



***Transforming Stress* Group Reading Guide**

Dr. Kathryn (Kate) E. Patten

Chapter 10: Finding Your Rhythm

1. Set up a Practice Program. When are good times for me to practice heart coherence? How does heart coherence feel different from stress for me?
2. Start with practicing Quick Coherence technique. (pp.44-46) This helps get emotions and body back to homeostasis.
3. Then add in the practice of Heart Lock-In technique. (pp. 80-81) This will help restructure emotional responses.
4. Next, add in the practice of Attitude Breathing. (pp. 103-105) This will create extra coherence power to help shift out of strong negative emotions and attitudes and create positive affect states of homeostasis.
5. Finally, add the Freeze-Frame technique. (pp. 122-123) This helps access and clear stored emotional histories and stress patterns that can, both consciously and subconsciously, undermine our mental and physical well-being.
6. Practice “heart vulnerability.” (pp. 118-119) Be patient and kind to yourself.
7. What are “emotional vanity reactions”? (p. 130)
8. Remember, a life of stresses and hurts cannot be healed in a short time. Give yourself time, compassion, and forgiveness. Be persistent, even in face of setbacks or adversity.
9. Keep a journal to record your journey to a more positive life.
10. Choose a motto or mantra that is yours. Post it in conspicuous places. Use it as a signal that you need to go to heart coherence to help manage your feelings and respond in a positive way to yourself and others.