



***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 7: Sustaining the Shift: Conserving Emotional Energy

Practicing is the key: we should practice several times a day, *Going to Neutral*, *Attitude Breathing*, and *Freeze Framing*, whether our anger is triggered or not. This helps myelinate the neuronal pathways, so that the pathways are easy for our brains to access and so that the pathways persist. Practice the Heart Lock-In technique several times a week, as well.

1. What are the benefits of using these techniques for me? (p. 69)
2. What is an “emotional drain”? (p. 70)
3. In your journal, try to keep brief records of events that are emotional and energy drains for you over the next few days or week.
4. How do I over-personalize these events? (p. 70) (i.e. blaming, judging, etc.)
5. How does over-personalizing an event hurt me and those around me? (p. 78)

The goal is to experience all of your feelings, but to not allow them to persist and reach a threshold that puts your heart into incoherence.

*Use the **Asset/Deficit Worksheet** to help clarify your use of the techniques.