

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.10 Introducing the Energy Envelope Concept

Supplemental resource from Beyond Wellness: The Adaptive Capacity Coaching Framework for Chronic Illness

Coach: “I'd like to share a concept that might help make sense of what you're experiencing. Have you heard of the 'energy envelope'?”

Client: “No, what is it?”

Coach: “Think of your available energy as a container with a fixed size, your envelope. In a healthy body, you can temporarily exceed your envelope, feel tired, rest, and recover. But in conditions like yours, exceeding the envelope can trigger a crash that takes days or weeks to recover from.”

Coach: “The tricky part is that your body's fuel gauge is unreliable. You might feel fine in the moment, but pay for it 24 to 72 hours later. So pacing isn't about how you feel right now. It's about staying within what your body can actually sustain.”

Client: “That explains why I crash after good days.”

Coach: “Exactly. The goal of pacing is to find your sustainable baseline and stay within it, especially on days when you feel like you could do more.”