



***Transforming Stress* Group Reading Guide**

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Transforming Stress: The HeartMath Solution for Relieving Worry, Fatigue, and Tension

Authors: Doc Childre and Deborah Rozman

Chapter 2: The Rhythm of Emotion

1. Stress comes from our perceptions and reactions to those perceptions. Negative perceptions make us feel that we are stuck. Positive perceptions make us seek resolution. What kinds of things give us negative perceptions? What can help us have positive perceptions?
2. Stressors can be external or internal. What is the difference between the two? List some external stressors. Then list some internal stressors.
3. Regulating our hearts to create positive affect changes our attitude, perceptions, feelings, and actions. It can make us live longer. Research indicates that people who are good at self-regulation are 50 times more likely to be alive and healthy 15 years later (p. 20). How does self-regulation help me?
4. Heart power can change emotions, which are more powerful than the reasoning (cognitive) part of our brains. Go to page 20 and do the heart exercise.
5. What is “heart intelligence”? (p. 21) What are some examples in my life where I have experienced “heart intelligence”?
6. When our energy is drained, our nervous system becomes incoherent and more unregulated because certain hormones and neurotransmitters are depleted. Give some examples of low energy situations.

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7. When we overcome an obstacle, we feel uplifted emotionally and physically because specific feel-good neurotransmitters are present. Give some examples of feeling uplifted.

8. What is the difference between temporary and sustainable energy boosters? (p. 24-25)

9. What are some of my “emotional drains”? (p. 26-27)

10. What are some of my common triggers for stress?

11. What are my “emotional sound tracks” (both inner and outer)?

12. What are some of my “old emotional accounts”?

13. What are some of my “emotional reaction habits”?

14. Old accounts just grow, unless we eliminate them by paying them down. How can we pay down old emotional accounts?