



***Transforming Anger* Group Reading Guide**

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Transforming Anger: The HeartMath Solution for Letting Go of Rage, Frustration, and Irritation

Authors: Doc Childre and Deborah Rozman

Chapter 10: Transforming Anger in the Workplace

1. What is the emotional tone/attitude or *organizational climate* in my workplace(home)?
2. How do I contribute to the *organizational climate* in my workplace? Give specific examples. Are my contributions mostly positive or mostly negative?
3. What non-employee factors influence the organizational climate in my workplace (i.e. workload, physical environment)?
4. How does stress contribute to obesity or extra pounds and other health risks such as heart attacks? (pp. 107-108)
5. Do an Asset/Deficit Balance Sheet on your workplace (from Ch. 7).
6. How can I find heart rhythm coherence when under pressure? (pp. 110-111)
7. If my workplace is placing overwhelming demands on me, what actions can I take to protect my emotional and physical health?
8. Create my own summary of how to effectively communicate. (pp. 113-114)
9. What things in my day help develop a caring heart? (i.e. listening to calming music, having lunch with a calm, caring co-worker)