

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.11 After a Boom-bust Episode

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

Client: “I did it again. I had a good day, and I overdid it, and now I'm paying for it.”

Coach: “I'm sorry you're in this place. Before we talk about what happened, how are you doing right now?”

(Check in on current state before any analysis.)

Coach: “Can we look at this with curiosity rather than judgment? Something pulled you to do more on that good day. What was it?”

(Common drivers: accumulated demands, guilt, fear of losing capacity, worth-as-output conditioning, hope that 'this time is different'.)

Coach: “That's such a human response. These patterns make sense, even when they hurt us. The question isn't 'why did I do this wrong?' but 'what need was I trying to meet, and is there another way to meet it?’”