
Q&A Call #3 with Seth - Questions

Common Themes:

Relationships Bringing up High Activation (either freeze or SNS)

- Why this can be triggered by feeling safe
- and/or triggered by feeling disconnection
- Finding safe connection may be just as useful or sometimes more useful than expressing the SNS

Aggression and unresolved SNS activation

- Common symptoms of unresolved, stuck SNS activation
 - Constipation
 - Elevated pulse
- How to access aggression / life force when in a fawn/freeze state
- How to resolve aggression towards a system that we can't change
- Living in a household with a person who vents their aggression in toxic ways
- Why Feldenkrais can be difficult/activating when living with unresolved SNS activation

This section addresses the following questions:

(00:27:57)

Question: On the last call, Jen said that early trauma is not necessarily about completing, that it can be about "learning to go towards activation and go towards settling". I was separated from my birth mother, in an institution for 3 months and then placed with emotionally unavailable adoptive parents. I have lots of muscle contraction and moderate chronic fatigue (up and about, not enough energy for work). Could you please say more about what Jen said?

(00:32:45)

Question: My dad is somewhat autistic and I've inherited some of his traits (sensitivity, getting overwhelmed easily and being mentally slower.). We've always had a weird relationship too. I think I've been embarrassed by this side of me all my life and been repressing it, even from myself. Now I've started to notice more of this in me, sense and see myself a lot clearer. Is it possible that this repression has caused my freeze state? Any advice on how to work with this/similar stories that come to mind?

(00:38:31)

Question: I live in an apartment and go on alert when I hear the elevator open on my floor, someone in the hallway, or when my neighbors come back/leave. When the elevator is running, I anticipate whether it will stop on my floor or not. If I hear someone, I go on alert, my body freezes, my heart beats faster, I see myself trying to make as little noise as possible. I wait to see if someone will ring, which puts me on high alert. How can I move forward on this? It's like I can never fully settle down.

(00:44:49)

Question: In Lab 2 FAQs, "The Vagus nerve plays a huge part in Parasympathetic function, which is to down regulate the Sympathetic Nervous System... and lets us, by engaging with safe people, or by making sound, or hearing soothing sounds, gently take the foot off of the 'gas', ...". By just listening to Seth's music, do we go into low tone dorsal enough to come out of sympathetic, or do we need to add orienting, containment, or other practices while listening? Can this music be a resource?

(00:58:04)

Question: Many early trauma survivors report their imagination saved them. They lived in fantasy lands or were saved by mythical creatures. My imagination never kicked in except for to make me feel even more like garbage. “Trauma brain” tells me that that’s because I am indeed stupid and defective. I had an imaginary friend who tortured me and still shows up as OCD. I struggle big time to use my imagination to my benefit. Why is my experience so different and how can I shift it?

(01:03:07)

Question: Asking about the tendency to try to take in all of the information at once. There's a heightened sense in the body and I notice the eyes skip over the space while orienting. Thinking it might stem from my early learning experiences with mom involving a lot of pressure to comprehend and remember information. Things now can feel hard to articulate in the moment, like not having the words to express the mass of feeling and questioning if it's true. Do you have any advice on orienting to this?

(01:07:51)

Question: My nervous system can react strongly when I receive a criticism. It's frustrating because I know the person isn't being mean. It can be a small thing so my response seems unproportional. It can feel that my stress levels go from 0 - 100 very quickly. When this happens I cry a lot, feel unable to communicate or think clearly and become withdrawn. Usually what helps me to calm down is spending a time by myself. Do you think this sounds like unresolved trauma in my body or something else?

(01:13:12)

Question 1: Do I need to be concerned about EMFs and non-native EMF mitigation? Or can I still heal my nervous system in an environment with a lot of non-native EMFs?

Question 2: I have severe back pain. I do have a herniated disk. Is SBSM able to help me with back pain? Also, can SBSM help me with POTS? And can SBSM help me with insomnia? Is there anything you recommend doing for chronic health problems?