
Q&A Call #10 - May 29, 2025

This section addresses the following questions:

(00:00:45)

Question: "Hello Seth, I would like to hear your approach on (self)discipline. As I was over disciplined and punished a lot as a child, I now try not to be too hard on myself. But this results often in doing nothing, procrastination, and me feeling very bad about myself. Can you give any advice, especially for the summer months post SBSM that are coming..."

(00:12:43)

Question: "I have problems with processing changes, also my parents are stay at home persons with EDT. During your course I gain more capacity for changes but I still respond to them with symptoms (e.g. muscle pain when traveling). Could this be a sign of persistent freeze and underlining sympathetic energy in my system? Can you give me some specific advice on how to cope with these unexpected responses, besides general exercises for reinforcing awareness, which I suppose can dissipate freeze?"

(00:18:28)

Question: "I have EDT. Recently my joints need A TON of holding and there's this new sensation as if they're pulsing and swollen but they're not. I feel there's more space in my body too and A LOT more cracking going on in all joints, in the neck, chest and hips. Is that cracking an indication of relaxing the fascia, the muscles or the bones? And are all these a sign that stuff is moving and my system is opening up? I feel my rage burning inside me. But there's only that much I can process with CFS. When I soothe and come out of the experience instead of going with the activation I feel like I betray a part of myself, and I also continue feeling the toxicity of the rage that I'm too exhausted to process. The inability to control this makes me even more

angry. How to deal with this fire when the body says no? Doing small movements aggregates me more, as they don't address the charge I feel. Thanks!"

(00:27:19)

Question: "I've struggled with sleep for a long while and I realise that I feel a lot of fear come up as it becomes evening - fear of vulnerability, aloneness and the dark. I know night times felt very unsafe for me as a child. I've been doing exercises in the evening to try and know that I am safer but the fear hasn't changed so I wondered if you have any direction on this. I think I fear that going to sleep will mean not being able to protect myself from threats, so I need to be "on" all the time."

(00:36:45)

Question: "Hi team, I've become aware of a deep rooted resentment towards society, a sense of disappointment and betrayal. That sounds pretty heavy, for context I am aware of birth trauma and trauma related to school. How can we work with these feelings? I am aware that they are a roadblock on the path to recovery. It's almost like a sense of entitlement to an apology, which I know sounds quite ridiculous. Thanks."

(00:42:51)

Question: "I'd appreciate your thoughts on enmeshment trauma...why does it come up and how would NS work entangle it ? I realized this year being with my mother that after 10 days I kind of gave myself up. And it felt like I had no other choice. I also therefore from my teens on tried to get away from friends, as i felt like the same probably around my teenage friends. I just noticed it and it normally comes if I spend a prolonged time with (some) maybe not all people."

(00:48:46)

Question: "When I'm out in public, I struggle to be present & using the tools doesn't work. My NS reacts as if everyone around me is watching and judging me. My attention is constantly focused on how I look and how others perceive me. It feels like I have to appear and behave perfectly, especially around men. I can sense a lot of shame in me. I was bullied for my looks as a child."

(01:00:08)

Question: "Hi Seth, I would like to understand why I can only start something freely once I'm certain that I'm healthy—like a new job, project, or something similar? And why do I always need to know that there's an 'escape route' when it comes to commitments? Even with 'fun' commitments, I need to know when I can leave again. Thank you."

(01:05:08)

Question: "Question: Round 7 alumni here (EDT, numerous family near-death experiences, plus lots of chronic stress). What does a healthy / authentic relationship feel / look like, and how can this work help me finally decide whether I'm with the right person (10 plus years together, no kids), or whether it's time to leave? He's a wonderful person with lots of freeze. We have lots of love, but lack deeper connection. It's good but something has felt off for a long time. He started SE therapy a few weeks ago. Advice? Thank you!"

(01:11:14)

Question: "Just did Elia's sounds lesson, sat outside feeling connected, and an overweight young man passed me and smiled while he grasped his towel on his way to the pool. I could feel his unhealthy shame. I was feeling self love at a deep level by contrast. Would you talk more about genuine self love and self respect and how we grow more of it. It helps us and it helps the world. Thank you!"

(01:14:08)

Question: "Dear Seth, for the 1st year of my life I was strapped into a chair to help with hip dysplasia. I heard Irene mentioning once that you guys have worked with people with that particular experience before. Do you have any specific ideas to work with this old trauma? i.e. I feel very stopped (from getting out of the house to anything really, there's always this "hurdle"). Also, a perceived glass ceiling around achievement. And general helplessness, lostness and stuckness."

(01:20:01)

Question: "I'm an alum. I grew up with alcoholism and a lot of anger and arguments in the home. I've never been abused, but I've discovered that within me there is a deep-rooted fear of experiencing violence, this is manifesting as intrusive violent images and hyper vigilance. This fear isn't connected to a specific memory so I struggle to really work on this. Other than generally building my capacity, how can I work specifically on this fear?"

(01:26:39)

Question: "What is the connection between nervous system dysregulation and dopamine addiction? I really struggle with doing all types of chores (starting, completing and following through, which has a negative impact on my health), and I recently learned that these problems can be related to dopamine addiction. I wonder how this is related to nervous system dysregulation, since the search for instant gratification overlaps between the two. And how can SBSM help me with this?"