



## ***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 8: Sustaining the Shift: Conserving Emotional Energy**

The heart's core values are positive feelings or positive affect that promote coherent heart rhythms, optimal brain function, and general physiological (body) well-being.

1. What are some of these positive core values? (p.79)
2. Compassion is a "core value." If we do not have compassion for ourselves, it will be difficult to have it for others. Compassion is balanced caring. What does this mean?
3. What is "overcare"? (p. 79) What happens if we "overcare"?
4. Think of an example of when you "overcared." What resulted from this overcaring?
5. How do I react to people and/or events when I am angry? (see pp. 80-81 for examples)
6. For what underlying emotions is anger often a cover-up?
7. What is "heart vulnerability"? (pp. 84-86) What are the three types?
8. How does being "heart-vulnerable" help me? (pp. 86-87)
9. How does "breathing compassion" help me? (p. 89)
10. What are my "core values"?