

Iris Alheidt-Pehrishch - Welcome to life

Beyond Coaching

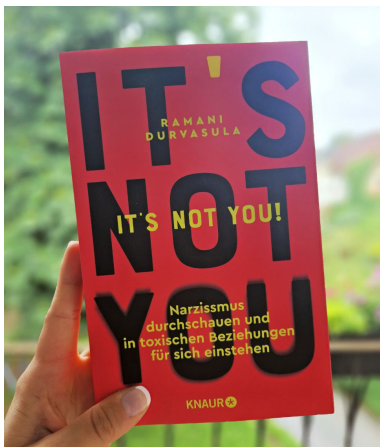
Weekly Impulse:

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



Iris Alheidt-Pehrishch

Recommendation of the week:



Imprint

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Understanding Narcissism

Over the next few weeks, I'll be dedicating time to the topic of narcissism – a subject that has come up more and more frequently in recent requests. It's a term that's often used – sometimes excessively, and often trivialized out of ignorance. But narcissism is not the same as self-love. Behind narcissistic behavior lies a deep need for control, admiration – and often a profound insecurity that others are expected to compensate for. In line with this topic, I'll be exploring the following questions in more detail:

- 1) How can I recognize narcissistic behavior?
- 2) How do narcissistic relationships affect us?
- 3) What helps when dealing with narcissists?
- 4) Why do we (unconsciously) attract narcissistic people?
- 5) How can healing after narcissistic abuse succeed?

1) How can I recognize narcissistic behavior?

People with narcissistic traits often appear confident, charming, and persuasive. They like to be the center of attention – something that may even be admired at first. But behind this façade, certain recurring patterns emerge. For example:

- They expect constant and undivided attention.
- They see criticism as an attack and respond with hurt or aggression.
- Other people's feelings only matter if they serve their own interests.
- They insist on having the last word and always need to be right.

2) How do narcissistic relationships affect us?

Being in contact with narcissistic people often leaves a mark – especially on an emotional level. These relationships tend to follow a cycle of idealization and devaluation. At first, you're admired – later, you're torn down. Typical effects include:

- You start doubting yourself ("Am I too sensitive?")
- You constantly justify yourself and feel like you're never enough.
- You feel emotionally drained or start to withdraw.
- You gradually lose your self-confidence.

Reflection question: Is there someone in your life who makes you feel small, confused, or drained after every interaction?