



## ***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 6: The Power of Intent**

1. What contributes to being “more stress sensitive”? (p. 76)
2. What are some signs that I am affected by “global stress”?
3. What is “heart intent” and how is it different from willpower? (p. 78)
4. What times of the day, week, month, does my energy get “overamped”? (p. 79)
5. Describe “attitude breathing technique.” (pp. 82, 83)
6. What are some situations where I could use the “pretreatment” of Attitude Breathing?
7. What is an “internal energetic shift”? (p. 83, 84)
8. What is an “obstinacy attitude”? (p. 84, 85)
9. Why should we recognize and befriend negative attitudes? (p. 86)
10. What are some of my negative attitudes and stuck feelings?
11. How can I help myself to let go of negative attitudes and stuck feelings?