

Compassionate Connection Therapy

○ Welcome to Your Reflection Space

This space was created with care — for anyone moving through something tender, uncertain, or quietly important. Whether you're processing pain, seeking clarity, rebuilding trust, or simply needing a moment to breathe, you're welcome here. You don't need to arrive with answers or be in a particular emotional state. You're invited just as you are.

These worksheets offer gentle tools for reflection: soft places to land, explore, and reconnect with yourself. They're designed to meet you where you are, without pressure, urgency, or expectation. You can move through them slowly, skip parts, return later, or simply sit with the questions. Your pace matters. Your wellbeing matters.

The mission behind these resources is simple: to make emotional support more accessible at a time when many people are carrying more than they can say. These worksheets are offered freely, with no hidden agenda — just the hope that they might help you feel a little more understood, a little less alone, and a little more connected to your own voice.

If this mission resonates, you're welcome to share these resources. Print them, post them, pass them along. Your share might be the moment someone realises they deserve gentleness too.

These worksheets are here to support your healing — not to rush it. You don't need to complete every section. You don't need to "get it right." Take what feels supportive. Leave what doesn't. Let this be a companion, not a task.

You're not alone in this. Even if we've never met, these resources are offered with quiet solidarity — holding space for you, believing in your capacity to heal, and honouring the courage it takes to turn inward.

● A Gentle Note on Safety

These worksheets are designed for personal reflection. They are not a substitute for therapy or professional support.

If you're currently in therapy, you may wish to share this resource with your therapist before exploring. If you're not in therapy, please take care to reflect in a space that feels emotionally and physically safe.

You might choose to explore alongside someone you trust — a friend, partner, or support person. If that isn't available right now, this worksheet can still be a quiet companion. Go gently. In your own time. In your own way.

Compassionate Connection Therapy

Where to Find the Worksheets

If this resource feels meaningful, please share it. Healing is communal — and your share might be someone's first step toward feeling less alone.

You can find these worksheets freely across platforms:

Website: <https://CompassionateConnectionTherapy.co.uk>

Facebook: Compassionate Connection Therapy

TikTok: @rosa.tomassi.bella

Instagram: @connectiontherapyrhyl

Together, we can make emotional support tools free, gentle, and accessible.

A Note on Contact

These worksheets are shared freely, but individual support cannot be offered through messages or comments. If you need support, please reach out to a therapist or someone you trust. These tools are here to guide gentle exploration — not to replace professional care. Thank you for understanding, and for sharing with kindness.

If You're in Crisis

These worksheets are not for emergencies. If you feel overwhelmed or unsafe, please reach out:

- **Samaritans — 116 123** (free, 24/7)
- **NHS 111** — urgent mental health advice
- **999** — if you or someone else is at immediate risk

You deserve support, safety, and care.

Compassionate Connection Therapy

Free & Low-Cost Support in the UK

If you'd like additional support, the organisations below offer free or low-cost help across the UK. You don't need a diagnosis, a referral, or the "right" words — just reach out in whatever way feels manageable. Many offer phone, text, email, or online support.

- **Cruse Bereavement Support** Free support for anyone grieving, at any stage. Helpline: 0808 808 1677 Website: <https://www.cruse.org.uk>
- **Sudden Bereavement UK** Support for sudden or unexpected loss. Website: <https://www.sudden.org>
- **One in Four** Specialist support for survivors of childhood sexual abuse. Website: <https://www.oneinfour.org.uk>
- **Rape Crisis England & Wales** Free, confidential support for anyone affected by sexual violence. Helpline: 0808 500 2222 Website: <https://www.rapecrisis.org.uk>
- **NAPAC (National Association for People Abused in Childhood)** Support for adult survivors of childhood abuse. Helpline: 0808 801 0331 Website: <https://napac.org.uk>
- **Mind** Information, guidance, and local low-cost services. Website: <https://www.mind.org.uk>
- **SANEline** Emotional support for anyone struggling with mental health. Helpline: 0300 304 7000 Website: <https://www.sane.org.uk>
- **Shout 24/7** free text support for anyone in distress. Text: SHOUT to 85258 Website: <https://giveusashout.org>
- **Refuge** Support for women and children experiencing domestic abuse. Helpline: 0808 2000 247 Website: <https://www.refuge.org.uk>
- **Men's Advice Line** Support for men experiencing domestic abuse. Helpline: 0808 801 0327 Website: <https://mensadvice.org.uk>
- **Switchboard LGBT+ Helpline** Support for LGBTQ+ people, family, and friends. Helpline: 0300 330 0630 Website: <https://switchboard.lgbt>
- **Galop** Support for LGBTQ+ people facing abuse or violence. Website: <https://galop.org.uk>
- **Beat Eating Disorders** Support for anyone affected by eating difficulties. Website: <https://www.beateatingdisorders.org.uk>
- **Citizens Advice** Free guidance on benefits, debt, housing, employment, and legal issues. Website: <https://www.citizensadvice.org.uk>
- **Shelter** Support with housing, homelessness, and unsafe living situations. Helpline: 0808 800 4444 Website: <https://www.shelter.org.uk>
- **The Mix** Support for anyone under 25 — mental health, relationships, money, housing. Helpline: 0808 808 4994 Website: <https://www.themix.org.uk>
- **Hub of Hope** A national database of local mental health support. Website: <https://hubofhope.co.uk>

