

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.27 When Client Wants You to Contradict Medical Advice

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

Client: “My doctor wants me to try graded exercise therapy, but I've read it can be harmful. You know about pacing. Don't you think my doctor is wrong?”

Coach: “I can see you're caught between what your doctor is recommending and what you've learned from other sources. That's a difficult position.”

Coach: “I'm not in a position to contradict your doctor's medical advice. What I can do is help you think through questions to ask, like: 'What's the evidence for this approach in my specific condition? What should I watch for that would indicate I should stop? Are there alternatives?’”

Coach: “Ultimately, you're the one who gets to make decisions about your body. My job is to support you in gathering information and advocating for yourself, not to replace your medical team.”