



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:

DER KURS "growth"

Free yourself from codependent patterns by discovering who you truly are and consciously defining your own goals, desires, and needs — this course will support you along the way.

Course start: November 8, 2025

Duration: 3 months

Available spots: 5 out of 7

Cost: €2,235 (incl. VAT)

I'm looking forward to having you in the course!

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<https://www.iris-alheidtpehrish.com>

Understanding Codependency (Part 2)

Last week, we looked at what codependency means and the beliefs that can shape it. Today, we're taking it a step further and looking at the patterns that show up in everyday life.

4. How does codependency show up in relationships?

Codependency often becomes noticeable in situations where closeness, love, or commitment play an important role — such as in partnerships, families, or even in professional life. A common pattern is that the relationship is built on an imbalance: one person takes care of the other excessively, while their own needs are left behind.

5. What behavioral patterns often show up?

- A strong need to control or "rescue" others
- Difficulty saying "no" or setting boundaries
- Constantly adjusting to other people's wishes
- Feeling guilty when taking care of oneself

On the outside, these patterns can look like caring, but internally they often feel exhausting and overwhelming.

6. What are the long-term effects of codependency?

Living in codependent patterns over time can cause you to lose touch with your own needs and boundaries. Feelings such as frustration, exhaustion, self-doubt, or even physical symptoms may follow.

Self-reflection: Take a closer look at your relationships this week: Where do you notice these dynamics showing up? And how do you feel in those situations — empowered or more drained?

Next week, we'll focus on the steps that help you move out of codependency. You'll learn how to set healthy boundaries and reconnect more deeply with yourself.