



***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 7: Putting a Stop to Fatigue

1. What are some things that “fritter” away energy? (pp. 89,90)
2. What is the best solution for re-accumulating emotional energy? (p. 91)
3. What is “the bioelectric system” and what does it do? (p. 92)
4. What are some of my “energy gains”? (p. 93)
5. What are some of my “energy drains?” (p. 93)
6. Describe “soft heart.” (p. 93-94) What are some things to do to help me get into “soft heart”?
7. Describe the “Heart Lock-In technique.” When are good times during my day to do this? (p. 97)
8. What should I do if I feel stuck in a negative emotional space? (p. 97)
9. What are some of the things I blame for my low energy or depression?
10. What does it mean to me to “be present”?