



## ***Transforming Anger* Group Reading Guide**

**Dr. Kathryn (Kate) E. Patten**

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

Authors: Doc Childre and Deborah Rozman

#### **Chapter 4: Stopping Emotional Triggers**

1. Why do those closest to us trigger us more?
2. What are my most common triggers? (who, what, where, when?)
  - Internal (p. 31)
  - External (p. 32)
3. What is an “emotional projection”? (p. 32)
4. What is an “anger cascade”? (p. 33)
5. Common “anger projections”: (what are some personal examples)
  - All-or-nothing thinking
  - Blaming/accusing
  - Judging
6. Neutralizing a projection: Practice using the “breathing tool” to make your attitude neutral
7. How are intuitive feelings identified? (p. 41)