

APPENDIX C | SCRIPTS AND LANGUAGE BANKS

C.6 When Identity Feels Lost

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

Client: “I don't even know who I am anymore. Everything that made me 'me' is gone.”

Coach: “That's one of the hardest parts of chronic illness, the way it disrupts our sense of self. Can I ask you something?”

Client: “Sure.”

Coach: “When you think about the people who love you, what do you imagine they would say they value about you? And I mean qualities, not accomplishments.”

(This question often surfaces values and characteristics that persist despite illness. Allow time for reflection.)

Coach: “Those qualities you just named, they're still here. The illness may have changed what you can do, but it hasn't erased who you are.”