
Curated Q&A Call #7 with Seth

Common Themes:

(00:02)

Experiences of Unfreezing

- Symptoms getting worse since starting SBSM while at the same time feeling improvement in other areas and/or greater regulation
- Heightened sensitivity, soreness, 'sick' feeling
- New, unfamiliar symptoms

Individual Questions:

(07:22)

QUESTION: I am an alumni with EDT; I used to be a people pleaser. Due to this work, I stopped the pattern of doing favors for others, but I still keep finding myself that emotionally in relationships I swing more towards empathy as my system can handle, instead of setting boundaries. So I am still repeating my old pattern! What are the somatic tools that can help me shift it? I have realised that the pleasant feeling of connection can actually mean that I overrode myself, and started to merge with another.

(14:57)

QUESTION: I am noticing deep unsafety/tensing around men, e.g. when I pass men while I walk to work. I feel I am being viewed as a sexual object by all men. Had some bad personal experiences - groping when young, narcissistic ex, bro in law pushing sex (didn't let him do anything, but not told family either) and general unsafety as a woman in this culture/society (e.g. Epstein files, rape academy). Suggestions on working w/ constant stress/unsafety from just being around men?

(20:18)

QUESTION: I had a big work presentation, and my system could not exercise any of the SBSM lessons or find grounding. I became severely dissociated, and I had no access to my ability to think and articulate my opinion, even for topics I have knowledge of. Any suggestions on how to solve this in a high stress situation? Related to this, can you suggest any exercises for the three diaphragms in the skull? I feel a strong constriction in my head that feels like it disconnects me from my brain/ability to think.

(27:19)

QUESTION: I am now two years into SBSM. Trauma happened at the time of conception with shock in my mother. Since 1 year or so I have intense burping daily, but no emotions like grief or anger have shown up. I heard the central line can be very constricted in EDT and block any feelings from passing. I believe my spine is very constricted. Can this burping be related to the spine compression, and is it that feelings can take a long time to move with spinal/central line compression/constriction ?

(35:17)

QUESTION: Hi, I'm an alumni, in my fourth year. Going very slowly. I likely have EDT. I'd like insight on working with the jaw and face. The right side of my face feels and looks weaker. I have a lot of stuckness in my right shoulder and neck, and have bruxism. I wake up braced and sore through most of my body every morning, and that side of my face feels extra frozen and weak in the morning. My osteo suggested I may have Horner's syndrome. Do you have insights and recommend exercises, and any other supports?

(42:27)

QUESTION: Hi Seth. Second round, EDT. I "broke" when I was around 9, much because of my mother. From being an ADHD child, I became timid, fearing another "mistake" would freeze me out of the family. Mother was often relentless and hard, and also the super victim. Working with anger towards her often brings fear, shame, feeling like a perpetrator, and then guilt. Her unknown sexual trauma is also embedded in me. Thanks.

(56:16)

QUESTION: I have CPTSD, was emotionally neglected, parentified and sent to sooth dad during conflict. No memories of how I soothed him. I vomited alone at age 7, which felt terrifying. Working with my emetophobia, which I have always felt deep shame towards, implicit memories are surfacing, possibly physical and/or sexual boundary violations. How can I work with this safely and titrated, I fear triggering disgust or vomiting?

(01:01:54)

QUESTION: I experienced sexual and spiritual trauma by a therapist in 2019. I experienced sheer existential terror, which made me crash badly due to EDT, and years of dep/anxiety, and hormonal issues. Since then I have been unable to hold down a job. By now physical, sleep and health issues are much better through various interventions, but the terror and some symptoms still surface often, and too scared to commit to anything, cuz what if can't sleep or function next day? Any ideas on how to break out of this 7 year fear loop?

(01:10:46)

QUESTION: Hey Seth, you mentioned in the last Q&A about Kundalini energy, and not going near it, can you elaborate. After a seemingly pointless plant ceremony in 2024 - 6 months later - I had a dark Kundalini activation. I am a bit better now, but didn't think I would survive it. I didn't do plant medicine with the intention of activating the energy, nor did I feel I had trauma, to find out, I had bundles of it, but I was so dissociated from it. Can this type of work help with a Kundalini crisis?

(01:17:40)

QUESTION: For Seth's call tomorrow, I wonder if he can touch on self harming, and why people resort to that, and how they can be understood and supported in the right way. I work with a lot of people in institutions, and it is prevalent, so I would like to know more about this and how to respond to it effectively. Is there any article on this topic Seth can recommend?

(01:22:42)

QUESTION: My childhood trauma wasn't abuse or neglect, it was over-protection. I grew up in a home where the message was: *The world is dangerous, and we can't handle it.* Instead of being guided through difficult moments, I was shielded from them. I wasn't allowed to go to parties, play on sports teams, go on overnights, go on trips. And I think that protection left me feeling profoundly unsafe, because I have no internal reference point for trusting myself. What can I do now to help this?

(01:27:53)

QUESTION: How to have work related conversations with my employer when I feel BIG activation in my body. I am nervous and anxious when I need to speak up for myself, negotiate, and speak about uncomfortable things. I feel as if I come off too aggressive (stomping my feet), or too weak. The state of my NS is picked up by the other person, and I feel that the conversations don't go as well because of that. Thank you!