

---

## Curated Q&A Call #10: Bonus Call with Seth - June 19, 2025

### Common Themes:

- **Authenticity** - If we have a history of being rejected when we were vulnerable and authentic, and ended up people-pleasing or being hyper vigilant around people as a result, how do we approach being authentic again?
- **Not feeling anything from the lessons. How do I know what to do next? I'm not noticing any impulses?**
- **The connection between EDT and OCD behaviours and how to work with it.**

### This section addresses the following questions:

(00:22:58)

**Question:** "I often have strong emotions on bad days. If I stay with them (like in 7 steps to de-stress), I get pulled into old childhood patterns and feel worse. Being a neutral observer helps me calm down, but I feel detached from my body. The IFS approach—staying in true self while observing parts—helps most. I can be with emotions and still have perspective. From the SBSM perspective, how would you advise me?"

(00:27:19)

**Question:** "As a child I ran through a glass door and my wrist was cut. I remember standing quiet in the bathroom with my hand stretched over the sink full of blood. Everybody was running around but I was still. Or better frozen? The same with my other injury where I was not crying even when it must hurt. How do I heal those traumas? Do I just go back in my

---

imagination to try to feel my body? Or do I continue to build capacity in my nervous system so these traumatic events will be released without me even noticing?"

(00:32:58)

**Question:** "Hi Seth! In an interview I think you mentioned hypermobility. Could you address hypermobility and its connection with anxiety? Thank you!"

(00:35:34)

**Question:** "I have physically healed from an ED but still struggle with ED behaviors. I weigh my food and count my calories every day for years. I can't rely on my intuition when it comes to food because it's skewed by the need to eat to ease boredom or to fill a void. Managing the numbers in this way reassures me I won't gain any weight as a result of eating more, thus to not do those behaviors is just overwhelming. Can you suggest a few ways to dip my toes into letting them go? Thanks!"

(00:42:45)

**Question:** "Four years in and I'm noticing an increasing agitation, impatience and desire to fidget when starting an SBSM exercise. I didn't have this before. I remember you mentioning the requirement to be still in Vipassana meditation and how that wasn't necessarily helpful. How best to approach this? Spend some time with the fidgeting and then do the exercise, ignore the exercise altogether and move with the agitation? What's best? Thanks Seth!"

(00:44:54)

**Question:** "Alum here with EDT & shock traumas. I tend to have big swings between trying to do everything perfectly, or full collapse. I've noticed this pattern playing out when holding boundaries with my children. In order to hold any boundaries with them I have to go into some sort of "dictator" controlling mode. Or else I tend to swing the other way and let everything go

---

(where it feels completely unbearable to speak up). Can you talk about what's happening here and how I might start to work with this?"

(00:50:48)

**Question:** "I reckon I have EDT. I have been dealing with very severe and chronic insomnia for 8 years. Since I've started SBSM, I feel very activated (rage, anger, frustration), I have spasms (arms, legs or chest) waking me up when I am just falling asleep. So many times I've let my body release the sympathetic charge as long as it needs (kicking, shaking, contractions). I am just wondering when will they stop keeping me awake? Any recommendations?"

(01:00:31)

**Question:** "I really resonated with what you said in a previous call, about finding that edge where we can gently push ourselves to move, but not force ourselves. My ways of survival have been primarily dissociation and people pleasing, going out of my body. So I find I need to find the edge with both doing the neurosensory exercises and physical exercise. I wonder if you could speak more about playing with that edge of going out for a walk or a run and not staying stuck on the sofa that feels so safe."

(01:04:30)

**Question:** "Can you please give some specific advice on how to use this work to improve cognitive function? I am taking hormonal therapy due to breast cancer which deepened my dysregulation; during the course I have felt a lot of positive shifts towards more flow and regulation but still have problems with attention, forgetting things. This is more profound when I am under stress or when a new layer opens and balls start to move. Are there any specific exercises that can settle this "floating" cognition?"

(01:09:24)

**Question:** "I have had nervous tics since childhood. Later I learned it was Tourette Syndrome. I never took medicine. Dance, singing and the Feldenkrais method have helped me. I've been a Feldenkrais practitioner for 30 years and EFT for 20 years. I have EDT for sure. I'm so much better and functioning as a singer and a teacher. But I still have nervous tics. I tried slowing the movement down, exaggerating it, and all kinds of strategies. Do you have any experience with Tourette, or suggestions?"

(01:13:22)

**Question:** "Hi Seth, when I feel into my right side, ribcage to upper scapula and shoulder, I feel how "stuck" it "is." I have an impulse to ring it out, stretch it or jerk my body. This is an automatic pattern and I want to approach these sensations/areas differently, but when I do I feel directionless. It's hard to remember to try something other than what I know. Any guidance to working with these times?"

(01:18:36)

**Question:** "Dear Seth and Team. I have a question about having scoliosis and wearing a brace. It was once mentioned that scoliosis is related to trauma. Can you explain the connection? I assume that wearing a brace from age 13-20 has put another somatic trigger/trauma on my body... can you also explain what that does to the body/person and what effects it can have until this day. I assume some things, but I hope to get more clarity."

(01:25:04)

**Question:** "Hi Seth, I am a 3rd timer with EDT and fibromyalgia, and I've had very good progress in SBSM. Recently a friend described my (old) pattern of behavior (overthinking, worrying, catastrophizing) as "this is just you, your personality." I felt such a repulsion, knowing (now) that these were just survival mechanisms. But now I am wondering what IS left of my

---

personality? I almost feel a self-identify crisis. I was so focused on changing old habits, but never thought of how to build a new me? Please advise a way forward.”

(01:28:00)

**Question:** "Seth, could you provide a vision of what life is like down the road when there is nervous system regulation? I know it's individual but I recall Irene saying something about Kathy Kain saying what life is like to get up in the morning when one is more regulated. Thanks again.”