



## ***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 9: Transforming Anger at Home**

1. One person's heart rhythm can affect the heart rhythm and the brain wave pattern of someone in close proximity (within 6.5 feet). Your heart rhythm conveys your emotional state, either positive or negative. On the worksheet, *My Anger Triggers*, make a list of who/what triggers you in your home and outside your home that affects your home life.
2. Then, in the other column on the worksheet, examine and list the causes of your frustration/anger. For example, are you feeling undervalued? Hurt? Tired? In need of control? Lonely?
3. What are some situations in your home that would benefit from a *Freeze-Frame* or *Go-To-Neutral* time-out?
4. When during my busy day can I take time out to use the Heart-Lock-In technique?
5. What can marital discord do to a woman's cardiovascular health? (pp. 99-100)
6. Breathing "with the heart" gives us a tool to apply a brake to our out-of-control emotions. How does that work? (p. 100)
7. What is the difference between "active listening" and "intuitive listening"? (pp. 101-102)
8. What is the "intuitive listening exercise"? (p. 101)
9. How can I use the Asset/Deficit Balance Sheet with my family? (pp. 102-103)