

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.19 Holding Space for Grief About Baseline

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

(When a client becomes emotional while establishing their realistic baseline:)

Coach: “I notice we just named something painful. Take whatever time you need.”

(Allow silence. Do not rush to problem-solve or offer silver linings....)

Coach: “The distance between where you used to be and where you are now is real. It makes sense that this hurts.”

(If client tries to push past the emotion:)

Coach: “We don't have to rush past this. This is a real loss you're naming. Your grief is appropriate.”

(Only when client is ready:)

Coach: “When you're ready, we can continue building the goal. But the grief doesn't have to be finished first. It can be here with us while we work.”

See Chapter 9 for extended guidance on grief work.