

---

## Curated Q&A Call #2 with Jen. Special Topic: Early/Developmental

### Trauma

(12:27)

**Question:** What is “Feeling our Feet on the ground” and “Feeling our Butt on the chair” doing/effecting? Is it that this is causing us to come back into our body — so that we can then use our Ventral Vagal NS to orient and calm down? I see that the Ventral Vagal NS goes to our Eyes, Ears, Mouth & Nose — so we can use those to orient and calm down — but Ventral Vagal doesn’t go to our Feet or our Butt, so I’m wondering what is feeling our Feet on the floor, and our Butt on the chair effecting/doing? Thanks.

(18:26)

**Question:** I am a 3rd time alumni with EDT. I am coming out of swings between shut down and functional freeze. I have periods of feeling intense grief being triggered by emotional disconnection, even from people who are not very close to me. Could the sensation of grief be a memory of trapped energy in the body I had to hold in when not being attuned by my mum? Could expressing it break the cycle of its repeating? Please give some suggestions for its expression.

(31:11)

**Question:** Hi Jen, 2nd timer here, with EDT & other challenges. Could you say a bit about if my mum had challenges with depression at the time she had me? Possibly from the loss at 13 of her mother, leaving her to caretake 5 siblings, instead of fulfilling her musical & school aspirations. She died when I was 7. I know she loved me deeply, and through this work I now also have a sense that her expression of love perhaps wasn't as consistent as I needed to feel seen. She was a single mum. Thank you.

(37:44)

**Question:** As a little child I became the emotional caretaker for my mum. Everytime I try to set boundaries, I feel like the bad girl, who doesn't care! I already worked with anger and sadness around this, but lately I feel a deep emptiness that holds me back in setting boundaries, which brings back the anger and sadness. It feels like it all started with this emptiness as a child in the first place, and I'm in a loop I can't escape from. Any suggestions to work with this (I am alumni)? Thank you!

(43:30)

**Question:** I have experienced a whole lifetime of trauma from both my parents. I started SBSM 2 years into my current relationship. After doing 2 rounds of SBSM and cutting off my parents, I can see that I have done many insensitive things in my relationship. I can see so many things completely differently to when I was living in survival mode (only just coming out now). How do I explain to my partner that many of the 'bad' things I did were due to dissociation, and survival mode, and not being present, et cetera?

(47:31)

**Question:** Hello! I'm an alum with EDT. Growing up my needs weren't met appropriately, I wasn't listened to. As an adult I find myself time and again in situations with people who just talk my ear off, and aren't interested in what I have to say. Recently I realized that I myself "talk my ear off" with stories in my head when I try to listen e.g. to my layers. It's so hard to keep focus and not drift off into thoughts. Any other advice than "just" refocusing again and again?

### SBSM & Other Approaches

(55:27)

**Question:** Do we need to do attachment work in order to heal our attachment style? I think I have an anxious/ambivalent attachment style. Does doing SBSM itself usually heal attachment

---

styles, or should I supplement SBSM with attachment work (like in Diane Poole Heller's courses)?

(59:55)

**Question:** Hi Seth and Jen! Round 6 for me, and I am taking in the information as slowly as possible this time :) My question is about parts therapy, so, IFS work, as I go through the work. Do you guys see any precautions in doing that work alongside SBSM? Or, do they complement each other?

**How do I know if X was too much/I went into freeze?**

(01:03:48)

**Question:** My nervous system was recently activated after an interaction, or did I go into shutdown the next day, with my husband, and I stayed with it, and allowed myself to feel the feelings, which led to depression and exhaustion for most of the next day, with my legs twitching later that evening, after my body had processed the activation. Is this normal, or did I do too much, even if I felt "ok" going with the feelings.

(01:03:48)

**Question:** Hi, this is my 2nd round of SBSM. I reached Lab 3 the first time. I have lived with ME/CFS since 2020. Last Sunday I listened to Seth's Tellurica track. During the third part I felt shifts in my upper body (arms, shoulders, back). The next day I had pain, twitches, and felt disoriented. Two days later my period started, and the pain became overwhelming. Now, a few days later, I still have body pain, twitches, fatigue, yawning and irritability. Did listening to the whole track push my system into freeze? It's hard to get out of bed!

(01:08:12)

**Question:** Resistance to 'have-to's: I'm experiencing huge resistance and anxiety around 'have-to's (finance, work, home). I often wake up in a panic, and delay getting out of bed as

---

long as I can. I often delay taking action until I absolutely have to, which in turn leads to more anxiety and catastrophising, and even more resistance. How can I start off the day better? Orienting after waking up helps, but I often forget to do this. Also, how to distinguish between resistance and system overwhelm? Thanks!

(01:09:05)

**Question:** Hi. I'm having issues with stubbornness in my biological impulse in the morning. I wake up in bed and my interoception tells me to pee. I don't. I stay in bed. I have inner conflict with awareness of thoughts saying, "No I don't want to!" As a child, my stressed single parent mother found it hard to cope, waking me for school. She shouted, called names, lied about the real time, changed time on the clocks, pulled the duvet off, etc. Stubbornness protected me, but now harms me. Any ideas? Thanks.

### What's happening, what do I do?

(01:16:27)

**Question:** The last 10 years I've had sleep paralysis, that I tried to fight myself out of, like becoming aware in a dream, and being paralysed while something scary happens, and trying to fight myself awake, which used to be really hard and exhausting. At some point I started to scream out loud. The other night though it took only seconds to wake up and scream. Could this be related to healthy aggression coming back online?

(01:19:34)

**Question:** I've been in SBSM for 3 yrs. I have had EDT since in utero. I've had some shifts along the way. YAY! But my two big issues (migraines and severe constipation) have worsened in the past couple of years. Does it really take this long for big things to shift? Or am I doing something wrong? Any suggestions to awaken whatever is keeping my bowels shut down? (I currently need regular colonics and enemas just to eliminate, which is very stressful on both body and nervous system.)