

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.36 Unsolicited Advice

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

These phrases position the coach as an expert on the client’s body and imply the client hasn’t tried hard enough to find solutions. Most chronically ill clients have already done extensive research.

Avoid	Why It Harms	Instead
<i>“Have you tried eliminating gluten?”</i>	<i>Most chronically ill clients have already done extensive research on dietary interventions. This implies they haven't.</i>	<i>“What have you already explored around nutrition? What have you noticed?”</i>
<i>“What about meditation? It's supposed to be really helpful for fatigue.”</i>	<i>Positions the coach as an expert on the client's symptoms and implies a simple solution exists that the client has overlooked.</i>	<i>“What, if anything, has helped you manage your energy?”</i>
<i>“I read that cold exposure can help with nervous system regulation.”</i>	<i>The coach's reading is not a substitute for the client's years of lived research. Unsolicited recommendations undermine trust.</i>	<i>“Have you come across anything in your own research that seemed promising?”</i>
<i>“You should really look into low-dose naltrexone.”</i>	<i>Recommending specific treatments crosses into the medicine lane regardless of how gently it is framed.</i>	<i>“That's a question worth bringing to your provider. Would it help to prepare how to raise it?”</i>
<i>“Have you considered that stress might be a factor?”</i>	<i>Implies the client has not considered this and risks echoing the psychosomatic dismissal many clients have already received from providers.</i>	<i>“What has your sense been about what affects your symptoms?”</i>