



## ***Transforming Anxiety* Group Reading Guide**

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### **Chapter 3: Transforming Overcare and Anxiety Triggers**

1. The heartbeat produces 40-60 times more electrical amplitude and its magnetic field is 5,000 times greater than the magnetic field generated by the brain. This energy from the heart affects the whole body, including the brain. The heart, contrary to previous beliefs, contains around 40,000 neurons, cells that biologists used to believe only existed in the brain. These heart neurons allow the heart to process, remember, and respond to emotional stimuli. Changes in heart rhythm affect the electrical firing of neurons in the brain, and can affect how the brain processes information. (pp. 44-45)
2. What is “entrainment”? (p. 45)
3. What effect do positive emotions have on the heart? (p. 45) What kind of feelings do coherent heart rhythms produce?
4. When the heart and brain are not synchronized, stress results. What are my personal indicators that I am feeling stressed?
5. What is “negativity bias”? (p. 47) How is an “incoherent baseline pattern” related to negativity bias?
6. Why is it important to identify, name your feelings?
7. Describe the “Notice and Ease” tool. (p. 50)
8. Describe the “Power of Neutral” tool? (p.51)
9. What are some situations where I can use the power of neutral to diffuse the strong negative emotion *before it happens*?
10. What is “attitude breathing”? (p. 57) What are some uses of “attitude breathing”?