
Curated Q&A Call #10 with Seth

(00:02)

QUESTION: Hello Seth, thanks to SBSM I've been feeling real and deep-level healing in my nervous system. Recently I've experienced so many "good things" in my life that I'm noticing there's a part of me that's "waiting for the other shoe to drop," or bracing against "bad things." I'm wondering if this is a capacity issue, where I'm not comfortable holding more "good things." But deep down I DO want more good things. I'm ready for more flow and authenticity. How can I support myself to keep this up?

(07:05)

QUESTION: I am a 2nd round alumni. When I do the exercises, my jaw and my face get stiff. I've done pendulation, however that also is sometimes too much. The exercise on healthy aggression playing with the face helps a lot, but it still feels like something is missing. Can you share some guidance?

(12:33)

QUESTION: I'm a 6x alumni with symptoms of a degenerative neuromuscular disorder. I don't know that my NS can truly feel safe when it's faced with constant limitations. Daily exercise is necessary to maintain strength. I've had to stop many activities that I loved: piano and career as a music teacher. Now I focus my attention on health. I don't feel I'm making NS progress anymore. I integrate practices into my daily life, but know I need to shake things up to get to a deeper level... just uncertain of how.

(19:04)

QUESTION: I'm 55, spent my life in functional freeze, with EDT and several shock traumas. In my 6th round of SBSM - interoception and capacity have been born and become better since! But I gained 20 pounds of weight, got incontinent, suffer pain in the neck and shoulders, and developed bronchitis. Since the freeze lifted, I felt rage, sadness, anger, and now I feel anxious,

tired, lack of strength, and stuck in an “intermediate world:” not in freeze anymore, not regulated yet. Any advice on how to continue?

(24:53)

QUESTION: Hi, alumni here. I have issues with my “scattered monkey” mind. It’s noisy/anxious and gets in the way. I’m often late for appointments, disorganized, and following the SBSM curriculum is hard. Every lesson/lab has the same importance, therefore overwhelming. "There's so much to do" thoughts pop up. It’s hard to follow structure, lab 1, 2, etc. I’m worried I’m not integrating. Any ideas? Thanks.

(29:25)

QUESTION: Hi Seth, thanks for addressing parenting. I'm trying to minimize EDT in my newborn, as I had some emotional neglect, lack of connection/EDT. I worry about long term impacts of hyperarousal when I'm unable to console him, and about how much physical contact he gets, since I don't have a baseline. Can you share thoughts on supporting bodily safety so that it is anchored in the nervous system, and/or recommend a resource on healthy body/nervous system development in babies? Thanks.

(37:44)

QUESTION: Following some recent panic episodes that raised my HR and activated my leg’s joints, my nervous system has associated these sensations with danger. As a result exercise makes my body enter survival mode because it triggers the same sensations. After exercising, I crash. How can I uncouple exercise with danger? I have CFS and a history of ED and overexertion. I also feel that the energy from the episodes didn’t quite move, and remained “stuck” in my joints, which I’m now hyperaware and afraid of.

(40:58)

QUESTION: Hi Seth. My question is about the drowning incident. When swimming with my sister in the river, we almost drowned. I was around 11-12 yrs old, I don’t remember much. Someone helped and saved us, but I remember that my parents were so shocked they froze,

they were just watching. Any advice on how to start working with this incident? I remember this event often, as I am doing this work (3rd round). Thank you very much.

(45:45)

QUESTION: Can you suggest practices to help with an extreme NS response from performing (I am a classical pianist performing solo repertoire)? I have performed since I was young, and have EDT. My dad was very critical of my playing. I've processed through this, but the physical response remains strong - my hands shake a lot so it's hard to play, and I feel disembodied. I've tried so many things (from this work - orienting, sensing my body before/during a performance) and have somewhat lost hope.

(49:11)

QUESTION: Can feeling of disgust mean that I am becoming aware of the constriction of my system? I realised that I feel it as constriction of my upper GIT; it helps me to set boundaries towards connection with merging due to my EDT. I experienced this as pleasant, due to the excitement I felt. How to connect to my real self and build different ways of relationships? I suppose that when disgust turns towards healthy aggression there is release of the constriction and the system expands?

(52:20)

General discussion about bracing.

(01:03:15)

QUESTION: Hi I am an alumni. I have CFS, and I live in collapse. I understand that I need to take it slow. I have progressed to lab 10 over several rounds. I do my favorite exercises about 4 times a week. However, I feel like nothing has changed in me. I feel as numb and tired as when I started. Do you have any suggestions on how I should proceed?

(01:07:27)

QUESTION: How to work with a dark time, 2 years ago. I was in a relationship, didn't feel I was enough and totally alone. No friends, totally dependent on him. Felt so anxious and helpless. I broke up, without support to process it. He was the first person I felt emotionally connected to. I've been very tired since. My NS is very sensitized to elements. Any wind (warm too)/temperature changes. When I go back in, I'm so exhausted from it. What to do, I cannot avoid outdoors. I'm living in a van for the summer.

(01:13:09)

QUESTION: Round 3 SBSM. Lifetime of EDT, multiple shock traumas, medical traumas, lifelong abuse and neglect. SBSM helps me sense my NS and body. Still on Lab 3. I think SBSM opened up lots of old trapped survival stress. I have crippling anxiety. Genuinely worried for my body when I am gripped with intense fight/flight and body tension several times per week. My therapist advised me to go on a SSRI to ease the anxiety and stabilize, and it felt great during the day, about 60% less anxiety, and more appetite. However, I then got horrific insomnia, and have not been able to sleep more than 2 hours. I have stopped the SSRI, and am hoping to flush it out of my system with water. I have used homoeopathy and supplements for years, but now my anxiety is beyond their scope. I've done my best with SBSM, but I don't know how to navigate this horrendous choice right now. Please help with any advice you can give – I no longer trust that psychiatrists can help someone already carrying/living in survival stress and is HSP (highly sensitive).