



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:

In the last section of this weekly impulse, you'll find two questions from one of my courses – a thoughtful inspiration for you.

Take a few minutes to answer them in writing. Note every initial impulse and thought, allowing yourself honest reflection.

May this impulse inspire you to pause, look within, and gain new insights for your own path.

Wishing you much joy in reflecting!

Imprint

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Escape as a Goal

Do you know the feeling when you can no longer endure a situation and just want to get away? Everything seems better than what you're leaving behind. A new job, a new city, a new relationship – the prospect of something new feels exciting. But is it truly your goal? Or just an escape?

I've found myself in such situations more than once and have learned over time: at first, everything new feels good – no matter how imperfect it may be.

Escape often feels liberating at first. It gives us a sense of taking action, of being in control. But all too often, the same patterns catch up with us – the very ones we were trying to leave behind. Because as long as we don't consciously examine what truly burdens us, we don't change the cause, only the scenery.

Not every change is an escape. And not every escape is a solution. The crucial question is: **Am I running away from something, or am I moving toward what truly makes me happy?**

Self-Reflection as a Guide

The true key lies in honestly confronting ourselves. Only when we pause and reflect on why we want to leave can we recognize whether we are truly embarking on a new, fulfilling path — or merely trying to escape. True change begins where we meet ourselves.

Have you ever asked yourself the following questions?

- 1) Would I pursue this goal even if my current situation were ideal? – If my external circumstances were perfect, would I still choose this path?
- 2) Does this goal align with my values and identity in the long run, or is it merely a short-term relief? – Is it a path toward my true self, or just a distraction from what I actually need to address?