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## Curated Q&A Call #4 with Seth & Mara. Special Topic: Parenting

### Parenting Questions

(01:13)

Most moms whom I know who sleep trained their babies are glad that they did it, because after sleep training their baby, the parents could get sleep and thus better regulation. Is it worth sleep training if that could help the baby sleep through the night, which helps the parents get sleep? I know parents who did not sleep train, and those moms can't sleep through the night. I also want to ask your thoughts about co-sleeping. Is co-sleeping with the baby important for NS development?

(06:29)

My mum and her mother almost died during the delivery, because my mum was in a breech position. At some point during an SBSM course (alumni, 3rd round), I realised that I can connect many of my intense body sensations (an intense pain feeling during grief, a lot of freeze, sympathetic charge in the pelvis), and feeling of being stuck in life, to this trauma. Is it true that all this sensation, if not connected to, literally passes over to the bodies of the next generation? How to release them further?

(12:50)

I have heard you speak before about how children (especially first born) can mirror/project anything unresolved in ourselves. When this comes up, how can we begin to discern when something is old - and ours to work with away from the moment. Or when a boundary/action is needed in real time? One example - I am aware I can try and control as a way of coping with my own dysregulation. How can I start to tease apart moments when this is happening, and moments when I genuinely need to hold a healthy boundary?

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## Other Questions

(20:22)

Hello. Now that I am able to manage the usual fight energy, I am reaching a layer of panic and an impulse to beg "Please don't leave me, I am too little, I won't make it," while feeling cold. Soma says this is fawn as part of a freeze response. Is there always an underlying layer of fight/flight under the fawn? I have EDT and had to toughen up early due to betrayal and violence. Thank you so much.

(26:40)

I've spent my life between functional freeze (perfectionism/anxiety) and shutdown. I don't recall a traumatic childhood, aside from my father's fits of rage and my mother's stressful pregnancy. Medical trauma (surgeries without anesthesia or under false pretenses) also occurred. I've had LPR reflux for 3 years, now affecting my ears and nose. Can these physical symptoms relate to EDT? Besides SBSM, how can I treat them?

(31:48) I have a combination of early/developmental trauma, shock trauma, and chronic stress. I am doing the exercises and enjoying them, but I still keep wondering, how can I ever 'catch up' on deactivating 42 years of various trauma?

(37:52)

Can SBSM help accept the passage of time and death? I think all my symptoms stem from death anxiety. How do you work on and accept that?

(42:37)

Sixth time. EDT. Start in round 1. Initial: gagging and nausea with brushing teeth. Now: toes curl, lower pelvis pressure moving up to compress mid-bicep and mid-ribcage, then continues up to a gagging/dry heaving or vomiting, as I am pulled forward, bending at the waist. It is a quick, strong, upward wave. After, I feel nausea and the impulse to curl up, moan and then feel emotions etc. until it settles. Not every time I brush, but no other trigger. Worked with

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imagination, SIBAM, private SE sessions, osteopath. I focus on nervous system basics, adrenals, containment, and, now, diaphragms.

(47:43)

Can you speak to disordered eating/negative body image and early trauma? More specifically: when you're constantly restricting food and worrying about gaining weight - is that putting the body in the high dorsal tone of PNS constantly? I've recently made the connection that it must be survival stress that's running the behaviour, so healing must be slow and not just enforcing behaviour change. Would it be like coming out of freeze? Would love to hear your thoughts. Thanks.

(53:50)

I'm doing the exercises from Lab 2, Lesson 4, on posture, and I have several sensations: left leg/foot more stable, right almost stuck; tingling behind the knee, calf, and soles of the feet; breathing slightly blocked in chest/throat. Quadriceps remain steady. My question: is it safe to continue and tolerate this discomfort? Can I improve by doing the exercise daily?

(59:09)

I've always lived in hypervigilance, noticed everything and everyone. The other day I noticed people walking towards me, they passed, said hello, and I carried on - after passing me, they called me by name, it was family, and I didn't even notice the family and dog walked right by me. I've gone from one extreme to the other, what is going on, did my nervous system recognize it wasn't a threat so I didn't even pay attention?

(01:02:10)

As an alum, I still struggle with daily freeze states. When trying to create content or grow my business, my head feels "buzzy," making creativity impossible. Orienting fails; 'voo' and containment are inconsistent. Even when they "work," I can only manage a single sentence before stalling. I often spend an entire day attempting one piece of content without finishing it. This persistent overwhelm turns workdays into cycles of frustration without output.

(01:07:03)

As an alumna I've been working with SBSM for a while now, and I'm already noticing a lot, but I'm still dealing with a few dilemmas. I have EDS and am hypermobile, which means I also struggle more with dysautonomia. I keep being referred from one therapist to another, but nothing really seems to help. I'm wondering if perhaps a different approach is needed to do the sessions in a way that doesn't trigger a flare. Thank you!