



## ***Transforming Stress* Group Reading Guide**

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### **Chapter 8: The Power to Shift Attitude**

1. What are the “three brains”? (pp. 100-101)
2. Which brain signals the body to react? (p. 101)
3. What are the 3 levels of the (head) brain and what are their functions? (p. 100)
4. What part of the brain stores emotional memories? (p. 101)
5. What is “attitude breathing”? (p 102)
6. Summarize the Attitude Breathing tool. (p.103)
7. What are some helpful attitudes that I have?
8. What are some positive attitudes that I could develop that would be helpful?
9. What are some situations where I could prepare myself by attitude breathing?
10. What are some times during my typical day when I could practice Attitude Breathing?