Compassionate Connection Therapy

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You are welcome to share this resource with others for support, as long as:

- You credit **Rosa Tomassi-Bella** and **Compassionate Connection Therapy**
- You do **not** alter the content in any way
- You do **not** use it for commercial purposes or financial gain

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■ A Gentle Guide to Understanding, Owning, and Growing from Mistakes

■ Introduction

Mistakes are part of being human — not a sign of failure, but a sign that we are alive, learning, and trying. They can feel uncomfortable, surprising, or heavy, yet they also offer moments of insight that help us understand ourselves more deeply. This worksheet is an invitation to explore those moments with warmth and patience. There is no expectation to reach a particular conclusion or to “fix” anything. You are simply creating space to notice what happened and how it touched you.

As you move through these pages, you’ll find open questions for when you want room to explore freely, and sentence starters for moments when the blank page feels too wide or overwhelming. Both approaches are equally valid. You can move between them as you wish, trusting your own pace and capacity. This is your space — gentle, private, and free from judgement.

■ How to Use This Worksheet

This worksheet is designed to support reflection in a way that feels grounding rather than demanding. You can complete it in one sitting or return to it over several days. There is no “right” order, and you are welcome to pause whenever you need.

Each section includes:

- A gentle guide
- Six or more open questions
- Six or more sentence starters
- One mindfulness practice ☐
- One sciency bit ☐

The sentence starters are here for moments when the open questions feel too open-ended or emotionally spacious. Some people prefer the freedom of open questions; others feel steadier with a guided beginning. Both are completely valid ways of reflecting.

Take your time. Let your breath settle. You are allowed to move slowly.

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■ Section 1: Softly Naming What Happened

Gentle Guide

Before any learning can unfold, it helps to gently name the moment you want to explore. This isn't about assigning blame or deciding whether something was "big" or "small." It's simply about acknowledging a moment that stayed with you. Naming it clearly — without harshness or minimising — can help your mind and body feel more grounded.

Open Questions

1. What is the moment you'd like to reflect on?
2. What was happening around you at the time?
3. Who else was present or affected?
4. What mattered to you in that moment?
5. What were you hoping would happen instead?

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6. What made this moment stand out afterwards?

Sentence Starters

1. The moment I'm reflecting on is...
2. At the time, the situation around me looked like...
3. The people involved were...
4. What mattered to me then was...
5. I had hoped that...

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6. This moment stayed with me because...

Mindfulness Practice ☐

“Three Things” grounding Look around the room and gently name:

- three things you can see
- three things you can hear
- three points of contact between your body and the surface supporting you

This helps your nervous system settle so you can reflect with steadiness.

Sciency Bit ☐

When you name an experience clearly, your brain shifts from emotional reactivity into reflective thinking. This activates the prefrontal cortex — the part of the brain that helps with perspective and calm reasoning — and reduces the amygdala’s threat response. In simple terms, naming what happened helps your mind feel safer.

Your body responds too. Avoiding or suppressing a mistake can create tension, as though your system is bracing. Gently acknowledging the moment signals to your body that it’s safe to look, softening physical tightness and supporting a more grounded state.

■ Section 2: Understanding the Ripples

Gentle Guide

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Every action creates ripples — some subtle, some more noticeable. Exploring the impact of a mistake isn't about criticising yourself; it's about understanding the wider picture with compassion. This section invites you to notice how the moment affected you and anyone else involved, without assuming or judging.

Open Questions

1. How did this moment affect you emotionally or practically?

2. Did it affect anyone else, and if so, how?

3. What changed because of this moment?

4. What did it cost you in time, energy, or ease?

5. What might it have cost others?

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6. What feels most important about the impact?

Sentence Starters

1. This moment affected me by...
2. Others may have been impacted because...
3. What changed afterwards was...
4. The cost to me was...
5. The cost to others might have been...
6. What feels most important about the impact is...

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Mindfulness Practice ☐

“Hand on Heart” awareness Place one hand over your heart and one on your abdomen. Notice the rise and fall of your breath. Let your shoulders soften. Stay for a few slow breaths, allowing your body to feel supported.

Sciency Bit ☐

Reflecting on impact activates neural pathways linked to empathy and relational awareness. Humans are wired for connection and understanding how our actions affect others helps the brain integrate social information in a balanced way. This isn’t about guilt — it’s about recognising our interconnectedness.

The body often reacts to relational strain with tension or shallow breathing. By exploring impact gently, you help your nervous system process the experience rather than store it as unresolved stress. This supports emotional resilience and healthier future interactions.

