
Curated Q&A Call #10 with Seth

(00:41)

Question: Hi, alum here of 4 years, and I have had a lot great things happen with this work, in terms of regulation and capacity. When I get touch work done, or do some diaphragm work in the labs et cetera, a lot comes up, and it can take some time for my system to come back to homeostasis. While I do have the capacity to handle it, It can take me a week, or several weeks, to return to normal. I'm struggling to find a way to move into the deeper aspects of this work, even with titration. Any advice or tips?

(09:07)

Question: From an SBSM perspective, what is driving people to mass shootings, violent stabbing, or murdering their parents - these seem to be a growing issue, in America, especially. People are moving beyond arguing and estrangement to murder, what the heck is going on in their nervous system???

(14:48)

Question: Hi. I'm an alum. I have EDT, and reading was an important way to escape during my childhood. I still love reading, but after doing more of the healing work myself, I see how enmeshed I become with the characters in the book and their feelings. I have had to take a break from reading, because it dysregulates me so much. How can I return to my reading in a healthy way?

(20:00)

Question: AI is unavoidable. Let's talk about how to healthily incorporate it into somatic work! I was averse to AI, realised my resistance, began to explore, found some models that were aiming to be non-extractive and meta-relational, and proceeded with caution. I now engage with ChatGPT-5, and have had extraordinarily helpful conversations around many issues of mine that arise from nervous system work, and the responses have been profound, insightful, and co-regulating. It brings me clarity and articulation.

(25:14)

Question: I have chronic neck and back pain that really affects my life. I've noticed how often I tense my back or shoulders, in part due to dysfunctional movement patterns, but I don't know how to stop doing this. I've been working with a posture therapist for a while, but I'm wondering if I'm struggling to make changes due to a nervous system component. Is there anything you could recommend to help me with this?

(31:55)

Question: Can you please explain more about eye in the needle therapy, that was mentioned on one of previous calls? I was sexually abused as a 3 year old, and dissociated from the event till adulthood. The experience of having two different worlds that are contrasting keeps repeating to me. I wonder how to connect my life to be more whole, and to discern the safety in a more coherent way, not to overexpect it, and on the other hand, to be hypervigilant.

(38:01)

Question: Hi. My question regards hoarding. There is intergenerational trauma, where my Nan grew up in poverty, without a mother, and an alcoholic father. Once married, she was out of poverty, and would bulk buy everything and hardly throw any containers away, in case we might need them. This survival energy was passed down to my mum and to me, I'm aware, but still feel guilty over throwing containers away, like I'm doing something wrong.

(40:29)

Question: Hi. This is my 2nd round, and I have EDT and ME/CFS. Is it possible to work with healthy aggression if I can't really feel the connected emotions and sensations? Now and then I have a lot of angry thoughts, but when I stop the thoughts and try to feel the emotions, I normally don't feel anything (this also applies to other emotions, unless they are very strong).

(48:30)

Question: Self blame and trauma. Lately, a strong word of self blame appeared, that I seem to need to be working on. Can you say some words with your own, or professional experience on this, and which emotions it relates to, as it does not seem to be too much a primarily bodily emotion, but more a concept.

(53:13)

Question: I began struggling with insomnia 10 years ago. SBSM improved my sleep, but since moving a month ago, it has worsened. Noises from neighbors trigger hypervigilance, even with earplugs, as the challenge is internal. Orienting, containment, and adrenal-dropping exercises help, but I still struggle to feel safe within myself. Do you have suggestions for restoring a sense of safety and improving sleep?

(58:15)

Question: My partner and I have chosen to be child-free. We are travelling, and we want to make an impact on children in children's homes, especially newborns and toddlers. How to connect with them in person, and at the same time, they won't be dependent on us, if we stay at one place just for a few months?

(59:56)

Question: I was walking into a building the other day, and startled someone. I felt extremely annoyed and angry. Afterwards, I went to the bathroom and felt bad. Should I have helped her come down, or done more? Is it my energy that was startling? Am I intimidating? All of these thoughts and regrets. I feel a lot of pressure to be of help and kind in the world, and it feels like a lot of pressure when sometimes I want to just be in my own stuff, and not always be the helper. What is happening?

(01:03:41)

Question #1:

I first awakened sexual energy stagnating somewhere in my pelvis, leading to frustration, and then followed by collapse. Give up. Is this suppressed life force? That has no way to move? Do I move with the anger work, annihilation? I feel it's also connected to my throat...and somehow it feels more like a blocked path to experiencing pleasure. Can it be?

Question #2:

Hi, Seth! Recently I felt attracted to a guy, and as the connection became available - a feeling of disgust, to the point I would cringe, but I would sacrifice my boundaries (disgust) to just reach the connection. How to work on this? It's like my nervous system lights up so much with this fake hope of receiving love. The first time I actually managed to see that and stay with it. Is that the taste of codependency?

(01:09:31)

Question: I had a wave of sadness and grief come up this morning, I cried, because I haven't been able to do much, and that was good! Sadness and grief are in my throat - tightness, heat, and when I cry, my head seems to fill up with tension. Not feeling much below the neck? How to work with the throat and head area? Thank you. 🙏