
Curated Q&A Call #7 - Special topic: Early Developmental Trauma with Seth and Jen - May 1, 2025

Common Themes:

- Early Developmental Trauma

This section addresses the following questions:

(00:00:23)

Question: "I don't ask for a lot of help from my sister, when I do I sense her yes is really a no. She has never told me no. I don't trust her or want to ask her for help anymore. it feels yucky when for example I ask her to put a hand on my back but she isn't actually available, she's just doing it anyway. How can I work with this? It drives me insane and creates so much anger and tension in the relationship. I don't even want to see her. And I'm pissed. I want her help but don't trust her!"

(00:07:25)

Question: "I have EDT and have worked with a practitioner for three years, now in my second round of SBSM. When doing the basics, my head often turns quickly to the side, usually with eyes closed and sometimes a grimace. Sometimes my back arches too. It feels like I'm trying to look away from something, possibly linked to my mother's anger growing up. This has been happening for a long time. How can I work with this?"

(00:15:32)

Question: "Me and my parents all have EDT, my mother is almost alexithymic due to it. When reading the text about coupling dynamics by Seth I realised that I am overcoupling meaning and most often sensations (being a lot of time in the brain mode), but undercoupling emotions with most often behaviour (feeling little emotions, but when they arise, they make me feel overwhelmed, floating and disorganised). Can you give some advice that would help me to have my energy more in balance between mind and emotions?"

(00:21:14)

Question: "I have early trauma, amongst other things. I am experiencing a quite intense period with what appears to be procedural memories bubbling up, especially at night. Can «new, but old» physical pain also be procedural memory? I am experiencing some of this now and am confused. Why does this happen, and what do I do about it? Can the pain get re-stuck if I don't process it in the right way? TIA!"

(00:27:59)

Question: "Can you speak to how having anorexia while in my teens will have affected my nervous system, and if there are specific areas I should focus on to make the work I'm doing to heal more effective? The recovery process took several years, and I still have eating disorder tendencies show up here and there. I started having panic attacks and chronic anxiety as soon as I stopped relying on the ED to cope, and have been dealing with the anxiety ever since. (I'm 25 now.) Thanks."

(00:35:55)

Question: "I'm an Alum, 4th round. A friend committed suicide. I am in shock & high arousal & lots of anger at her. And my EDTs of deaths and abandonment are so triggered. I connect to earth, do slow breaths, talk to my inner child. However, it feels too much. And energetically is

different if someone dies (great loss too), but suicide is highly aggressive - she has been a 'nice girl'. What do you suggest to calm down, to regulate, especially my anger towards her?"

(00:40:38)

Question: "What is the reason that, despite all the exercises and theory, my shoulders are still in freeze, painful, and unwilling to give me any information during the three rounds I'm currently doing? Thank you."

(00:49:11)

Question: "If you're sleeping and a tracker shows that you average about half an hour to an hour of deep sleep per night, would that kind of sleep be considered low tone dorsal? How can you tell whether you've truly "rested" in that state or not? Thank you!"

(00:52:35)

Question: "I fit many criteria for autism...I am female, 53. I heard Seth talk about ADHD and autism in vlogs a while ago, and he said, what I understand to be true; there is most likely a brain difference with autism. I've always wondered lately if the world is just crazy as so many people fit the criteria, if it's just trauma. My question is if there is a brain difference how does this impact my ability to heal dysregulation...I have EDT for sure and other trauma."

(00:59:29)

Question: "I am a 3rd SBSM timer with EDT and fibro. I had good progress with 'thawing' some body parts by working with 'traveling' pain/stiffness in my hips, back, left leg and arm. The blockage and pain now feels in the neck and brain 'stem'. Could you please recap on how the emotions got stuck there, and what exercises I can do to help it move. Thanks!"

(01:10:46)

Question: "Clarity on a pattern: I have a long standing pattern of right shoulder pain. Some days I wake up with no pain and feel great, some days I wake up with a kinked shoulder. I notice that on good days I have lots of energy and on the painful days I am more tired. I think this pattern is a freeze-like response in my system. Could the good days be due to freeze having lifted or not activated overnight? I have EDT and Shock Trauma - this is my third round of SBSM."

(01:14:32)

Question: "I have a question relating to the relationship to my younger brother. There is a lot of EDT for both of us but also transgenerational trauma which causes conflicts that are not ours. We tried to distinguish those in the past but it has now switched to hate and no contact at all on his part. I do my work to heal but it is tough to do it while not knowing how the situation will resolve (there is a lot of practical stuff attached also). It's hard to put it into words like a question - how to navigate?"

(01:21:55)

Question: "I'm on my 2nd round of SBSM. A lot of old memories are resurfacing, and I'm renegotiating them. I've done several rounds of annihilation work, which feels great, but I notice the same memories and people keep coming up. Should I be doing something differently, or is this just part of working through layers? It feels like there's progress, and some things are more resolved now."

(01:30:17)

Question: "Hi! As I continue to do this work, I am noticing how things like "notice", "feel", "be with", etc, are actually really difficult for me. I have a lot of blockages between myself and the feelings/sensations, like fear, judgment, shame, shutdown, overthinking, gaslighting (all things I

probably learned from my caregivers). I'm realizing this might be why I am dissociated/derealized most of the time. Tips for working through this?"

(01:37:30)

Question: "I have EDT and always had problems with my sleep, even from an early age. Every time I go to sleep, I notice a bracing and holding in my neck to one side. If I consciously release I feel relaxed, but a few moments later the bracing is back. I have birth trauma too. Could this be connected, how do I work with this? What practitioners and techniques do you think can help release this? Thank you."