
Curated Q&A Call #5 with Rebecca

(01:02)

Question: Hi, I'm an alumni (third round). I'm seeing significant improvements in my health and quality of life. But... sometimes this happens: I feel a wave of fear/aggression/activation coming on, slowly at first, then overwhelmingly. It lasts from a few days to weeks, and nothing "works." Resources (internal or external), exercises, nothing seems to work; I lose connection with myself and with the environment, I go into survival mode. I can only wait for it to pass... Suggestion? Thanks.

(08:25)

Question: Hello. I am on my second round. When I do advanced joints, often my leg starts randomly shaking vigorously. I just let it happen naturally until it stops on its own. Does this mean anything, or why does it happen?

(11:21)

Question: Hello. I have been doing this work for about 5 years. Lots of changes, but one major problem I am still experiencing is lack of energy (no medical reason). Is there anything I can do? Please help. Thank you.

(16:38)

Question: Last year SBSM helped me grow in capacity, safety, and ability to stay with difficult states. But after some very intense episodes this year, I feel much more distrustful again—of my body and even of the framework that once helped me. I can still see more awareness and capacity than before, yet I feel more fused with fear and less access to acceptance, presence, and compassion. How can I navigate this phase without further retraumatization?

(22:55)

Question: I have a question about 'in the flow'. ChatGP definition: Deep concentration; Losing track of time; Effortless productivity; Enjoyment in the activity itself. Wayne Dyer was talking

about his experience being in the flow on YouTube. He described that he was writing for hours without sleeping and eating. He even forgot to go to the bathroom. I can relate to that. When I was doing something that I really enjoy, I often lose track of time, and my body's basic needs. Is this really being in the flow?

(28:03)

Question: I've struggled in my relationship with my body for 20+ years, including eating disorders. In doing this work I'm noticing more connection with my body, instead of obsessing over its looks. But it's very hard to be present for the deep fears (I couple thinness with more safety). So if I'm feeling "fat," I feel the pull to control/restrict. How do you stay present during these activations? How do you stay true to healing when the collective obsession with thinness is "in the water" so to speak?

(37:47)

Question: I have suffered a lifetime of emotional abuse, control and neglect, and as I heal through SBSM, I am feeling a huge sense of having a conscious, and realising all of the bad and 'thoughtless' things I did while in survival mode. Is this normal? I am struggling with the guilt, and am confused at things I have done.

(44:47)

Question: Alumni here, with history of EDT and shock. I woke up with acute neck pain/strain on both sides after Feldenkrais practices, like gentle headrolling. I've had tension headaches for twenty years, but never this kind of acute neck stiffness for this long. Why is the body saying don't move, when moving the head feels like good protection and safety?

(51:40)

Question: My question is about trembling and releasing stuck survival energy. My whole body trembles if I let go. But it is hard to let go. I mainly try to let go of my eyes, torso, stomach, shoulders. I can sit and let the eyes tremble for an hour without getting much progress. It

seems like it's stuck in a loop. How do I work with this to actually release the energy? So much talk about releasing survival energy. but I find very little concrete info about it ;(

(57:16)

Question: I experience consistent dissociation in my mind. I get into intense defensive arguments in my head, try to justify my actions to a critical onlooker, and have fantasies of acceptance. Even while doing the NSEs there will be a feeling that I need to explain my actions to someone (often a parent). It feels like I am constantly needing to fight for the legitimacy of my inner world and my personal process. These mental loops affect my relationships in big ways. How can I reduce the intensity?

(01:06:50)

Question: After a burnout over 10 years ago, I've gained deep knowledge of early trauma and the nervous system as a psychologist. Body awareness and neuro-sensory exercises come easily to me, and I can effortlessly remain in the ventral vagal state. Yet I still experience chronic fatigue and pain, suggesting dysregulation. I want to understand why I seem regulated, but still have these symptoms.

(01:14:03)

Question: I noticed that sometimes when I am triggered I tend to stay with an awful feeling for the rest of the day. I have tried connecting to the environment, feeling my feet on the floor, but nothing can help shed the unpleasant feelings, even when I needed to cry. The only thing that is a bit helpful is trying to distract my mind. Is this some kind of dissociation?

(01:20:23)

Question: I am noticing unsafety/tensing every time I see/walk across men, e.g. while I walk to work. I have had some bad experiences - groping when young, narcissistic ex, bro in law pushing sex (didn't let him do anything, but haven't told family either) and general unsafety as a woman in this culture/society (e.g. Epstein files). (Yet, a part of me has internalized misogyny

and wants outside validation, even from women, but especially from men.) Suggestions on working w/ constant stress/unsafety from just being around men?