

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.12 When Client Resists Pacing

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

Client: “Pacing feels like giving up. I refuse to let this illness define me.”

Coach: “I hear how important it is to you not to be limited by this illness. That fighting spirit has probably served you well in other areas of life.”

Coach: “Can I offer a different way to think about pacing? It's not about giving in to the illness. It's about being strategic. When you push past your limits and crash, the illness wins those days completely. When you pace, you're choosing sustainable engagement over boom-and-bust cycles.”

Coach: “What if pacing isn't surrender? What if it's playing the long game?”

(Allow client to respond. This reframe works for some clients; others need more time.)