■ Section 3: Listening to Your Inner Landscape

Gentle Guide

Mistakes can stir up a mix of sensations, thoughts, and emotions. Some may feel familiar; others may catch you off guard. This section invites you to notice your internal experience with kindness. You’re not trying to change anything — only to understand what arose within you.

Open Questions

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1. What physical sensations did you notice?
2. What thoughts or self-talk appeared?
3. What emotions came up for you?
4. Did any old patterns or memories surface?
5. How did your body respond — tightening, freezing, energising, or something else?
6. Which part of your internal response felt strongest?

Sentence Starters

1. In my body, I noticed...

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2. The thoughts that appeared were...
3. Emotionally, I felt...
4. This reminded me of...
5. My body responded by...
6. The strongest part of my reaction was...

Mindfulness Practice ☐

“Shoulder Roll Reset” Roll your shoulders forward five times, then backwards five times. Move slowly, noticing any areas of tightness or release. This gentle movement helps interrupt tension patterns and reconnects you with your body.

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Sciency Bit ○

Internal reactions to mistakes are shaped by past experiences and the brain's natural threat-detection systems. When something goes wrong, the amygdala may interpret it as danger, even if the situation is low stakes. This can create physical sensations such as tightness, heat, or a sinking feeling.

Noticing your internal response with curiosity activates neural circuits linked to emotional regulation. This process helps the brain shift from automatic reactivity to thoughtful awareness. As your mind settles, your body often follows — muscles soften, breathing steadies, and the nervous system moves toward balance.

■ Section 4: Learning with Kindness

Gentle Guide

Every mistake carries a lesson, though it may take time to uncover it. This section invites you to explore what the moment might be offering you — not through pressure or perfectionism, but through gentle curiosity. Learning from mistakes is less about “getting it right” and more about understanding your needs, patterns, and possibilities.

Open Questions

1. What might this moment be showing you?
2. What need of yours was unmet at the time?

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3. What practical insight can you take from this?

4. What would support you in similar situations?

5. What strengths did you show, even in difficulty?

6. What kind words would you offer someone else in your place?

Sentence Starters

1. This moment might be teaching me that...

2. A need I had at the time was...

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3. One insight I can take forward is...
4. In future, it may help me to...
5. A strength I showed was...
6. If someone else were in my place, I would say...

Mindfulness Practice ☐

“Breath and Length” stretch Reach your arms overhead as you inhale. Lower them slowly as you exhale. Repeat three to five times. This gentle lengthening invites a sense of spaciousness — a physical reminder that learning creates room inside you.

Sciency Bit ☐

Approaching mistakes with curiosity activates the brain’s reward and motivation systems. When you reflect kindly, dopamine pathways become more active, supporting problem-solving and long-term behavioural change. Harsh self-talk, by contrast, activates threat circuits that make learning harder.

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Your body mirrors this process. Curiosity softens the muscles and deepens the breath, while self-criticism often creates tension. By choosing compassion, you create a physiological environment that supports growth. This is not indulgence — it is effective, evidence-based learning.

■ Section 5: Moving Forward with Intention

Gentle Guide

Once you've explored what happened and what it taught you, you may feel ready to consider your next steps. These do not need to be dramatic or perfect. Small, thoughtful actions often create the most meaningful change. This section helps you identify what might support you as you move forward.

Open Questions

1. What feels like the next gentle step from here?
2. Is there anything that needs repairing or clarifying?
3. What support might you need from yourself or others?
4. What habit or behaviour could help prevent similar moments?

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5. What would “moving forward” look like in a kind, sustainable way?

6. What do you want to remember from this experience?

Sentence Starters

1. My next gentle step could be...

2. Something that may need repairing is...

3. Support that would help me includes...

4. A habit that could support me is...

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5. Moving forward kindly might look like...

6. What I want to remember is...

Mindfulness Practice ☐

“Foot to Floor” grounding Place both feet flat on the ground. Press them gently into the floor and notice the support beneath you. Feel the steadiness rising through your legs. This practice reinforces the sense of moving forward with stability.

Sciency Bit ☐

Intentional action activates neural pathways involved in planning and motivation. Choosing a small, achievable step releases reward signals that reinforce progress, making it more likely that new habits will take root.

The body also benefits from intentionality. Feeling grounded reduces physiological stress and increases a sense of agency. When your body feels supported, your mind becomes more open to change. This integration strengthens resilience and helps new patterns form.

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■ Closing

You've taken time to reflect with honesty and gentleness — and that matters. Looking at mistakes can feel vulnerable, yet you chose to meet yourself with care. That choice alone is an act of courage.

As you move forward, remember that mistakes do not define you. They are moments, not identities. Each one offers an invitation to understand yourself more deeply and to strengthen the way you relate to the world. You are allowed to learn slowly. You are allowed to try again. You are allowed to be human.

Keep this worksheet as a reminder that every misstep can become a stepping stone. With each reflection, you are building a more grounded, compassionate version of yourself — one breath, one insight, one gentle step at a time.