

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.15 When the Client Dismisses the Conservation Tier

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

Client: “Standing at the window for one minute? That doesn't even count as exercise. That's nothing.”

Coach: “I understand why it feels that way. You used to do so much more. But let me ask you this: on your hardest days, when even getting out of bed feels like climbing a mountain, would standing at the window for one minute maintain some connection to movement?”

Client: “I guess. But it's embarrassing.”

Coach: “The embarrassment makes sense. You're comparing yourself to who you used to be, or to people who aren't living with your condition. But here's what I want you to consider: on your hardest days, maintaining any connection to this value is significant. The Conservation tier isn't 'less than.' It's appropriate to your reality. Choosing it when you need it is a skill, not a compromise.”

Coach: “And on days when even the Conservation tier is too much, rest is the goal. Choosing rest is success when rest is what your body needs.”