



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 3: Clearing Emotions as You Go

1. What produces “shift energy”? (p. 30)
2. What is “emotional energetics”? (p. 30)
3. Negative emotion can be like an emotional virus. How can I keep myself from being caught up in a negative emotional virus and why is it important? (pp. 31 -32)
4. Summarize “Notice and Ease” technique. (pp. 32-34)
5. What are some negative emotional viruses that I deal with on a day-to-day basis?
6. Summarize “Power of Neutral.” (pp. 34-35)
7. What are the benefits of using “Notice and Ease” and “Power of Neutral”?
8. What are some reasons I do not use the tools when they would benefit me?
9. What does “lack of clearing” cause in my life?
10. What are some of my common “hinge points”? (pp. 38-40)