

# Iris Alheidt-Pehrish - Welcome to life

## Beyond Coaching

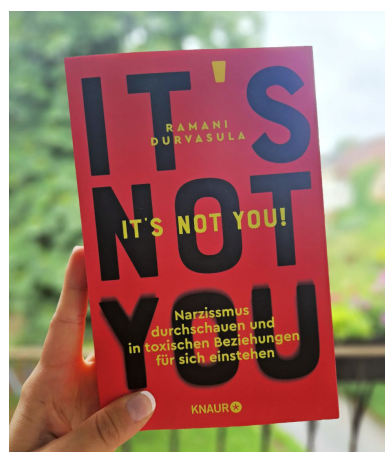
### Weekly Impulse:

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:



### Imprint

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Last week, I asked: Is there someone in your life who makes you feel small, confused, or drained after every interaction? If you nodded inwardly, you might be dealing with narcissistic behavior. In this week's reflection, I explore two questions: What helps when dealing with narcissists – and why do we so often attract these kinds of people unconsciously? Enjoy reading – and perhaps discovering some new insights along the way.

### 3) What Helps When Dealing with Narcissists?

The secret formula is: set boundaries – clearly and consistently. Narcissistic individuals tend to manipulate others emotionally, trigger feelings of guilt, or push themselves into the spotlight. That's why it's all the more important to be aware of your own values and needs. Don't respond to provocations – instead, maintain emotional distance. Stay objective, avoid justifying yourself, and protect your energy. Sometimes, self-protection means significantly limiting contact – or ending it altogether.

### 4) Why Do We (Unconsciously) Attract Narcissistic People?

Narcissists often appear charismatic, confident, and exude a strong presence. That's naturally attractive – especially when we're searching for recognition, validation, or love ourselves. We're often unconsciously drawn to what we feel is missing inside us, and narcissists reflect those unfulfilled desires. On top of that, old patterns from childhood can lead us to repeat the same types of relationships over and over again – even when they're not good for us. This attraction is often unconscious – and the first step toward change is becoming aware of these patterns and starting to question them.

**Reflection Questions:** 1) What inner needs or unfulfilled desires might be unconsciously leading you to attract narcissistic people? 2) Are there past experiences or patterns in your life that keep drawing you into similar relationship dynamics?

**Did You Know?** Narcissists are usually not aware of their behavior. Narcissism is not necessarily a consciously controlled trait or a mental illness – it's a way of being that feels normal to them. That's why the recognition of narcissistic abuse almost always lies with the non-narcissistic person. It's also up to them to end the dynamic, if necessary. **Remember:** You are not responsible for other people's happiness – but you are responsible for your own.