



Eri Kardos: The Magic Of Conscious Kink For Navigating Conflict



Eri Kardos is a relationship coach, providing group and individual online sessions, and author of *Relationship Agreements: A Simple and Effective Guide for Strengthening Communication, Reducing Conflict, and Increasing Intimacy to Design Your Ideal Relationship*. Jump aboard Eri's content-rich exploration of how to navigate conflict in a relationship with Conscious Kink.

TOP EMBODIMENT TIP: The 5 Breaths Practice

What is Conflict and Conscious Kink:

- **Conflict** is a feeling of tension arising, and usually stems from inner hurt.
- How you navigate conflict is your choice.
- **Conscious Kink** is about sensation for the purpose of growth (not always pain), and a practice of stepping into playing pretend as an adult through fantasy and exploring different sensations with consenting adults.

Relationships can be a Healing Space:

- In relationships we can heal core wounds and release our stories.
- Create a **safe word** so when one of you senses a rise in tension and a fight/flight response is imminent. It is good if it is a little humorous while being a safe signal.
- Once the safe word is used, take space, physically from each other for 20 minutes.
- Practice **HALT** from the 12 step programme:
 1. Distance oneself and check in with yourself through slow breathing.
 2. Ask key questions:
 - Am I Hungry? Am I Angry with something else? Am I Loaded (Inebriated)? Am I lonely?(Do I want to be held right now?) Loneliness shows up as adult tantrums. Am I Tired?
 3. Perform an emotional release like a scream practice.
 4. End with a 5 breaths practice and agree when to come back together again after your 20 minutes break

Imago Dialogue:

- Actively listen to each other. Take turns to listen and then repeat back accurately what was said

After Care:

- Identify what you need following conflict. Some kind of physical touch is best or at least breathing together

Resources

- ❖ **Book:** [Relationship Agreements](#) Eri Kardos
- ❖ **Website:** erikardos.com **Email:** eri@erikardos.com
- ❖ **Social: Instagram:** [Coach Eri Kardos](#), **Facebook:** [Eri Kardos](#)
- ❖ **References:** Imago Dialogue



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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

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