



***Transforming Stress* Group Reading Guide**

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Chapter 9: Going Deeper in the Heart: Unraveling the Mysteries of Life

1. What are some examples of technology causing emotional chaos?
2. What are “old stress accounts”? (pp. 113-114)
3. What are some of my “old stress accounts”?
4. What are “emotional agendas”? (pp. 114-115)
5. What are some “emotional agendas” that affect me?
6. How can I clear “old stress accounts” and negative “emotional agendas”?
7. What is “heart vulnerability”? (pp. 118-119)
8. What is a “makeover feeling”? (p. 120) What are some in my life?
9. Describe the Freeze-Frame technique. (pp. 121-123)

10. What are some times in my life when it would be useful to use the Freeze-Frame technique?