



***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?

