



***Transforming Depression* Group Reading Guide**

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

Authors: Doc Childre and Deborah Rozman

Chapter 5: Understanding Stress-Induced Depression

1. What are “lower heart feelings” and what causes them? (pp. 58-59)
2. What are “core heart feelings” and how are they different from “lower heart feelings”? (p. 59)
3. What are some of my common triggers for overwhelming and depressing feelings?
4. What is “coherent alignment” and how is it related to “intuitive self-guidance”? (p. 62)
5. Why do people find change difficult? (pp. 49,65,66) Why is this significant?
7. What is “sentimental pull”? (p. 66) What are some of my “sentimental pulls”?
8. How is compassion different from sympathy? (p. 68)
9. How can overattachment be discerned from attachment? (pp. 68-69)
10. What are some of my expectations that may have too much significance?