



Iris Alheidt-Pehrish - Welcome to life

Beyond Coaching

Weekly Impulse:

Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrish

Recommendation of the week:

The book "Die Farbe von Glück" by Clara Maria Bagus.



It is a wonderfully written novel and ranks among my favourite books.

It deals with the great themes of our lives: the pursuit of happiness, the search for and finding of love, the role of chance, and the meaning of our existence.

Enjoy reading.

Imprint

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Thank you

On July 17, 2024, I had the pleasure of spending a wonderful birthday with my family and would like to take this opportunity to express my heartfelt thanks for the congratulations and thoughtful gestures I received.



Relationship problems

A topic that affects many of my clients, even though no one wants to admit it: relationship problems. Today, I want to briefly explain what's behind them and why they are completely normal:

In a partnership, issues often arise that are more about ourselves than about our partner, such as unresolved childhood experiences or traumatic events. The same applies to our children: they make us relive our own childhood and bring up old emotions. So, what can you do when your partner pushes you to your limits?

Step 1: Learn to regulate your emotions. With the help of breathing exercises or tapping techniques, you can learn to think clearly and distance yourself from your emotions even in stressful situations.

Step 2: Reflect on what the issue has to do with you. Find a way to work through your own issues or have a conversation with your partner. Always communicate in the first person. For example: "I feel hurt" or "What can I do to make you feel appreciated?" This invites your partner to respond and also talk about feelings. Make sure to always communicate with respect and objectivity.

Step 3: Find common ground and don't end the conversation until both of you feel better. A tip: A partnership in which both partners have "fallen out of love" and are on the verge of separation is often not over yet. Sometimes we project old feelings onto our partner and therefore develop feelings of hatred. In my course "DER KURS," I teach self-regulating techniques, emotionfree communication, and much more – the essentials for a happy partnership.

If you are interested, I am happy to answer your questions on this topic free of charge and without obligation.

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