

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.5 When Grief Surfaces Unexpectedly

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

(Client becomes tearful or expresses loss mid-conversation.)

Coach: “I can see this is bringing up a lot of feelings. That makes complete sense. Would you like to stay with this for a moment, or would you prefer to set it aside for now?”

(If they want to stay with it:)

Coach: “I'm here. Take whatever time you need.”

(Allow silence. Resist the urge to fill space or fix.)

Coach: “What you're feeling- this grief for what you've lost- it's not a problem to solve. It's a natural response to real loss. You don't have to be anywhere other than where you are right now.”