○ 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.

📍 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.

📞 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://mensadviceline.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

⚖️ Copyright and Usage

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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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◆ Being Okay with Change and Uncertainty

A gentle guide to navigating transitions, trusting yourself, and finding steadiness in the unknown

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◆ Introduction

Change is a natural part of life, yet that does not mean it is always easy. Some changes arrive gradually, giving us time to adapt. Others appear suddenly, reshaping our plans, relationships, routines, identities, or sense of safety. Even positive changes can bring uncertainty, questions, and emotional discomfort.

If you are currently facing change, navigating a life transition, waiting for clarity about the future, or learning to let go of something familiar, this worksheet was created for you. It offers a compassionate space to explore your thoughts and feelings without pressure to "be positive", rush acceptance, or immediately know what comes next.

Many people believe confidence comes from having certainty. In reality, confidence often develops through learning that we can cope, adapt, and find our footing even when life feels unclear. This worksheet is designed to help you reconnect with that capacity.

You do not need to complete every section at once. Move at your own pace. Skip anything that doesn't feel relevant. Come back whenever you need to. This is not a test. It is an invitation to explore your experience with kindness.

◆ How to Use This Worksheet

Each section contains:

• A gentle guide to introduce the topic

• Open questions to encourage reflection

• Sentence starters for moments when open questions feel too overwhelming, too broad, or difficult to approach

• A mindfulness, grounding, or reflective practice

• A warm, accessible psychology explanation

The sentence starters are not a "simpler" option. They are simply a different way in. Some days you may want the freedom of open reflection. Other days, you may benefit from a little more structure. Both approaches are equally valid.

You can write, draw, think through the questions, voice-record your thoughts, or discuss them with someone you trust. There is no correct way to complete this worksheet.

◆ Section 1: Naming the Change

Gentle Guide

When change enters our lives, it can sometimes feel so overwhelming that we struggle to describe what is actually happening. We may find ourselves caught between the past and the future, uncertain where we stand or how we feel.

Giving change a name does not make it disappear, but it can help us orient ourselves. This section invites you to gently explore what is changing, what it means to you, and how it is affecting your world.

Open Questions

1. What change or uncertainty am I currently facing?

2. How long has this been present in my life?

3. What feels most significant about this change?

4. What emotions come up when I think about it?

5. What feels predictable right now?

6. What feels uncertain right now?

7. What feels most difficult to put into words?

Sentence Starters

• The change I am experiencing is...

• This has been present for...

• What feels most significant is...

• When I think about this change, I feel...

• Something that still feels steady is...

• Something that feels uncertain is...

• What I struggle to express is...

◇ Mindfulness Practice: Naming What Is Here

Take a moment to pause.

Without trying to solve anything, simply notice what is present.

You might complete the sentence:

"Right now, I am noticing..."

Notice thoughts.

Notice emotions.

Notice hopes.

Notice fears.

Allow them to exist without needing to change them.

◇ Sciency Bit

Psychology tells us that naming experiences can reduce emotional overwhelm. When we put words to what we are feeling, the brain often shifts from reacting automatically towards

processing more thoughtfully. This is sometimes called "affect labelling" and can help create a sense of emotional steadiness.

From a biological perspective, uncertainty can activate the brain's threat-detection systems because humans naturally seek predictability. This is not a sign that something is wrong with you. It is simply part of being human. Understanding this can help us meet ourselves with greater compassion when facing change.

◆ Section 2: Honouring What Was

Gentle Guide

Change often involves letting go of something familiar, even when the change is welcome. We may grieve routines, identities, expectations, relationships, places, or versions of ourselves that can no longer continue in quite the same way.

Acknowledging what mattered is not the same as refusing to move forward. In fact, honouring what was can help create space for what is next.

Open Questions

1. What am I leaving behind?

2. What did this part of my life give me?

3. What did I value about it?

4. What will I miss most?

5. What lessons am I taking with me?

6. What would I like to thank this chapter for?

7. What feels unfinished or unresolved?

Sentence Starters

• What I am leaving behind is...

• This part of my life gave me...

• What I valued most was...

• What I will miss is...

• One lesson I am taking forward is...

• I would like to thank this chapter for...

• Something that feels unfinished is...

◇ Mindfulness Practice: Gratitude and Goodbye

Imagine placing this chapter of your life gently in front of you.

Notice what memories arise.

Consider asking yourself:

"What did this season teach me?"

"What would I like to carry forward?"

Allow appreciation and sadness to exist together if they need to.

◇ Sciency Bit

Developmental psychology suggests that growth often involves periods of transition where old identities no longer fit, but new ones have not yet fully formed. These periods can feel uncomfortable because humans naturally seek continuity and stability.

Research on grief also shows that grief is not limited to bereavement. We can grieve roles, expectations, opportunities, relationships, routines, and futures we imagined. Honouring those experiences helps the mind integrate change rather than suppress it.

◆ Section 3: Understanding Fear and Uncertainty

Gentle Guide

Uncertainty can be one of the most challenging experiences we face. The mind naturally tries to fill in the blanks, predict outcomes, and search for answers. Sometimes this helps. Other times it leaves us stuck in worry, overthinking, or imagining worst-case scenarios.

This section explores your relationship with uncertainty and what may be sitting underneath your fears.

Open Questions

1. What worries me most about this change?

2. What am I afraid might happen?

3. What assumptions am I making?

4. Which fears feel realistic?

5. Which fears might come from uncertainty rather than evidence?

6. What helps me feel safer when things are unclear?

7. What would I like reassurance about?

Sentence Starters

• My biggest worry is...

• I am afraid that...

• One assumption I may be making is...

• A realistic concern I have is...

• A fear that may come from uncertainty is...

• I feel safer when...

• What I most need reassurance about is...

