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## Curated Q&A Call #1 with Seth

(01:26)

Hello. My voice and my mouth are frozen. I can't speak clearly to anyone, because inside I feel like I'm speaking in vain, and that it's pointless. Because of this, the words don't seem to come out of my mouth, as if I have so many things to say and nothing comes out. And when I want to speak louder, I lose my voice. When I want to scream, a whispered scream comes out, as if my body refuses to enter sympathetic mode. Any advice?

(10:39)

Hello. How can one work with toxic shame besides using the potent posture and disgust? I would need a few ideas to help reduce the physical collapse, which is also caused by a sense of helplessness.

(18:21)

I have sexual trauma, "only" due to being in freeze with previous partners. I've worked on it for half a year already, but not sure how much progress happened. My partner's touch often sends me to freeze, but usually I can work my way out in an hour or two when I'm left alone. At times touch feels fine or causes anger. Now I've started to just feel uncomfortable and cry when we're about to have sex or after it. Maybe sex isn't fully bad if it doesn't send me to freeze but lets me process through the exposure? I can't be sure if my body feels fully comfortable though, and I don't wanna do any more damage. It's just frustrating for both of us, avoiding physical contact for so long. Any thoughts? Or book recommendations?

(25:39)

I started to feel quite sensitive to the cold 2 years ago. This winter it's gotten much worse. No matter how many layers I put on, my legs get cold almost instantly outside. It takes a long time to heat them back up, sometimes 1-2 days, no matter what I do. At times I also feel like I'm becoming sick. It's only the legs, and they feel only slightly cold to hand, so why could this be,

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and what could help? Otherwise I'm doing great with SBSM, came out of a lot of freeze already, and feel way better, and present in my body.

(31:58)

I feel a constant urge to yell and make loud sounds, because it releases stress and feels joyful! I feel that society is restricting my freedom due to social rules of not accepting someone being loud with their voice! How to heal naturally without feeling so trapped?

(36:27)

Can we please be provided with, or directed to, a compilation of "external resources" options that is more extensive than that in the lab, to help spark ideas for those of us who are a bit more shut-down? Is it detrimental for our resource list to be too long?

Hi, this is my 3rd round of approaching SBSM with curiosity. I recently purchased a Visible Armband, which tracks Heart Rate Variability, as a Tool for Pacing with CFS & Dysregulation. I aim to live within my limits to build capacity and regulation. Are you aware of whether this tool could help with Titrating the SBSM content too? I don't physically notice when my heart rate goes above 104, just sitting up, for e.g., but the band does. Should I do this work lying down, so my system is in Rest mode?

(52:43)

Finished Lab 6. I believe Healthy Anger is a key! I tic almost every symptom that lack of expressed anger can give, and I've focused on HA lately. Last week during EMDR (used to this therapy), I felt like I had an iron shield around my head. Then an unusual headache occurred. Some days later my neck, shoulders, collarbone plus overarms are aching. Not sure if the pain is related to NS. It's possible? If the pain is NS-work-related, what do I do with it? Soothe it? Release stress? Anything else? <3

(01:10:42)

Hi :) I'm on my third round of SBSM. It is a pretty regular state for me, to be disconnected from my body. When I remember to do a neurosensory exercise, it sometimes is like flipping a switch, and body connection comes flooding back, intrusive thoughts halt and I'm in touch with impulses to move. I'm surprised at the big contrast and fast effect. It's as if I opened a door to my body, or switched on the sound. Is this a common occurrence?

(01:13:40)

I am being triggered with my boss, and go into the shut down with a lot of pain and grief when he takes a superior position. We had dual roles during my illness; he was my doctor and supported me. How can I distinguish if I am healing my EDT, or if this is too much for the system, and I better change my workplace? Is the amount of pain I feel dependent on his dysregulation, or would it be the same even though he would approach me with a ventral vagal state when discussing difficult issues?

(01:18:49)

Irene mentions that during sudden night wakings it's important to feel sensations and let fight-or-flight release. But when I try to feel it in my body, it wakes me up fully and makes it harder to fall back asleep. Resources like water, pillows, or a weighted blanket don't help. Is it okay to set a boundary — “we'll process this in the morning” — and focus on sleep? Or should the activation be worked with then? And what helps the body fall back asleep fastest?

(01:25:44)

Last round I was at the supermarket and started to feel sick. I sat down and could not walk back home. Paramedics were called, and I needed to vomit. They told me I was hyperventilating, therefore the cramps in my arms. They brought me to the hospital. I was already good when I arrived there. It must have been a freeze lifting, but I wondered, where is the fight-flight? I felt down and out..could not walk. It felt like the opposite of fight and flight. Can you please explain?