

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:

A book to read slowly.  
To pause. To reflect. To feel.

A book that can have an impact when you allow yourself to truly take it in. ❤️

Imprint

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Many people already know what isn't good for them. They know they need to set boundaries, make a decision, or make a change. And yet, they remain stuck.

### Possible underlying causes

**Procrastination:** We put off taking action even though we know it is necessary. Often, it's not because we are "lazy," but because taking action is connected to uncomfortable feelings or inner resistance.

**Ambivalence:** One part of us wants to change, while another part wants to hold on to what feels familiar and safe. We want to leave – and at the same time, we want to stay.

**Psychological avoidance:** We avoid situations, decisions, or feelings that feel uncomfortable, overwhelming, or threatening. In the short term, this can provide relief. In the long term, however, it can keep us from making the changes we need.

What's important to understand is that these reactions don't happen without a reason. They often serve a protective function. They can provide us with a sense of safety and familiarity, give us a pause, and protect us from feeling overwhelmed. So the important question isn't: "What is wrong with me?" Instead: "What is this behavior trying to achieve or prevent for me right now?" When we begin to understand this function and turn toward what lies beneath it, we create the possibility for genuine change. And sometimes, on the other side of that change, we find exactly what we have been longing for: Pride. Joy. Ease. Freedom.

### Possible approaches to change

**Group coaching** opens up new perspectives. You don't work exclusively on your own topic. Instead, you can learn from other people's experiences, shift perspectives, and discover new possibilities: What might be behind my behavior? What possibilities do I have?

**One-on-one coaching** allows you to explore your personal topic in greater depth: What is holding me back? What protective function might be behind it? The goal isn't to simply switch off protective mechanisms. It's about understanding them and developing new ways of responding.

That's how feeling stuck can become a sense of choice and freedom.