



***Transforming Anxiety* Group Reading Guide**

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Chapter 8: Getting Relief from Anxiety Disorders

1. What is the underlying cause of many anxiety disorders or angst? (p. 121)
2. What is “generalized anxiety disorder” (GAD)? (p. 121)
3. What are “presets”? (p. 122)
4. What are some of my “presets”?
5. What are “preoccupations”? (pp. 124-125)?
6. What anxiety preoccupations am I weary of?
7. What are some things I dread?
8. Review the Cut-through technique. (p. 67)
9. Review the Lock-in technique. (p. 105)
10. Remember that you can have emotional freedom by using the HeartMath method to downshift your heart and return to homeostasis, where you can find peace and serenity. It takes time, patience, practice, and perseverance, but YOU are worth it!