



***Transforming Anxiety* Group Reading Guide**

Dr. Kathryn (Kate) E. Patten

Transforming Anxiety: The HeartMath Solution for Overcoming Fear and Worry and Creating Serenity

Authors: Doc Childre and Deborah Rozman

Reading Guide: Dedication, Foreward, Introduction & Chapter 1

1. What are Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Panic Disorder, Phobia Disorder, and Post-Traumatic Stress Disorder? (pp. 2-3)
2. What is CBT or Cognitive Behavioural Therapy? (p. 3) What is ACT or Acceptance and Commitment Therapy? (p. 4)
3. The brain develops familiar patterns of affect, neuronal pathways, based on past emotional experiences. If a person's pattern is negative affect, like worrying, for what type of information will our brains be on the lookout? If a person's pattern is positive affect, for what type of information will our brains be seeking?
4. What is my pattern of affect? (i.e. stressing, worrying, being anxious, preparing for the worst or accepting, calming, resolving, planning for good things?)
5. Because the heart plays an important role in brain/body function, changing the heart is the most efficient way of controlling negative emotions. How does slowing down breathing calm a person down? (p. 8)
6. What is a "positive emotional shift" and what does it accomplish? (pp. 9,10)
7. What is "anxiety fatigue"? (p. 15-16)
8. Why is it not a good idea to use repression of feelings as a coping mechanism? (p. 17)
10. What things create anxiety in my life? (see checklist pp. 22,23)