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## Curated Q&A Call #5 with Rebecca

(01:25)

**Question #1:** I've been listening to a lot of distance, energy healing recordings recently. It's sometimes the only thing that gets me to fall asleep as it's so relaxing. I also took a course on it where they said that the nervous system unbalance can fix itself through the healing sessions. I'm just worried that the repeated relaxation of the nervous system and body would actually trap the sympathetic energy even more into my body, when the point is to release it. Any thoughts on this?

**Question #2:** This year I've started to feel much more alive as I'm exiting freeze. Although life is already so much better, this autumn I've been more tired than ever. Nothing excites me and just feels exhausting, including daily tasks. I'm more irritated. I even moved cities, but I've got no interest in my new studies, exploring or making friends. I've processed many feelings this year and started now with SBSM. Are these depression-like symptoms normal while healing? Or should I be worried by my mental health?

(10:17)

**Question:** Recently I have felt healthy aggression starting to bubble up. My body almost always starts to form positions that I used to form when playing rugby from ages 10-20. I had to stop playing rugby 7 years ago because of multiple concussions. But it feels like my body still wants to process anger by playing rugby. Do you have any suggestions on how to work with these shapes, and the strong desire to play a sport that's not safe for me to play that comes with these shapes?

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(17:17)

**Question #1:** When you say "tracking your sensations" or "tracking your breath" does that just mean to "feel" your sensations or breath? Or does "track" refer to something more specific?

**Question #2:** We have been discussing different types of trauma and the sequence of healing. I know we want to trust the body's wisdom to bring things up in the right order, and that generally things occur backwards in time from chronic stress, to shock trauma, to EDT. We also want to prioritize a foundation of safety before going into deeper trauma processing. My question: how do we build a foundation of safety if EDT is the last trauma to heal, but also the root cause of our inability to feel safe?

(26:25)

**Question:** Would you consider an electronic device which stimulates alpha brain waves to treat anxiety to be a kind of bio-hacking? Do you think it could be effective alongside SBSM?

(31:42)

**Question:** I am a first round alumni, and realised that my system was so constricted due to EDT and shock trauma that I felt only pain or nothing. Pleasant feelings were always connected with pleasing somebody else. How to release this great sympathetic energy that lies beneath this constriction? It shows as pain in muscles, belly cramps, headaches... I try to connect with it, to accomplish procedural memory, do healthy aggression, but I wonder if I am cycling or completing the process.

(40:28)

**Question:** I have anger and disgust emotions around my boyfriend's mom. It stems from my jealousy over women. I was bullied a lot. She complains a lot even though she says she's very

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happy. That triggers me, she reminds me of my younger self. She has some comments about our life choices. She is not toxic, it just has been more about competition, who has a better life, than a connection. How can I work with this? I am a woman. My boyfriend knows all about this and he is fully supportive.

(53:19)

**Question:** Hello, I'm currently trying to feel (newbie), mostly in fight, flight, freeze. Overwhelmed, tachycardia, tight muscles and breathing challenges. Is there a way to stay with feeling, to do this work without overwhelming, to become less numb and avoid going into freeze so quickly. A friend suggested using something rough to help me stay in my body. Is that okay? Any recommendations, please. Thank you.

(01:00:46)

**Question:** I have a confusion about trust. I am confused about my confusion. It's like a concept I should know but in reality I struggle with it. It feels like I trust people that somehow have rejected me, or where there is some kind of confusion if I can trust them more than the ones that prove me some kind of worthiness. I am not sure if there is a mechanism of wanting to get the approval of the people who to some degree reject me, or just do not have the capacity to handle me. Could you elaborate? EDT.

(01:09:00)

**Question:** 8th round alum with EDT. I'm in my 1st romantic relationship since starting this work and coming out of freeze. I'm experiencing a whole new set of fears which are pushing me beyond my comfort zone. How is this work different in relationships, and does it trigger new unresolved past relationship trauma? Can you offer any advice on how to work with, please?

(01:14:19)

**Question:** I have EDT. This is my 4th round of SBSM. A lot has come up that I'm processing. One "thing" I'm not sure how to process is this constant feeling in my bones that not only will the worst happen with any and everything, but my body is expecting it. I'm aware of it, but I don't know how to move it through and out. I had severe childhood sexual abuse by the person I thought was my father. I had to live in that household my entire childhood.

(01:19:46)

**Question:** Hi! 2nd round alumni with EDT, abused by my father at 3 years old. I can't be myself with a man in my environment: at work, during an internship, even in the street. I'm either seducing him (totally involuntarily), or I don't look at him at all (but I always know where he is). It invades my life and I've often found myself in delicate situations, especially at work. I'm always this little girl magnetized by this male gaze, which is always sexualized for me. How can I work with this?

(01:24:01)

**Question:** I've suffered from what's been labelled 'Raynaud's' disease for many years. Since doing this work, I've felt parts of my arms starting to 'unthaw' and my feeling is that it's linked to parts of my system which are in freeze. I was curious if this is something you've come across with your sessions with people or courses and what the best approach, practises would be to support this, as it's just not something I've seen be very well understood, or anyone that's actually successfully fully healed from it.

(01:28:30)

**Question:** Estranged and no contact with abusive mom, but she was at a family funeral so my body responded with temporary blindness and running away. The blindness was a new and

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terrifying symptom that resolved immediately upon escape. How do I make my family understand that I just cannot be around my mother, so that I can get their support should she show up at future family events? Why did I go blind?