

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.14 Introducing Range Goals

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

Coach: “I want to introduce a different way of thinking about goals. Instead of setting one fixed target that you either hit or miss, we're going to create three versions of each goal: one for good days, one for typical days, and one for difficult days.”

Client: “So I'm lowering my standards?”

Coach: “Actually, we're raising the accuracy of your plan. A goal that doesn't fit your body isn't ambitious; it's just inaccurate. We're building something that works with your reality instead of against it.”

Coach: “The key shift is this: success isn't about which tier you use. Success is choosing the tier that matches your actual capacity today. Using the Conservation tier on a difficult day is a win, not a compromise.”

When the Client Says “This Feels Like Giving Up”

Client: “I don't know. This feels like giving up. Like I'm just accepting that I'll never get better.”

Coach: “I hear that concern, and I want to address it directly. We're not giving up on anything. We're not saying you won't improve. What we're doing is building a structure that works right now, with your body as it actually is today.”

Coach: “Think of it this way: if you keep setting goals your body can't meet, you'll keep experiencing failure. That failure erodes your confidence and often leads people to stop trying altogether. That's giving up. What we're doing is the opposite: we're creating a way for you to keep moving forward, whatever forward looks like on any given day.”

(If client remains hesitant:)

Coach: “Would you be willing to try this approach for four weeks as an experiment? We can reassess then. If it's not working for you, we'll adjust.”