



***Transforming Anxiety* Group Reading Guide**

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Chapter 4: Transforming and Clearing Accumulated Anxieties

1. How does heart alignment help release accumulated anxieties?
2. What are “accumulated anxieties”?
3. What is “the Cut-through” technique? (p. 66-67)
4. What happens when I attain the “right attitude” or remain in heart homeostasis? (p. 66)
5. How does being sincere and “meaning business” help clear out old anxieties? (p. 66)
6. What happens when I harbor or hold on to old negative issues? (p. 68)
7. When I experience fear, what does the brain (amygdalae) tell the adrenal glands? (p. 69)
8. What is the difference between gut feelings and heart feelings? (p. 69)
9. How can I “dissolve the significance” of negative accumulated anxieties? (p. 74)
10. What are some issues that cause me regular anxiety? When can I set time aside to deal with them?