

## 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 5: Stopping Emotional Triggers**

Learning to change our heart rhythms to coherence helps to build positive affect. Our brains remember the hurts and the harm and can take us to anger (or to strong frustration, irritation) response at the slightest provocation; this is the primitive function of the amygdalae to promote self-preservation. Both our hearts and our brains do not want to remain out of homeostasis.

- 1. How can we take our hearts from anger, frustration, and irritation to care? (p. 45)
- 2. How does changing our heart rhythm to care/love improve brain function?
- 3. Where is emotional memory/emotion history stored? (p. 48)
- 4. Our parents are part of our emotional history. How does this affect us?
- 5. Our emotional memories create strong emotional imprints. List some emotional imprints from your past that still affect you to some degree. How can you overcome these emotional imprints from your past?
- 6. It will take intent and practice to rewire our brains. We have to be able to recognize when our hearts are becoming incoherent in response to new stimuli. How can you recognize when I am losing homeostasis?

## Neuro Emotional Literacy Program

- 7. When would be a good time/situation to practice?
- 8. Compassion for ourselves and others when they act/react out of irritation, frustration, or anger, can help make the situation less negative. Can you think of a situation when you have been able to do this?
- 9. In the space below, create your take on the **Heart Lock-In Technique**:

10. When you are practicing the Heart Lock-In Technique, the book suggests trying to stay there for five minutes or longer. This helps the brain gain clarity by allowing the amygdalae to recall the negative neurotransmitters so that the body/brain can return to homeostasis. This allows the cortex to no longer be over-ridden by the reactive amygdalae. When the cortex is fully engaged, we think more clearly and make better decisions. What are some examples when you have calmed down and made better decisions?