
Curated Q&A Call #3 with Seth

Common Themes

(01:31)

Hypervigilance and Hyperreactivity - there's no quick fix for this, so we want to implement a combination of practical approaches and somatic tools while we continue to do the deeper work to restore regulation, as that's the only thing that truly resolves this.

- 'Too much interoception' - sensing EMFs to the point that it's draining. Hypervigilance coupled with interoception.
- Two questions about hypersensitivity to sound (can't wear earplugs or earplugs don't work).

Individual Questions

(18:48)

Question: Hi Seth, this is my first time doing SBSM. Six years ago I started doing qigong and yin yoga, and almost immediately my body started releasing with twitching, shaking, jolts, heat and itching. All good, I can handle most of it just fine. But there is one thing that drives me crazy, the almost constant trembling of my face muscles. It is very tiring, and often I cannot make it stop. I already tried focusing on lower parts of my body, trying to move the energy. Do you have some advice? Thanks!

(25:24)

Question: I've always considered myself passionate about writing, and in recent years people have praised my talent for writing deep, personal posts on Facebook. Since I've been in SBSM, I'm no longer sure if I truly enjoy writing. I get a lot of good ideas to explore, but in my body I

feel a resistance to the act of writing. While I'm thinking about ideas, I feel tension in my forehead, and my mind becomes so agitated that it frustrates me. Do you have any thoughts on this?

(28:45)

Question: While orienting, feeling my feet on the floor or my breath, I feel a strong block in my body. I see the thing and cognitively can name what I am seeing, but the connection of my eyes to my brain feels numbed. Similar to feeling the floor, or my breath. How can I ease this and release the fascia / body, which feels calcified? I even have a hard time breathing, and have difficulty sleeping / waking up at night, with my breath feeling stuck and shallow from my nose/throat/chest, feeling closed and hardened, not allowing enough expansion / air. Related to this is my self-critical / perfectionist part, that is bitterly hating my inability to “successfully” do these exercises — even Irene’s guide to be gentle and easy is taken as a challenge that I fail to rise up to, and a reason to inflict more self hate for failing to be gentle / easy. It feels like an unwinnable downward spiral. Any tips on how to work with this self-critical / self-hating voice?

(36:35)

Question: In the recent Q&A on early developmental trauma with Jen, she mentioned the fear paralysis reflex that develops early on alongside digestion in the womb. Are there specific practices that work well for relaxing the dorsal vagal brake? I wonder if people like me, who've had their foot strongly on the dorsal brake since fetal development, could benefit from more intentional practice regarding the fear paralysis reflex? Thoughts and suggestions?

(47:46)

Question: I wanted to know more about how the release of stored survival stress (or trauma) looks like. How can one tell the difference between an old stress trying to come out or a new stressor adding in.

(51:50)

Question: I have EDT and a whole lifetime of abuse and control from my narcissistic family. I am now on my third round of SBSM, and feel a major shift, like I am finally starting to come out of survival mode (I am 31). What should I do when distressing and traumatic memories come up, and I can't move past them, and they keep circling in my mind? I keep waking up in the middle of the night, and can't get them out of my head.

(58:01)

Question: I've seen for years therapists saying emotions can never last more than 90 seconds if you let them move through the body. This makes me feel so bad, because I can feel emotions of intense panic or deep grief for days, and when I feel them fully I feel stuck. I heard an experienced somatic practitioner say this yesterday, she said what makes emotions last more than 90 seconds is the thinking process about those emotions, but I don't feel like I have that many thoughts.

(01:10:22)

Question: It's my fourth round of SBSM (EDT, mostly), and like in previous work with therapists, I keep hitting the same wall - a part of me that is convinced that "it's not safe to heal," so whenever there's a bit of progress, that part makes sure I fall back into help / hopelessness. How can I use SBSM to work with such a belief? For a long time, it felt more like "I don't deserve to heal." now it's more like "it's not safe / just not an option for me to ever get better."

When I try to relax, I get a shaking that starts in my right knee and spreads to my pelvis, sometimes up to my shoulders (similar to Irene's recent video but less intense). It can last a few minutes to a half hour, then I can finally relax. I have been staying present and allowing the shaking to happen. No other feelings, thoughts or sensations come with it. Should I try to slow it down, or titrate in some other way?

(01:20:17)

Question: I go into fight mode with my ten year old son in moments he gets disrespectful (a newer thing). I try to calm myself, orient, count to five in the moment, but more often than not, I lose my temper. Chronic sleep loss (I'm also home with our 2.75 year old toddler, who wakes me still). Makes regulating harder, too. Any suggestions for regulating better to be calmer with my son? (Lots of stress elsewhere, too.) I do one NS exercise a day, but currently feel in a ditch and guilty, with little support.

(01:26:10)

Question: How are migraines worked with within SE and the other modalities that you teach? I'm a SBSM alumni of many years. I have childhood trauma and chronic stress that I'm healing from, and I suffer from debilitating, frequent migraines since childhood. My doctor says that migraines are a neuro-inflammatory process — any insight on how this relates to the ANS? Thank you so much!

(01:34:34)

Question: Hi! Second round, EDT and hyper-vigilance. I was wondering about finding that balance between working with the EDT and more activating things. I am trying to work with the pissed off, bullied, and constricted young part, that has been told over and over that the sensations / emotions from my prenatal trauma was not real. Things are changing and opening up, but socially it is more difficult, and it feels like the activated energy is hitting restrictions. Thanks.

(01:37:03)

Question: I feel stuck in life, and it has to do with my mother. She has been my support for the last five years. I had severe depressive episodes. She is successful, and I rely on her a bit financially (I live in one of her apartments). I keep going to her for emotional support, but end up feeling hopelessly unseen by her. I have intense thoughts of self hatred that I am not further along in life...I need to be my own person, but still need the financial support. What to do? I feel huge inner pressure, survival stress.