



Jason B. Digges: Conflict = Energy: Transformative Conversations



Jason is co-founder and course leader of Authentic Relating Training. Learn how Authentic Relating can help to handle conflict and tension in relationships and unlock your own relational and social awareness to build intimate and fulfilling personal relationships.

**TOP EMBODIMENT TIP:** Be the emotional maturity you want to see in the world.

What is Authentic Relating?: Embodied Connection with Each Other

- **Conflict = Energy**, (book) has 30 tools that can be applied immediately.
- **Empathy training:** How to listen to someone who has a different perspective than you.
- How to maintain **dignity and humility** within the tension to be able to fully understand the other person.
- How to tell the truth and truly be yourself without blowing up relationships.

Polarity as Practice: How to be Authentic Without Damaging a Relationship

- If authenticity is overemphasized, and relating is underemphasized, that is not skillful relating.
- If belonging is overemphasized, and we aren't able to be authentic, then that is codependency.
- Polarity is two positive values that we need to balance.

Inquiry Practice is Main Theme of Authentic Relating:

- Requires Presence, Appreciation, and Curiosity
- 3 minutes each for these:  
What is the most challenging part of this for you?  
What I heard you say is..  
What I'm curious about is...

Top 5 Tools of Authentic Relating:

1. Making clear and vulnerable requests.
2. Asking to slow down.
3. Psychological Safety Net.
4. Deeper Listening.
5. Setting the context.

**Resources**

- ❖ **Book:** *Conflict = Energy*
- ❖ **Courses:** [Level 1 Online course](#)
- ❖ **Website:** [authenticrelating.co](http://authenticrelating.co)



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**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](http://ilanstephani.com/loveandrage)

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