



Afshan Tafler: 7 Steps to Transforming Anger - The Conscious Way



Afshan Tafler is a holistic life coach and conscious parenting coach who helps people master emotional stress to help transform health and thrive in relationships with their kids. Learn how to break reactive anger patterns with your kids and create a more calm connection and trust.

TOP EMBODIMENT TIP: Emotional fitness, practice being with your emotions, five-minute daily practice.

Anger is a Necessary Emotion:

- The way that we express (or suppress) anger affects us and our relationships.
- **Assertiveness is healthy anger.**
- Often when we were children, we were not allowed to express it.
- If we had been met with calmness from our caregivers then we would have learned self-regulation.
- The good news is we can still learn that now as adults.

Emotional Regulation: **Being Able to Stay with Our Emotions, Healthy Expression of the Emotions**

- **7 Steps** of How to Transform Anger the Conscious Way
 1. **Befriend the Anger** and appreciate what it is trying to do for us.
 2. **Consciously Calm our Anger** by activating our Autonomic Nervous System.
 3. **Conscious Belief System** by transforming our stories that follow the ANS erupting.
 4. **Conscious Feelings:** Uncovering the vulnerable emotions that anger is trying to protect.
 5. **Developing Self-Care and Compassion**, being patient, and kind to ourselves.
 6. **Conscious Boundaries:** Knowing your boundaries and stating them with love.
 7. **Healing Childhood Wounds**, so that we consciously transform the old stories triggering old anger.

Changing Our Relationship with Anger:

- **Your mind learns to rewire the old stories through having new experiences**
- Guided meditation to help you sit with the feeling of anger

Resources

- ❖ **Course:** 7 Steps to Transforming Anger
- ❖ **Website:** illuminateu.ca
- ❖ **Instagram:** [@afshantafler](https://www.instagram.com/afshantafler)



Afshan Tafler





All Intimacy & Relationships Presentations are Proudly Sponsored by [Ilan Stephani](#)



Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

#LoveAndRage explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

Love and Rage Embodiment Training ilanstephani.com/loveandrage

Website ilanstephani.com Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook www.facebook.com/ilanstephani

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?



Recordings

Lifetime access to sessions to watch as you please. Video and audio-only options.



Cheat notes

Notes on each session to highlight key takeaways and fast-track your learning.



Bookmarks

Bookmark your favourite tools to jump back whenever you need them.



Learning lists

Bite-size lists to help structure and guide your learning.



Recommendations

Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)