◇ Mindfulness Practice: Separating Facts from Fears

Create two columns.

Column one: Facts I know.

Column two: Fears, worries, or predictions.

Take your time.

Notice the difference between what is definitely true and what the mind is imagining could happen.

Approach both with compassion.

◇ Sciency Bit

Cognitive psychology shows that the brain often treats uncertainty as a problem to solve. When answers are unavailable, the mind may generate possibilities in an attempt to regain control. This can lead to increased worry and mental exhaustion.

Research into uncertainty tolerance suggests that emotional wellbeing is often strengthened not by eliminating uncertainty, but by learning that we can cope alongside it. The goal is not to feel certain about everything. The goal is to develop trust in your ability to respond to whatever unfolds.

◆ Section 4: Expanding Emotional Flexibility

Gentle Guide

Many people believe they should only feel one thing at a time. Yet real life is often much messier than that. We can feel hopeful and scared. Excited and sad. Grateful and frustrated.

Emotional flexibility involves making room for complexity rather than demanding certainty from ourselves.

Open Questions

1. What emotions am I experiencing right now?

2. Which emotions seem to conflict with one another?

3. Which feelings have I been pushing away?

4. Which feelings feel easier to accept?

5. What emotions might need more space?

6. What have my feelings been trying to tell me?

7. How would it feel to allow multiple emotions to coexist?

Sentence Starters

• Right now, I am feeling...

• Two emotions that exist together are...

• A feeling I find difficult to accept is...

• A feeling that comes more easily is...

• I think this emotion may be telling me...

• My feelings need...

• It might be okay if...

◇ Mindfulness Practice: Making Room

Picture your emotions sitting beside you rather than inside you.

One by one, acknowledge them.

You do not need to get rid of them.

You do not need to agree with them.

Simply say:

"I see that you are here."

Notice what shifts when you stop fighting their presence.

◇ Sciency Bit

Counselling psychology often views emotions as sources of information rather than problems to eliminate. Feelings can help us understand our needs, values, priorities, and experiences.

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Research into psychological flexibility suggests that wellbeing increases when people learn to experience emotions without becoming completely controlled by them. Emotional flexibility allows us to adapt to life's challenges while remaining connected to what matters most.

◆ Section 5: Reconnecting With Inner Strength

Gentle Guide

When life feels uncertain, it is easy to focus on what might go wrong. In doing so, we sometimes forget the challenges we have already survived and the strengths we have already developed.

This section invites you to reconnect with your resilience, not as pressure to "stay strong", but as recognition of your existing capacity.

Open Questions

1. What challenges have I overcome before?

2. What strengths helped me through them?

3. What personal qualities am I overlooking?

4. What support systems do I have?

5. When have I surprised myself in the past?

6. What would a trusted friend say about my strengths?

7. What gives me confidence that I can navigate this change?

Sentence Starters

• A challenge I have overcome is...

• A strength I used was...

• I sometimes forget that I am...

• One source of support is...

• I surprised myself when...

• A trusted friend might describe me as...

• I can trust myself because...

◇ Mindfulness Practice: Strengths Reflection

Think of three difficult situations you have faced in life.

Notice:

• What helped you cope?

• What strengths emerged?

• What did you learn about yourself?

Allow yourself to acknowledge these strengths without minimising them.

◇ Sciency Bit

Self-efficacy research suggests that confidence often develops through lived experience rather than certainty. People build trust in themselves by facing challenges, adapting, learning, and discovering they can cope.

Neuropsychology also highlights the brain's capacity for adaptation. Humans are remarkably capable of adjusting to new circumstances. While change can feel intimidating, the mind and body are designed to learn, grow, and respond to life's evolving demands.

◆ Section 6: Moving Towards the Next Chapter

Gentle Guide

The future rarely arrives fully mapped out. Often, the next step becomes clearer only after we begin walking towards it.

This section is not about having all the answers. It is about identifying small, manageable ways to move forward while remaining connected to yourself.

Open Questions

1. What matters most to me moving forward?

2. What values do I want to carry with me?

3. What small step feels possible?

4. What support might help?

5. What am I ready to release?

6. What am I ready to welcome?

7. What would I like to remember during this transition?

Sentence Starters

• What matters most moving forward is...

• A value I want to carry with me is...

• One small step could be...

• Helpful support may be...

• I am ready to release...

• I am ready to welcome...

• I would like to remember...

◇ Mindfulness Practice: Meeting Your Future Self

Imagine yourself one year from now.

Not perfect.

Not free from challenges.

Simply further along your journey.

What wisdom would that future version of you offer today?

Sit quietly and listen.

Write down whatever comes.

◇ Sciency Bit

Positive psychology suggests that hope is not simply wishful thinking. Hope often involves recognising a future possibility while taking realistic steps towards it. Small actions can have a surprisingly powerful impact on confidence and wellbeing.

Research into resilience also shows that people do not need complete certainty to move forward. Often, resilience grows through taking manageable steps despite uncertainty, gradually building evidence that we can navigate whatever comes next.

◆ Closing

Change can be uncomfortable, messy, exciting, painful, hopeful, confusing, and transformative. Sometimes it is all of these things at once. If this worksheet has taught you anything, I hope it is that uncertainty does not mean failure, weakness, or inability. It simply means you are living through a chapter that has not fully revealed itself yet.

You do not need to have all the answers today.

You do not need to know exactly where things are heading.

You do not need to feel positive all the time.

You are allowed to take things one step, one conversation, one decision, and one day at a time.

As you leave this worksheet, carry forward whatever felt helpful and leave behind whatever didn't resonate. Trust that you have already navigated change before. Trust that you are learning, growing, and adapting, even when progress feels invisible.

The future may be uncertain. But you do not have to face it alone. And you do not have to face it perfectly.