



***Transforming Depression* Group Reading Guide**

Dr. Kathryn (Kate) E. Patten

Transforming Depression: The HeartMath Solution for Feeling Overwhelmed, Sad, and Stressed

Authors: Doc Childre and Deborah Rozman

Chapter 11: Releasing Emotional Identities

1. Define “core self.” (p. 145)
2. What are “acquired emotional identities” and what do they do? (pp. 145-146)
3. What are some of my “acquired emotional identities”?
4. What are “vanities” and how do they harm me? (p. 146-154)
5. What are some of my “vanities” that mask my true self? (see worksheet)
6. What is the issue of “good getting in the way”? (p. 155)
7. Summarize the “Cut-Through Exercise to Release Emotional Identity.” (pp. 156-157)
8. What are some signs or signals that I am not operating from my heart?
9. What are some arguments that my “logical brain” puts up to prevent me from listening to my heart?