other hand, I know it's a coping mechanism and there are much worse things I could be doing, so would you recommend just working on my general regulation with the expectation

that I'll naturally stop doing it at some point, or should I actively try to stop, because it's like a very mild form of self-harm?"

(00:25:11)

Question: "Hi there! I am an SBSM alum (3rd round) and have finally started doing lessons regularly and am moving out of freeze (induced by ADHD medication) into sympathetic activation. I have had panic attacks from age 3 and have a 38 year deep pattern of becoming easily overwhelmed by them. Whilst I am aware that the sympathetic charges coming up are very important, I get worried that I am not engaging with them the 'right' way in order to allow them up and out. What do I do?"

(00:29:28)

Question: "Hi! I have recently taken a medical leave from work due to my health issues and I'm dealing with a lot of guilt and shame for not being more functional. I usually approach things with this sense of forcing things, urgency feeling. Any advice as to how to work with this?"

(00:34:02)

Question: "Hi. Every so often I have these very strange episodes: I feel overwhelmed, then have to empty my bowels right away, then dizzy, then I have to lie down, then my body starts shaking. Is this a freeze going into a shut down then fight flight? What is going on and how do I stop these episodes that happen when really stressed/overwhelmed?"

(00:38:47)

Question: "Alum with EDT and CFS. Every weekend I have more time and ability to take things slow. What happens is that I feel very fatigued and depressed and irritable. I think it's because my adrenaline is not on as high and so the freeze becomes visible. Is that correct? How can I

give myself the rest that I really really need without having my body go into this shutdown state? And how can I support myself if I do go into this state? Thank you!"

Question: "How can I release my resistance to letting go, of freeze, is, I need feelings, heart now yet I am resisting and reluctant to let go of what has kept me safe yet untouched for 80 plus years. Is it too late? My hurt feelings are needed now, and yet I think I am reluctant to let go of them."

(00:51:57)

Question: "Please help. I was learning a lot from Seth's Q&A in the last 3 years, but this year I have lost interest. Does that mean that I no longer need to learn? Or something else is happening? I have experienced a lot of stress in the last few months which may have affected me? Please clarify so that I can carry on learning? Thanks."

(00:55:21)

Question: "Does being sexually closed-up/frozen/disgusted evidently mean I was sexually abused as a baby, or could other ED Trauma like neglect also be the cause? And is being sexually at ease and open a "by-product" from a good regulated NS?"

(00:58:43)

Question: "Could you talk about those seemingly fixed beliefs that it's not actually safe to be happy; that it's not even safe to feel safe. If/when I do experience those happy, relaxed feelings there's a deep underlying sense of "It won't last". I now always notice a feeling that even though there's no sense of drama at present I must not trust it too much because drama is bound to suddenly appear. How does this deeply ingrained belief dissolve?"

Question: "I've been practicing craniosacral therapy. I can't help but ask about working with diaphragms on others. It is part of the up ledger method to hold all the diaphragms during a 10 step protocol. Is there a specific way or intention you would advise a person learning SBSM to work with someone? I mostly don't ever feel much working on another person and it generally feels like nothing ever comes of it. I would really appreciate it if anyone has any suggestions or advice."

(01:10:21)

Question: "I'm 23 and this is my 1st round of SBSM. I have had moments of regulation but mainly find myself in a collapsed, dissociated state. I experience intense anxiety and OCD type thoughts - including checking to see if I feel derealized, when I pause to orient I feel as if it is being confused with hyper-vigilant checking, how can I help this, thank you!"