



***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 9: Creating a Cut-Thru Practice Program

1. What is Cutting-Thru and why is it needed? (pp. 118-119, p. 120)
2. What is a minor issue with which I could start Cut-Thru practice? (p. 119)
3. Why is it important to write down Cut-Thru exercises? (see worksheet)
4. Summarize the Cut-Thru technique. (pp. 119-120)
5. What are some reasons I might use to avoid doing the Cut-Thru technique? (p.121)
6. How will I know what action to take on my issues on which I have done the Cut-Thru technique?
7. What are some negative moods that keep me from enjoying life?
8. What are some issues that I am reluctant to deal with?
9. Why am I reluctant to deal with them?
10. When are some times and where is a place where I can effectively use the Cut-Thru technique?