
Curated Q&A Call #9 with Seth. Special topic: Shock Trauma

(01:00)

QUESTION: My question is about how to complete SBSM, given the planned changes recently announced. It's my first time, and I have followed your advice to go slow, reaching week 4. It now seems that any future access to SBSM moderation or live calls will incur additional charges that may not be affordable for me. By the time I complete week 12, I therefore may not have access to a forum to ask questions. Do I rush through weeks 5 to 12 in the next few weeks, so that I have the chance to pose any questions?

(09:15)

QUESTION: Hello Seth. Irene describes freeze as an intentional state when getting an MRI or dental work. It got me wondering what is a healthy response to getting assaulted. Do we ideally stay present if we have the capacity? Or is it better to shutdown and process later?

(15:06)

QUESTION: Hi, second timer here, with EDT. Thanks for your help earlier with a heartbreak tied to early attachment wounding. While navigating that, I've had a second swimming accident and a couple of scooter ones, each time lucky, and surprised. I've been focussing on safety and care and re-establishing presence with my body, using containment and trust, and feel it is all connected somehow with early attachment. Your poem about a seed of unsafety and need resonates with my felt sense of a void. Any advice? Thank you.

(20:59)

QUESTION #1: I can add strength training slowly (I have not been able to work out in ages). I have done PT before that helped for a bit, but all the pain came back. Related to anger, I was wondering if you would offer a guided audio for the annihilation work. I tried it and it was powerful. But I feel it would be more effective if I had the audio guiding me, versus needing to refer back to the text during the exercise to guide myself through the process.

QUESTION #2: I have pains/imbalance throughout my body (chronic now). All of the right side feels tight, and the left feels weak with nerve pains. I already had most of the pains before, but there was also a car accident that made things worse. I think much of the tightness on the right is due to a lifetime of suppressed anger. Do you recommend I see a CST/osteopath, or should I first let this course help me release anger, and relearn movements, so I don't interfere with my body's natural pace?

(27:05)

QUESTION: Can losing a connection to a friend cause shock trauma? Me and my closest friend. Both of us had EDT and were people pleasers. He helped me a lot, but now he distanced to "set a boundary." I told him that with this he does not address his needs in a relationship, but cuts me off, and that his favours in such a way are abusive to me, as I cannot trust and there is no stability. I put authenticity before the trauma bond in my mind, but how to process this in the body where I still feel missing and the pain?

(32:22)

QUESTION: I have EDT. I have been suffering from loneliness my entire life. I need close people, but it's hard for me to form and keep them. My parents are like this too, so this is transgenerational. I don't have a partner or close friends, nor kids (no pets either, if that's relevant). I'd like to know if loneliness may prevent me from healing, even if I go through SBSM? Lack of close people causes me constant anxiety and pain. It's a resource I painfully long for. I want to add that I do have therapy, once or twice a week.

(38:20)

QUESTION: I was wondering how haywire bioelectrics tie into nervous system dysregulation, what causes it, and how to work with it. I have always drained batteries, e.g. I will kill a new watch battery within a week, yet it will work again after a fortnight if left alone. This process has occurred for as long as I can remember with most electronics. I have both shock and EDT. Thank you for considering my question.

(40:49)

QUESTION: How can I work with a fear of annihilation rooted in being trapped and violated by my father, and abandoned and unprotected by my mother—while also feeling responsible for regulating them both? Emotional flashbacks now trigger intense nausea and panic, as if I'm about to vomit, which I fixate on instead. How can I uncouple this bodily response from these feelings?

(47:26)

QUESTION #1: My first relationship lasted 4 years; it was stormy but I was deeply in love. Now I've been married for years to a loving, funny man. We've had arguments, mostly started by me. Now that our kids are older and we spend more time alone, things feel "normal." I find myself getting bored and experiencing relationship anxiety—doubting if I still love him or if we should even be together. Could this be due to EDT?

QUESTION #2: In the last Q&A about EDT, Seth said that integration looks like having access to all the practices in such a way that they're internalized and can be used organically. But to get there, the only way is through the repetition of the neurosensory exercises, right?

(54:54)

QUESTION: Hi Seth, can you tell me how you can distinguish between symptoms caused by an existing imbalance in your body (for example my EDS and iron deficiency, which have led to dysautonomia symptoms) and moments when the nervous system is signaling that something needs to be processed? I find it difficult to interpret. Thank you!

(57:19)

QUESTION: I have CPTSD and struggle with social anxiety and 'the fear of blushing.' In the mini-class on toxic shame, there it was told 'that you get a red face because of a collapse of the ventral vagal.' Is it possible to expand around this? A related question is how to work with this. Because the blushing is visible, it adds to the toxic shame. Are there sensory exercises I can try when I experience the blushing in the moment, or before, or afterwards? And what would be helpful to move towards deeper healing?



(01:08:28)

Questions from live chat begin.