

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.

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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.

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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>

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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
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Communicating with Care in Difficult Relationships

A reflective worksheet for clarity, steadiness, and self-respect

Introduction

Relationships can shift, stretch, or end, yet communication often continues. Whether you're co-parenting, managing shared responsibilities, or simply navigating a connection that still affects you, communicating with someone who evokes strong feelings can be challenging. This worksheet is designed to support you in approaching those moments with steadiness, clarity, and compassion for yourself.

You do not need to have everything figured out before you begin. This resource is here to help you slow down, understand what you need, and choose how to respond in a way that aligns with your values. It is written to be universal — suitable for anyone, in any situation, where communication feels emotionally charged or complicated.

How to Use This Worksheet

This worksheet offers both **open questions** and **sentence starters**. Both are equally valid.

- The **open questions** give you space to explore freely.
- The **sentence starters** offer a gentler, more guided way in — especially helpful when you feel overwhelmed, stuck, or unsure where to begin.

Each section contains:

- A gentle guide
- Six or more open questions
- Six or more sentence starters
- One mindfulness practice (unique to each section)
- One sciency bit (warm, accessible, grounded in psychology)

Move through the sections at your own pace. There is no right order and no expectation to complete everything in one sitting.

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Section One: Understanding Your Intentions

Gentle Guide

Before communicating with someone who feels difficult to engage with, it can help to understand what you're hoping for. Intentions are not demands or expectations; they are quiet internal signposts that help you stay grounded. When you know what you're aiming for, you're less likely to be pulled into old patterns or emotional spirals.

Open Questions

1. What is the core purpose of the communication I'm considering?
2. What would a constructive outcome look like for me?
3. What would a respectful outcome look like for them?
4. What values do I want to uphold in this interaction?
5. What do I hope I will feel after the conversation?

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6. What do I want to avoid repeating from past interactions?

Sentence Starters

- I'm hoping this communication will help me...
- A constructive outcome for me would be...
- A respectful outcome for them might be...
- The values I want to stay aligned with are...
- After this conversation, I would like to feel...

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- I want to avoid falling back into...

Mindfulness Practice

Name the Anchor Sit comfortably. Choose one physical point of contact — your feet on the floor, your hands resting together, or your back against the chair. Gently focus on that point for 30 seconds. Notice the steadiness of that contact. Let your breath settle without changing it. This simple anchor helps your body shift from urgency to clarity.

Sciency Bit

When we pause to clarify our intentions, we activate parts of the brain involved in reflective thinking rather than reactive responding. This shift supports the prefrontal cortex — the area responsible for planning, emotional regulation, and decision-making — allowing us to approach communication with more steadiness and less impulsivity.

Intention-setting also helps reduce the influence of the amygdala, the part of the brain that reacts to perceived threat. When communication feels emotionally loaded, the body can interpret it as danger. Naming your intention creates a bridge between body and mind, signalling safety and helping you respond from a grounded place rather than a protective one.

Section Two: Clarifying Your Boundaries

Gentle Guide

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Boundaries are not walls; they are gentle lines that help you stay emotionally safe. They protect your energy, your time, and your wellbeing. When communication feels difficult, boundaries help you stay connected to what matters without being pulled into what harms.

Open Questions

1. What topics feel safe and appropriate for me to discuss right now?
2. What topics feel too sensitive or overwhelming?
3. What tone or behaviour feels respectful to me?
4. What tone or behaviour feels harmful or destabilising?
5. What communication methods support my wellbeing?
6. What boundaries help me stay grounded during conflict?

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Sentence Starters

- I feel comfortable discussing...
- I'm not ready to discuss...
- Respectful communication looks like...
- Harmful communication feels like...
- I communicate best through...
- A boundary that helps me stay grounded is...

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Mindfulness Practice

The Hand Scan Place one hand gently over your chest or stomach. Notice the warmth or weight of your hand. Let your breath move naturally beneath it. This simple gesture can help regulate your nervous system and remind your body that you are safe enough to choose your boundaries with clarity.

Sciency Bit

Boundaries are closely linked to the body's stress response. When boundaries are unclear or crossed, the nervous system can shift into fight, flight, or freeze. By identifying your limits ahead of time, you reduce the likelihood of being overwhelmed or triggered during communication.

Behavioural psychology shows that clear boundaries increase predictability, which helps the brain feel safer. When you know what you will and won't engage with, your body can relax into a more regulated state. This makes it easier to communicate calmly, assertively, and without defensiveness.

