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**Q&A Call #1 Special Topic: Early/Developmental Trauma with Jen -**  
**March 13, 2025**

**Common Themes:**

- Welcome & EDT overview
- How do I work with early experiences (incl. impulses, procedural memories, and pre-verbal flashbacks)?
- Relationships and EDT - navigating loss and relational challenges, growing up, finding my voice, settling boundaries
- How do I engage with SBSM when I feel a lot/anxious/frozen/overwhelmed?

This section addresses the following questions:

(00:12:15)

**Question:** "Please give some advice on how to cope with survival stress procedural memory trapped in the body due to early developmental trauma. What is your experience when dealing with that, trying to release it?"

(00:23:28)

**Question:** "How do we process pre verbal flashbacks of terror when there seems to be no unmet procedural memory to fight or flee? Since I was little I get stuck in terror and literal freeze for hours - can't speak or move as it feels that if I do I will be killed. When I was a baby I

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was nearly killed (intentionally) so I assume it's linked to that. As an adult I've been chronically ill and bed-bound for many years. It seems illness keeps me immobile just like the flashbacks."

(00:33:45)

**Question:** "5 yr alumni. First I thought I was just stressed and needed ways to calm down then discovering I was living in functional freeze with global high activation and ADT. Symptoms have lessened so slowly and constantly change, and I still am outside my window of tolerance on a daily basis especially at work. I have problems distinguishing between a new layer showing up and just being retriggered. How can I find ways to know if it's a new layer and trust that the process is moving forward?"

(00:38:00)

**Question:** "Alum, round 3, EDT. Coming out of freeze; feeling lots of impulses re: anger, sadness and disgust; ie. lots of fight motions, crying and retching. But, no flight impulse. If I wake up in fear, I am in freeze and self-soothe or containment. I don't have an impulse to move, so I try to do small motions. If I walk around or sit on the bed and move my heels, I feel worse the next morning as compared to if I self-soothe. In the FAQ, it says that getting up and moving is important. What do you suggest?"

(00:45:32)

**Question:** "I'm on my 2nd round of SBSM. I have EDT, adult trauma, and CFS after medical trauma. I've had periods of progress but experience major relapses when overwhelmed, as my nervous system shuts down. As a child, I dissociated during parental strife. I no longer feel intense overwhelm daily, but my system still reacts this way. How can I proactively work on handling overwhelm when it doesn't appear in my daily life?"

(00:51:05)

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**Question:** "My sweet mom, who will die within a few weeks/months, feels as my most safe haven AND at the same time, my early developmental trauma started within her utero 'because of her CFS and fear of getting me'. I was her second child, she did not know if she was capable of taking care of me because of her disease. I can not imagine my life without her. Can you talk about how it is possible that she is my most safe haven AND in a way 'the base of my EDT'?"

(00:55:42)

**Question:** "Every time I interact with someone who makes me feel safe and cared for, I get this feeling of longing and wanting for more than they can give me. Afterwards I feel a sadness that feels stuck inside me. Feels like a never ending painful void in my abdomen. How do I uncouple the connection and safety from triggering this sadness and aloneness? There's also an inability to feel secure in the connection in between contact. How do I support myself through it, heal the pain and unfreeze the stuckness? Thank you!"

(01:03:42)

**Question:** "I'm going through a traumatic breakup. After starting this work I realized I was not feeling safe with him anymore. He did not understand my mental health issues and got angry when I tried to communicate my needs and feelings. After the breakup I'm feeling the most horrible emotional pain I have ever felt. I think I'm currently experiencing not only the hurt of my current loss, but also my attachment and abandonment wounds. I'm feeling extreme anxiety and panic. How can I work with this?"

(01:06:13)

**Question:** "Hi Seth and Jen! I've heard you (Seth) talk about growing up in a chameleon NS state. I relate SO much to this. My whole life I was masterful at being what I thought other people wanted, but now I become heavily dissociated around people. I'm wondering how you

were able to process through this pattern? I know healthy aggression will be important, but every time I go to do something expressive, I get INTENSE feelings of shame and shutdown. I have EDT and other small and big T's. Thanks!"

(01:12:18)

**Question:** "I'm someone that never knows what to say to people, struggles with conversations, and just feel in general I don't have anything much to say. I tend to always feel like a child when I'm around other adults (I'm 41), and feel like that's how other people see me too. Could this be a symptom of early developmental trauma? How do I know this isn't just my personality?"

(01:15:44)

**Question:** "My CPTSD strongly affected my ability to trust and build connections with people - family and friends. I've always had a hard time making friends, and now realize my brain/NS was built to protect me from being hurt by people rather than to build relationships with them. I'm here to regulate my NS and am curious if this work will help me heal these dysfunctional social protections as well. Will this be covered somewhere in the course?"

(01:17:51)

**Question:** "I'm 24 and still living at home with my parents. While many of my peers have begun their careers and live independently, I feel stuck. For context, I have experienced birth trauma and a lack of the 'get up and go' energy. Can you please provide insight on becoming more independent and developing self confidence? Thanks!"

(01:22:05)

**Question:** "I'm struggling to integrate SBSM into real life. I started it 2 years ago when I was working abroad at a job I enjoyed, living with great people in a nice environment. The program was amazingly effective. I had many improvements within a month or 2. Since then, I've lived

in different places doing different things and there's always been too much work/studies/family/relationship/social/health obligations and stress for it to be viable to follow my impulse/rest/speak up/etc when I need to. Any advice?"

(01:23:44)

**Question:** "For me, EDT includes physical violence and toxic shame from parents. Sexual violation from outside family and an unsafe neighbourhood growing up. When triggered I dissociate and freeze. Struggling to think, focus and concentrate. In previous rounds, I have been unable to engage with SBSM, at all. I want to remain engaged even if only a little, as SBSM helps me. Please advise."

(01:26:42)

**Question:** "I have terrible early development trauma. This will be my 3rd time going through SBSM. I was not able to complete my 2nd round because my flashbacks and PTSD were so severe. So I took a pause and revisited the basics. My question is; what is the best course of action for someone with my EDT of sexual abuse? How can I heal but be able to cope with what comes up?"

(01:27:26)

**Question:** "Alum here. With healthy aggression, sometimes I'm afraid of my own anger. So, I started "micro-titrating" healthy aggression in playful, gentle ways. It helps me stay physically with my insides and surroundings. Lately, I've had the physical sensation of someone hovering over me slightly to my right, as if to let me know I will be in "big trouble" if I don't stop being mad. Any thoughts on how to work with this?"