

Q&A Call #2, Special topic EDT with Seth & Jen

(05:18)

Seth, I'm a third round SBSM student, I guess you'd say. Not even sure how to ask this question, but I see the special topic is EDT. I think that is what I have as I can't seem to relate or connect my sensations or responses to any emotion or event specifically. With the nature of these sensations being so sharp and trapped in what appears to be my respiratory and pelvic diaphragms, how do I process, and what fascia releases might you recommend I do?

(17:02)

I have started to notice my attachment wounds (anxious attachment). This comes up even when having a partner that is very safe. How would you approach this? Is pausing and feeling those very anxious feelings and intense fear going to resolve them, or should there be / is it necessary to have other tools than what's in SBSM? For example other kinds of support and relearning safety cognitively.

(29:42)

I've started to sometimes feel very unsafe/uncomfortable by my partner's closeness. He's a very safe person who I love a lot, so I've come to the conclusion that it's some sexual trauma coming up (which came from being in a freeze state with previous partners). I've followed my impulses like it's taught on SBSM, getting further to feel more safe and said to him that touch doesn't feel good at the moment. How do you recommend to work with this, since I cannot forever keep avoiding being touched?

(39:10)

Hi, second time alum. I've never felt comfortable in my body. Since I was a child I've always tended to feel sick when standing or sitting upright. I've also always had internal feelings of physical irritation, like a sense of a buzzing/vibrating feeling, where I have to tense lots of muscles in my body for it to feel better briefly before it comes back again. I do this all day. Any

advice on dealing with any of this? I know my mum had an amniocentesis when pregnant with me, but not sure about other EDT.

(45:22)

Hi, I'm an alum with EDT and CFS. I've made progress, but relapses come from overwhelm linked to helplessness—when it's too much, my body shuts down. Orienting doesn't help me, but connecting to potency does. I'm practicing visualizations and want to meet my younger fearful parts with compassion. How can I work with helplessness using both potency and compassion in real-life situations?

(55:39)

Hello. I have early trauma due to feeding difficulties. Allergy. Spent most of my first year screaming. My mom talks about this a lot, has done since I was a child, and the tension caused. How do I separate my own feelings from theirs so that I can work effectively with my own trauma? Thank you.

(01:03:01)

This is my first round of SBSM and I have a question about strategy. Sometimes we want to calm the nervous system and other times we want to allow the survival energy to express itself. How do we know when to calm down vs. when to express? I've heard you say that large cathartic releases are not the goal, instead we want more gentle releases. What does this actually look like in practice? How do I tell the difference between true releasing vs. going in circles with the same survival energy?

(01:14:23)

Please give some advice on how to deal with generalised muscular tension and localised muscular pain due to it. I have EDT, I was sexually abused as a 3-year-old girl. My body was very stiff; it is getting softer due to your course but I still get very tense under stressful situations and I have wandering pain in muscles, mostly those belonging to the spine. I do not feel many

emotions. Will resolution of the tension occur, when I will also feel more emotions and release them?

(01:20:17)

What came up recently is my fear of speaking up my thoughts, especially with people who are more on the superficial side (for example explaining our parenting approach to my in laws), and apparently it's because I'm scared of being perceived as "weird" or "not normal", and therefore not belonging, I guess. I'm also terrified of not being understood. It makes me feel little and irrelevant. I remember some of those patterns from school. I'd love some tips on how to work with such patterns.

(01:27:03)

Hi Seth and Jen. Is it possible that the reason I go from 0 to 100 so fast in my nervous system is related to the severe car accident my mom was in when she was 9 months pregnant with me? Is that, I wonder, why I can feel such extremes of emotion? whether it's joy or anger or sadness. There seems to be a lot of shame associated with how intensely I feel emotions.

(01:32:55)

How to deal with the (felt) message 'You don't belong here' or more I am not allowed to belong here. I am reclaiming my place (was denied at my core). It's complex as it's not only an innate feeling (message due to EDT), it's externally connected. I belong to land (soil) at a specific place. Land is free, cannot be owned, but it is in this reality. I belong to it but somehow cannot live it due to the destruction of belonging (although I could own it). So how to deal with this message also externally?

(01:38:58)

I've been doing the four steps to overwhelm as a preparation for starting SBSM. Once I'd gotten past the mental resistance there was a feeling of literally wanting to run and so I 'ran' in the chair, a lot of head movements to turn away, and then my arms moving. I did it twice, maybe three times, these things lessened and then some grief. Seemed buried away. Is this

normal? It's not something Irene mentions happening in the recording. Thanks.