



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

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### **Chapter 5: Accelerated Clearing (of Anxieties)**

1. What are some of the challenges to clearing anxieties? (p. 82)
2. What is the best method to clear anxieties?
3. Given the way the amygdalae work, often subconsciously, we can use the heart coherence method to shorten the duration and lessen the impact of anxieties as they occur. Recognizing the symptoms of homeostasis helps identify when anxiety is happening and allows heart calming to restore homeostasis and cognitive function. What are my signals that I am going out of homeostasis?
4. Define “committed intent.” (p. 85)
5. What is the difference between “conceptual agreement” and “emotional agreement”? (p. 85)
6. Emotions are evoked by electromagnetic and biochemical functions in the brain/body that are triggered by the amygdalae and the heart. Neurotransmitters and hormones are chemical messengers that regulate brain /body functions. What is the role of ANP (atrial natriuretic peptide)? (p. 88)
7. What is the role of DHE (dehydroepiandrosterone)? (p. 88)
8. What are reduced levels of DHE associated with? (p. 88)
9. How can I “create positive emotional histories” and change my emotional patterns? (p. 92)
10. How can I improve my emotional patterns? What do I need to commit to in order to accomplish improved emotional and physical health?