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## Curated Q&A Call #8 with Seth

### Common Themes:

(03:13)

Different experiences of working with sexual abuse or sexual experiences:

- What if we have an early sexual experience that is actually innocent, but our parent's reaction caused us to feel shame.
- Working with bracing in the chest and numbness in the lower abdomen (difficulty connecting and feeling this part of the body).
- With sustained sexual abuse in childhood, feelings of 'gross/wrong/painful' and 'physically pleasurable/exciting' can become intertwined. How to work with this somatically.

### This section addresses the following individual questions:

(16:11)

**Question:** How do you work with different traumas that blend together as one? How they blend together is complex and hard to explain, could you address it in general? Thank you.

(19:53)

**Question:** In many lessons, we are invited to notice what different parts of our bodies are doing. Strange question, but if we are fully regulated, are we able to notice every single breath as they come in and out? Or instead, do we occasionally scan for different variables, such as our breath, contact with our support, what our jaw is doing, et cetera?

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(22:12)

**Question:** I've been doing this work for 3.5 years. Worked a lot on developmental trauma. The last few weeks, the existential fears that I've already worked on many times have been surfacing again, much stronger now. Is it because I'm building more capacity? Anything I can do other than repeating the NS exercises for EDT?

**Question:** Individualism has been on the rise, yet so many studies show that community is key to health. With EDT, this is an ongoing tension. How to prioritise? How does one build / maintain a strong network of support?

(31:13)

**Question:** I feel frustrated - shame and disgust towards myself. I'm overweight with very large breasts. I feel anger or despair when I don't lose weight/put on, despite my efforts. Also have chronic pain & fatigue, and feel the same when symptoms flare. I can be compassionate and loving to myself at times, but is short lived and sometimes feels fake, other times I feel anger and despair, and get stuck in it, like my body is against me, even though I always hear your body is working with you. How do I work on this?

(37:59)

**Question:** I glue my tongue to the roof of my mouth at night, creating a vacuum. This is causing restricted breathing for me and a lot of tension in my face, palate, tongue, neck and throat, probably down to my gut. Teeth/mouth trauma in childhood, eye muscles are stuck somehow. I close my taste buds (in the soft palate?) while eating, probably to manage my mum's cooking growing up. Can this be due to emotional bracing and trauma? How can I work with the tension?

(42:16)

**Question:** Hello, In recent years, I've often heard the idea that a child is emotionally connected to their mother until the age of 7. In what sense is this true? I have a 5-year-old son, and at one point I was afraid to even feel any negative emotion, because it seemed to me

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that every cold symptom he had was somehow my fault. Are a child's symptoms caused by the emotions that a mother feels? Thank you.

(54:51)

**Question:** I have a very strong tension pattern in my neck. During sleep, I often press my head strongly to the right down into my pillow. I have tried to work with this and move with tension, but nothing happens. Could this be a force vector lingering from a biking accident, where the impact was on the left side forcing the head to the right? And how can I work more specifically with it? I also was born with the umbilical cord around my neck, have spasms at the base of the skull, and frequent headaches.

(01:01:09)

**Question:** Second round of SBSM. Understanding how my NS impacted my life and the decisions I took, it's like I don't know who I am and what I really want. I'm still in high freeze, yet I have important decisions to make, especially for work, and it terrifies me. I'm afraid of making decisions that are not good for me, or to be influenced/forced by others (i.e. job administration). How can I make decisions as I'm still highly dysregulated? I don't trust myself anymore.

**Question:** Hello, I believe I have EDT. Since I've been with my current partner, I've felt a sensation of high arousal and fear that feels very new. It feels hollow in my gut, too. It's come up twice, seemingly randomly, when he was playing guitar, and during a heavy storm. Could this be an over-under coupling? I want to work with it when it comes up without going straight to the labeling or analyzing, like why is the arousal coming up, et cetera?

(01:01:09)

**Question:** Can you speak about navigating uncertainty or taking risks, especially in relation to career or career switching, especially if one has early developmental trauma. There's advice about what to do in terms of career planning, or testing ideas, or roles, but what's the nervous system piece to this, and on the other hand, how to build capacity? Does it always follow

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capacity and not desire? Can we know if something is a good fit going off by how we feel viscerally to a job description, or an interview, for example.

(01:10:23)

**Question:** I have EDT, and have been doing this work for 3 years now. Recently I am feeling WAY more, and had to call my Dad on the phone for something. It stirred up a lot of fear and emotions for me. I practiced containment, which brought on some tears, but was at a loss of what else I could do other than sit uncomfortably with my terror. Any advice on what else I could practice next time I experience this? Thank you.

(01:14:55)

**Question:** Can you please give us some guidelines and principles about how to know when it's time to see a body worker? And would you be willing to share about your own experience with painful body work? This question is arising because recently I heard a 74 year old man talk about the amazing results he is getting from block therapy! However, the caveat is that he is willing to lean in and accept the pain!