

# Iris Alheidt-Pehrish - Welcome to life

## Beyond Coaching

### Weekly Impulse:

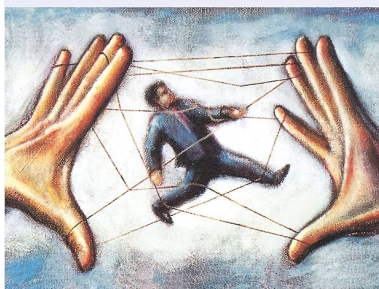
Weekly changing information and topics about me and my work for you - available as a PDF for download or simply to enjoy.



Iris Alheidt-Pehrish

### Recommendation of the week:

ANNE WILSON SCHAEF



### Co-Abhängigkeit

Die Sucht hinter der Sucht

### Imprint

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## Understanding Codependency (Part 1)

This week, I invite you to take a closer look at the topic of codependency. Many people have heard the term, but not everyone truly understands what it means — or realizes that they might be affected by it themselves.

### 1. What does codependency mean?

Codependency describes a behavioral pattern in which you tie your own identity, well-being, or decisions heavily to the needs, emotions, and actions of others. It's not about genuine, caring support — it's about your sense of self-worth being tied to how well you function for others or how much you are needed.

### 2. How can you tell if you might be affected?

Ask yourself, for example:

- Do I regularly put the needs of others above my own?
- Am I afraid of rejection when I set boundaries?
- Do I feel responsible for other people's emotions or problems?

If you find yourself answering "yes" to these questions, it may be worth taking a closer look. Please note, however, that this short self-check is not an official diagnosis. It is simply meant to encourage self-reflection and may serve as a possible indication of a codependent pattern.

### 3. What underlying beliefs are often behind it?

Codependency is often rooted in beliefs such as:

- "I am only valuable if I'm needed."
- "It's selfish to take care of myself."
- "I must avoid conflict, or I'll lose love."

These kinds of beliefs can form unconsciously — often early in life — and continue to shape our behavior well into adulthood. This week, take some time to observe mindfully:

Where do you recognize yourself in these descriptions?