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## Q&A Call #8 with Jen - May 15, 2025

### Common Themes:

- Can X be related to trauma / the NS?
- Relationship: Self, Others & Exercise
- Working with SNS Activation & Survival Responses: Repeating v. Completing
- Working with SNS Activation: Healthy Aggression & Resistance
- Working with SNS Activation & Survival Responses: Fear, Anxiety & Vigilance

### This section addresses the following questions:

(00:02:19)

**Question:** "What is the difference between emotions and nervous system states? I feel that often my system goes to dorsal vagal freeze, and I often experience emotions of feeling hurt, sad and anxious/fearful. I feel I am very tuned into emotions and am often aware of them more than I'm aware of what my nervous system state is. I'm wondering if they will always be connected or can they be separated. Thank you."

(00:08:09)

**Question:** "As an alum I always orient and track sensations. I tend now to only occasionally do an exercise, and I feel guilt that it's not enough. So if for example, one practiced Advanced Diaphragms daily for a period and nothing else, what might be the benefits or the disadvantages? After having been through the whole program, are there pros and cons to choosing just one or two exercises and sticking with them? Is it important to keep going through it all? Basically, how to develop a long standing practice?"

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(00:13:47)

**Question:** "I'm curious if you could speak to what is happening with the nervous system when someone has tinnitus? I have been dealing with this off and on for the last 5 years, and I'd like to work with it with the nervous system. Thanks!"

(00:19:13)

**Question:** "I have EDT and few shock traumas as well. I have issues since childhood with grammar. I can tell the grammar rules, but still it happens. In last years, when stress increased, I noticed I began to do transposition errors while typing on the computer. I noticed that I switch places of two letters. While writing 'Joshua' I write 'Johsua' or instead of 'August' I write 'Auguts'. It happens not always, not with every word. Could this be a trauma response?"

(00:23:17)

**Question:** "Can itchiness / irritated skin be associated with sympathetic activation or anything else nervous system-related? I often feel itchy all over my body for no particular reason and it seems to happen when I feel more anger and anxiety. Also, I sometimes wear certain clothes on one occasion and they feel fine. Then I wear them again and they irritate my skin and make me itch. I generally seem to have more sensitive skin when I'm processing things, but I'm not sure if it's just a coincidence."

(00:26:47)

**Question:** "I seem to be looping in the same kinds of dysfunctional relationships which mimic my parents' relationship to each other and us. Seth mentioned in an earlier Q & A that this happens when our body is looking for healing of the original wound. He said the healing only happens when you find a different outcome, it's in how you respond. This will shift your

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experience. I don't quite understand what this means practically. Can you give an example to clarify this process of healing, looping?"

(00:34:17)

**Question:** "Alum 2 here - I am still unclear in my understanding of why restless leg syndrome is a symptom of stored sympathetic energy and not a release of said energy? I have had this condition for at least 61 years! Because of this course, I now understand that during the day, I mostly live in functional freeze and fawning. So when I go to lay down at night, my stored fight/flight energy lying underneath my freeze response, is making itself known. Please clarify the situation."

(00:42:23)

**Question:** "Hello, I'm living with EDT + other traumas. My current issue is that I often lose my connection with myself. It disguises itself as tiredness, which can be very extreme. My muscles have tightened, for which I'm having Alexander Technique lessons. Sometimes I can only sleep all the next day. It's the same level of fatigue I had when I had CFS 23 years ago. Any help please? Thank you so much."

(00:45:32)

**Question:** "I always try to divide myself up, from dividing up my sensing/perceiving, to dividing my actual body. When I sense myself as a whole being (as it should be/healthy) I get agitated. I would like to get some thoughts on how to address this practically, like in a practice? Thank you. That may be related to it: if there is something good, some healing has happened, I have a very hard time to rest, typically I distract myself afterwards and can't stop."

(00:51:12)

**Question:** "How do you know the difference between feeling resistance because your gut is telling you it's not safe because it's not good for you, so avoid it, versus feeling it because it's something new, unfamiliar, and you should lean into it and try it? I am listening to Irene's talk on toxic relationships, and she shared a bit about her first marriage. Can she share more on that and how she knew the sensing indicated she needed to leave versus make changes, etc."

(01:00:23)

**Question:** "In SBSM 4 years now - the last two years, going to gym consistently and regularly exercising - new relationship to exercise than what I've experienced before, - when weight training, I yawn throughout my workouts - is this my parasympathetic nervous system? - how can I bring this response into other areas?"

(01:04:54)

**Question:** "During an exercise, as an example, layers, tension in my head or chest increases. I tried SIBAM many times, also Movement, Emotion, Sound, Word, Texture (I link the sensation to an image, shape, color and pendulate). I orient and apply the layers to the sensations. I always do orienting, impulses, and containment, if needed. Usually, no emotion shows up. Still, nothing really shifts—maybe a bit. Am I releasing correctly? 90% of my releases so far have been all in the body."

(01:09:04)

**Question:** "I have EDT and shock trauma. My coping mechanism to control survival energy during teenage/adolescence was with studying. After diving into your courses, I have experienced many symptoms when I start to study/do mental work as if this would evoke a freeze response in my body. I suppose this mental work is coupled with survival energy due to my past experience. Slowing down the thinking process helps me. Can you give me some other advice on how to uncouple this dynamic?"

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(01:13:33)

**Question:** "The loop that normally plays in my head is "they all hate you." Since I started doing SBSM, this is shifting to "I hate you" which might be good (if it's solidly going away from me), except that those words come up when I get up out of a chair or see myself in the mirror, AND ALSO other times when I see other people. It seems like there is anger that needs to come out, how do I get this out without it unintentionally coming back at me?"

(01:16:54)

**Question:** "I realized my voice has been loud for others but not for myself. Had a couple of unexpected but significant rifts in which I'd normally shut down but raised my voice to speak for me. My childhood strategy as a peacemaker is shifting. As freeze lifts I find I've less access to tolerance & patience than 'normal' which feels enjoyable but ultimately not the way I want to be. How to know when expressing anger is healthy or an overreaction? Plus how to healthily experience rupture, which is part of life?"

(01:21:41)

**Question:** "When I encounter literal resistance—like a vacuum cleaner that won't go around the corner, a tangled garden hose, etc.—I notice that in that moment of wanting to get something done, I become angry. "It" gets stuck or caught, and then I feel aggression. What does this mean, and what steps could I take from an SBSM perspective? Thanks."

(01:25:08)

**Question:** "I am 23 and it is my 1st round. I am on lab 2 after some serious overwhelm from going too fast with the work. I deal with EDT and more. I've found some settling this past while but find myself scared to go near the work - as in even open up the website as I am scared of what could come up from doing an exercise. At the same time I want to continue in a titrated

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way, as I really hope to move towards a more tolerable place with the shutdown and dissociation I experience.”

(01:30:27)

**Question:** "Hi, I am an alumni with EDT, fibromyalgia and CFS. Before SBSM I was always busy scanning the environment for danger. Now, feeling more safe and growing capacity, I realise that I was also scanning my body for symptoms. I also often interpreted normal body sensations as wrong or dangerous. I am scared that I will now also scan for "good" symptoms, a sign of releasing old stuff. How can I best work with this? Thank you!"

(01:34:03)

**Question:** "I'm having a blepharoplasty in a few weeks. I'm usually very anxious, especially in medical settings. I was prescribed anti-anxiety meds to take a few hours before. What are the best calming exercises to do beforehand? I'm allowed to wear headphones—should I use them, or stay present and connected with the doctor? Every time I think about the surgery, my heart races. I'm really worried about how I'll feel on the day."