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## Q&A Call #1 Curated Questions with Seth - October 2, 2025

(00:02:50)

**Question:** "Alum. I always struggled with anxiety. A few days ago, I did a psilocybin mushroom ceremony for healing. Sinus problems made me vomit as a baby, so I couldn't take in milk. The psilocybin showed me that the origin of my sense that nothing is safe & everything is a battle was my inability to go to sleep feeling nourished and protected then. The last few days, I wanted to eat loads. Might this be my ANS trying to fulfil that unmet need and find regulation? Should I follow my impulse to eat a lot of (healthy) food?"

(00:06:51)

**Question:** "I am currently on the rolling like a baby exercise and a lot of thoughts came up - being helpless, being overly independent because I try to avoid dependency, afraid of rejection..etc...what do these "releasing thoughts" mean in terms of NS work. Is it releasing trauma, as it does not come with a big charge of physical energy? Thank you."

(00:13:51)

**Question:** "In the past my joints would contract and I'd get through a tense situation. Now as soon as my joints try to contract my body is like no way! It starts to shake, and if fear (because of current circumstance) causes the joints to contract again, I fall over or worse. It's like I miss the middle ground. I know how to work with it (outside these situations) but I don't have a go-to for these situations. Side note: I noticed it in situations where healthy aggression is there and would help to get there."

(00:18:09)

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**Question:** "Hi Seth, this is my 8th round. I often distract/dissociate when trying to feel my emotions in my body. My mind goes into analysing rather than allowing me to fully feel. Alternatively I totally space out. I never realised until recently how afraid I am to fully feel, which is weird because I'm also a very feeling person. How can I unlearn this strong distract/dissociate response and start feeling for real? Thank you :)."

(00:24:29)

**Question:** "I can feel emotions on the inside but I struggle to appropriately emote at the proper times. I grin when others cry, laugh when others wouldn't, kindly smile when I'm mad, stoic when excited, and resistant to playfulness. My internal feelings and external behaviors are mis-matched in many social situations. What causes this external/internal mismatch in social engagement, how can I appropriately engage with others, and how can I correct this mismatch?"

(00:30:53)

**Question:** "This is my third round. I can't seem to make it past lab 3. I have major resistance to doing any of the labs. It feels like I'm going against the programming of my narcissistic parents. How do I do this work when I feel like it's going against the message that I should be punished for being disloyal - and then I fulfill that through self sabotage?"

(00:36:49)

**Question:** "Alumni, round 4, early developmental trauma. Coupling of fear and crying. When I get scared that someone is mad at me, I start to cry. E.g. talking to my husband, I feel he is mad at me, I ask him and confirm he is not mad at me, but I keep crying. Then, he gets mad at me because I am crying. In other situations, I get startled and yell/jump, but when a man seems mad at me, I might cry. As a kid, my dad would get mad and yell, or spank. How to uncouple fear and crying? Communication tips?"

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(00:50:36)

**Question:** "This is my second round. I've been doing all exercises through summer (healthy aggression the least, I am not ready yet). A month ago my right upper stomach/back/area close to my kidney started to hurt. I checked with 3 different doctors, it seems like nothing is wrong. It hurts most around 2 o'clock in the morning, during the day I am OK and can function. Any suggestions? P.S. I either "get sick" or I yawn as a result of this work. Seems like extremes. Thank you!"

(00:57:51)

**Question:** "Hi, I'm an alumni. I think I am more aware of my stored survival stress and therefore anger. I am having issues finding a person to be angry with, which I feel is the "right" person. What could I do if I can't find someone or feel bad for being healthily aggressive at the "wrong" person? When I don't find someone, the anger goes inwards and I get chest pains and ruminate/have headaches. Thanks, I hope this makes sense."

(01:02:29)

**Question:** "I'm an alum w/ EDT. My husband will often make comments in an angry tone to me that makes me feel guilty about something that is not my fault, telling me for example that he is the only one who comes through for the family, when we are all trying our best. I start to feel guilty, angry, and hurt. It gets in my head and I believe it. I start to feel scared and pull away. I also think about what he said over and over. What can I do from the program to help myself? Thank you!"

(01:08:00)

**Question:** "How do I know if pushing myself out for a walk is doing me any good? I return quite activated. I feel bracing in my diaphragms. Bracing as in tension!! I return home and

immediately lay down and breathe, to resource, gulping down a glass of cold water first. I seem to feel a need to get outside and get this nervous energy out of me, but then faced with overwhelming tension that feels like bracing from some past event.”

(01:12:17)

**Question:** "Hi, Seth! Welcome back! I'm in round 5 of SBSM. I noticed a new facial expression in the past months: my chin contracted up to create downturned lips. I notice it during sleepy mornings, while having normal bowel movements or when getting a massage, so only when I am most relaxed. Objectively, it may look like sadness or helplessness or uncertainty, but I don't feel any of these feelings when the facial expression comes, I only feel relaxed. Any advice?"

(01:15:54)

**Question:** "Hi, Seth. I am struggling so hard to be in my body. When I was born, my nose was bent to the left side, because I had sucked my thumb for so long in my mum's tummy with a finger folded over my nose (self soothing already before birth). I came out, and didn't make a sound. The doctor took me by my legs, hung me upside down & hit me on the back till I screamed. What are your thoughts about this? Thanks."

(01:21:39)

**Question:** "Hi Seth, I am a 4th timer with EDT & Fibro & had very good progress in SBSM. My current challenge is the habit of constantly worrying and feeling guilty. And when I objectively can't find any reason for these - I feel worried about that! I realised this was a survival mechanism, but I am so sick of this pattern. How to change that. Thanks!"