
Q&A Call #9 Special Topic: Shock Trauma - May 22, 2025

This section addresses the following questions:

(00:00:50)

Question: "20 years ago, on a sunny day in the city, I was held up at knife point. When he ran I sensed he'd done it many times before. He was caught & sentenced to 4 yrs. Writing a victim's statement made me angry, I wanted to shout in his face. A week later a perfectly circular bruise from his thumb arose on my arm. It felt personal, like he'd marked me. Retelling the story to a friend years later, she was disturbed by my lack of emotion. I still can't access much feeling about any of it. How to work with this?"

(00:04:47)

Question: "I had a serious motorcycle accident, with permanent consequences in walking after the third and final surgery. I am afraid to travel in a car (both as a driver and as a passenger). Since I started SBSM (I'm new) I've noticed changes in myself, but the fear of the road has remained the same. Every little sign of danger scares me: I jump, I feel my kidneys/adrenals contracting, my body is tense, etc. I try to use the program's tools to stay in the window of tolerance, but I can't. Suggestions? Thanks."

(00:13:41)

Question: "I slowly did 21 days last year, and up to lab 7 of SBSM. Over the last few months, either when I am doing neurosensory, meditating, or yoga nidra, in essence, seems to be when I'm going very slow or deeply relaxed, I get burning thighs which rise through my stomach, and then my face goes hot. It lasts a few minutes. Is this some kind of something coming out?"

(00:16:15)

Question: "When I was 5, I had three surgeries with anesthesia. In one of them, three people had to hold me down to get the mask on. I know with every fibre that this is the source to my problems (terror, low self confidence, panic attacks, dysphonia, twitching neck and torticollis, and a rage at my mom) but I can't get my head around that an incident like that could have such an impact! Could you talk around that? How do I work with an experience encapsulated in a bubble, anesthesia?"

(00:25:31)

Question: "This is SBSM round 2, and I've been working with an SE practitioner for a year. I grew significant nervous system capacity, then went on a spiritual retreat (no drugs) in March. That created an even bigger sense of opening - maybe too big - I felt euphoric. A couple of weeks after returning, I experienced a manic episode (first in 51 years) and was involuntarily hospitalized. I'm out of hospital, but am now dealing with the trauma of involuntary hospitalization. It's a lot: where do I focus?"

(00:31:22)

Question: "For the last several weeks, I have been feeling panicky. Mostly at night when I wake up, but sometimes during the day too. I had this a few years ago but it stopped for a couple years. It feels like dread, something bad will happen, and I don't know why. I orient and sense but there's nothing wanting to be acted out. My heart feels like it is pounding and shaking in my chest. Like I can't take full breaths. Not sure what to do. Thanks."

(00:38:38)

Question: "I have a perpetuating pattern that my feeling of stability is disrupted by intense emotions of confusion/unsafety being triggered by outer events. Often my reaction to these events is much more intense than objectively would be expected. Could this be a sign that my shock trauma is still unresolved? I was sexually abused as a 3 years old girl; it was a shock for

my system, besides having EDT due to early misattunement with my caregivers. How to lessen the reaction to these outer, unexpected events?"

(00:51:00)

Question: "With time, physical (and spiritual/mental) states of my past appear again spontaneously as my body gets in these states. There's a state between two shock traumas which happened 2 (or 3) days apart. It was a state of defeat and collapse but in that there was grace, I have nowhere to go, I do not feel what I want in this but there is a form of peace. I always focused on the second shock trauma, the one that ended things for me, but I get the feeling there is immense treasure in the state in between?"

(00:57:47)

Question: "I have a ritual that I have been doing for years. It is involuntary and I do it when I'm walking, driving or sitting. I keep rhythm by clenching my fingers and toes. I grind my teeth in a right to left motion and breath in time. My counsellor thinks it might be self soothing, or an EMDR type of self treatment. I don't know if doing it helps relieve stress or actually causes it! Why do you think I do it? What can I do to understand it and perhaps replace it with something less regimented?"

(01:03:06)

Question: "EDT and shock trauma alumni. This work is slowly changing me and helping me become more authentic – learning to use my voice, occupying my space better, better selection of who I spend time with (safety), less reactive. It seems these would bring me more into balance, yet even though I'm an introvert I find myself choosing to be alone more than ever, seeming to indicate more movement toward imbalance. This is confusing me and I wonder what I'm missing. What are your thoughts on this?"

(01:07:02)

Question: "I am sensitive, live alone and noise drives me crazy. How to orient while falling asleep when I am disturbed by neighbors (like steps, closing doors, talking). It's dark, I can not orient with my eyes. I can't ground my feet. I can't run away. I feel helpless, raging, not safe. When I stand up and start to bang the walls then I feel so rushed and frustrated that I can't fall asleep. Any advice on how to regulate in this situation? By the way, moving, talking to neighbors or using earplugs does not help."

(01:13:24)

Question: "How do I stop yelling at my older child? I had a 2nd baby 2 years ago, and since I struggle more with lack of self control. I feel strong guilt, know how bad it is, and yet can't seem to stop. Sleep loss is huge."

(01:18:26)

Question: "When fear is present in both persons at either side of the conflict, it feels like one puts oil on the fire of the other and vice versa. But a conversation is unavoidable to try to resolve the conflict. Is it best to keep it short, as clear and objective as is possible, and maybe even "wear a mask" (pretend)? Or should I try to be as authentic and open as possible allowing all emotions that could come along at the moment, expressing my needs and my borders? I feel I am capable of neither."