



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 2:

The authors suggest that to overcome the habit of anger, we have to identify why we are angry, identify our sources of anger, and our underlying emotional beliefs that stimulate anger. They list questions that we should record, as well as our answers, in a journal, (pp. 14,15) I have listed the questions below:

1. In what ways is anger evident in my home/work environment?
2. How does it affect me?
3. Are there situations (for example watching TV news or talk shows, or spending time with negative friends or coworkers) where my anger buttons get pushed more easily because of increased stress and negativity in the environment?
4. Which of the following are my strongest anger triggers: unmet expectations, feeling that I am being treated unfairly, threats to my security or the security of my loved ones or those I care about, threats to my beliefs, threats to my self-image, fearing that the worst will happen?
5. What emotional beliefs might be underlying my anger reactions?
6. What emotional beliefs might be underlying other people's anger reactions?
7. Think about a person, place or issue that creates the greatest feelings of anger or resentment in me. What about the person or situation gets me angry most? What is my emotional belief triggering that anger?