



***Transforming Stress* Group Reading Guide**

Dr. Kathryn (Kate) E. Patten

Chapter 6: Sustaining Coherence

1. How can old stress response patterns be changed? (p. 71, 73)
2. Fear projections create stress in anticipation of a future event. (p. 74) List some personal fear projections.
3. Feeling out of sorts can be caused by low-grade anxieties. If these low-grade anxieties are not identified/dealt with, what is the result?
4. What is the “anxiety trait”? How can the “anxiety trait” be changed? (p. 75-76)
5. How long does it take using HeartMath techniques to reduce long-standing anxiety or fear? (p. 75)
6. What pathological symptoms can be reduced by learning to change the heart to coherent rhythms? (p. 76)
7. Feelings of judgment and blame often lead to anger. When viewing the world through negative perceptions, low-grade hostility results. How does this affect day-to-day living?
8. Do I have any inflexible attitudes toward things or people?
9. Bringing the heart into coherence can build inner security and help release the ability to be creative and take risks. What are some things I dream of doing?
10. Summarize the Heart Lock-in Technique. (p. 80)