Section Three: Preparing for Emotional Triggers

Gentle Guide

Triggers are not signs of weakness; they are signals from your body that something feels familiar, overwhelming, or unsafe. Understanding your triggers helps you respond with care rather than react from distress.

Open Questions

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1. What situations or phrases tend to unsettle me?
2. What physical sensations do I notice when I feel triggered?
3. What helps me return to calm?
4. What boundaries support me when I'm activated?
5. What patterns from past interactions do I want to avoid?
6. What helps me feel safe enough to pause?

Sentence Starters

- I tend to feel triggered when...

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- When I'm triggered, my body feels...
- Something that helps me calm down is...
- A boundary that supports me is...
- A pattern I want to avoid is...
- I feel safer when I...

Mindfulness Practice

The 3–2–1 Reset Look around and gently name:

3 things you can see

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2 things you can touch

1 thing you can hear

This practice helps interrupt the brain's threat response and brings you back into the present moment.

○ Sciency Bit

Triggers activate the body's survival system. When this happens, the brain shifts resources away from reflective thinking and toward protection. This is why communication can suddenly feel sharper, faster, or more emotional than intended.

By identifying triggers ahead of time, you help your brain recognise that the present moment is not the same as the past. This supports the hippocampus — the part of the brain involved in context and memory — in distinguishing between old experiences and current reality. Over time, this reduces reactivity and strengthens your ability to stay grounded during difficult conversations.

Section Four: Communicating with Clarity

Gentle Guide

Clear communication is not about perfection; it's about staying connected to what matters. When emotions run high, clarity helps prevent misunderstandings and reduces the likelihood of conflict.

Open Questions

1. What do I want to express as simply as possible?

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- The essential information is...
- I want to communicate this without blame by...
- A calm tone for me sounds like...
- To stay focused, I can...
- Before responding, I can pause by...

Mindfulness Practice

The Breath Gap Inhale gently for a count of four. Pause for one soft moment. Exhale for a count of six. This longer exhale helps activate the parasympathetic nervous system, supporting clearer thinking and calmer communication.

Sciency Bit

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- Next time, I might try...

- I'm proud that I...

Mindfulness Practice

The Shoulder Drop Lift your shoulders gently toward your ears. Hold for two seconds. Release slowly. Repeat twice. This simple movement helps release tension stored in the upper body and signals to the nervous system that the moment has passed.

Sciency Bit

Reflection supports neuroplasticity — the brain's ability to learn, adapt, and form new patterns. When you reflect without self-criticism, you strengthen the pathways associated with self-compassion and emotional resilience.

This process also helps integrate the experience, allowing the brain to store it as a learning moment rather than a threat. Over time, this reduces anticipatory anxiety and increases confidence in your ability to navigate difficult communication with steadiness and care.

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Closing

You are allowed to take your time. Communication in difficult relationships can stir up old emotions, new worries, and everything in between. It is completely human to feel unsure, overwhelmed, or tender when you're deciding how to respond, or whether to respond at all. Every moment you pause to breathe, reflect, or choose a different approach is an act of care towards yourself. These small pauses are not signs of hesitation — they are signs of wisdom.

You do not need to get it perfect. There is no single “right” way to communicate in situations that are layered, emotional, or complex. What matters most is staying connected to what supports you: your values, your boundaries, and your wellbeing. This worksheet is here to help you move gently, thoughtfully, and with self-respect, even when the situation around you feels challenging.

You are allowed to protect your peace. You are allowed to speak when something matters, and you are allowed to step back when silence feels safer or more grounding. You are allowed to take space before responding, to change your mind, or to choose a different path than the one you've taken before. These choices are not avoidance — they are forms of self-leadership.

You are also allowed to grow at your own pace. Each time you pause instead of reacting, each time you name a boundary, each time you choose clarity over conflict, you strengthen your sense of agency. These moments build confidence slowly and quietly, often without you noticing. Over time, they help you feel more steady in yourself, regardless of how someone else behaves.

Most importantly, you are allowed to be human. You are allowed to feel tired, hopeful, frustrated, relieved, confused, or anything else that arises. You are allowed to revisit these reflections whenever you need to. You are allowed to begin again as many times as it takes.

You live in choice — and every gentle choice you make is a step towards a more grounded, peaceful version of communication.