



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

**Dr. Kathryn (Kate) E. Patten**

### **Chapter 6: The Extraordinary Power of Coherence**

1. What is “psychophysiological coherence”? (p.95)
2. How can we create and sustain this coherence and what are its benefits? (pp. 95,96,97)
3. How can “psychophysiological coherence” transform hurt? (pp. 97,98)
4. Define “being heart vulnerable” and how it works. (pp. 98, 103)
5. Review the “cut-thru” technique (pp. 80-81). How can we release old hurts? (p. 100)
6. Why do people often wake up with a powerful insight or clarity about an issue or event? (p. 102)
7. How can we “create positive moments” and events? (p. 103)
8. What is the “heart lock-in technique”? (p. 104)
9. Why is it helpful to practice the “heart lock-in technique” several times a day? (pp. 104,105)
10. When during my day can I practice attaining “psychophysiological coherence” or homeostasis?