



EMOTION COACHING SAMPLE SCRIPT **DEPRESSION**

In this situation, your loved one is suffering from depression and doesn't want to get out of bed. They have an appointment that day as well.

- **Loved one:** "I'm not going. It's pointless."
Caregiver: "I know it's been a hard couple of days for you. Can you tell me more?"

- **Loved one:** "I'm just going to stay here. Nothing helps anyway."
Caregiver: *[using "because" statements and offering emotional and practical support]* "When I put myself in your shoes, I understand why you'd want to stay put because it's been a hard week for you with a lot of stressful things going on. I also know you've been trying really hard to work on your mental health and it's frustrating when nothing seems to work, and because sometimes cocooning in bed feels like it's the only thing that helps. I imagine sometimes it's hard to even think about what might be helpful." more?"
[emotional support] "I know it feels really hard and that you're doing the best you can. I'm here for you."
[practical support] "So how about this: I'll be back in ten minutes. Can you do something small, like brushing your teeth? After that, if you decide you're up for it, maybe we can take the dog for a quick walk around the block."

- **Loved one:** "Maybe. I'm not sure."
Caregiver: *[Problem-solving together]* "Let's try and make it more manageable. We don't have to decide on everything now. How about we focus just on the first step – brushing your teeth? Once you're up, we can see how you feel. If you still want to rest later, that's okay. We can take it slow and do one thing at a time. I'll be here to support you."