

## Welcome to Your Reflection Space

These worksheets are offered with care, for **personal use only**. They're here to support your healing—not to rush it. You don't need to finish every section or have all the answers. Take what supports you. Leave what doesn't. Your pace, your process, your wellbeing—those come first.

## A Gentle Note on Safety

These worksheets are designed to support **personal reflection** and are sometimes used within my own client work. They are **not a substitute for therapy**, nor intended as professional treatment tools. If you're currently in therapy, consider sharing this resource with your therapist before exploring. If you're not in therapy, please take care to reflect in a safe space—emotionally and physically. You might choose to explore alongside someone you trust—a friend, partner, or support person. If that's not available to you right now, this worksheet can still be a quiet companion. Go gently, in your own time, in your own way.

## Help Us Spread the Care

If this resource resonates with you, please share it. Post it, send it, print it, pass it on. Healing is communal—and your share might be someone's first step.

## Where to Find Worksheets

You'll find this worksheet shared across all platforms:

**Facebook:** Compassionate Connection Therapy

**Website:** [CompassionateConnectionTherapy.co.uk](http://CompassionateConnectionTherapy.co.uk)

**TikTok:** @rosa.tomassi.bella

**Instagram:** connectiontherapyrhy1

Let's make emotional support tools free, gentle, and accessible—together.

## A Note on Contact

These worksheets are shared freely, but I'm not able to offer individual support or respond to personal messages. I hold space for my own clients with care and focus. If you need support, please speak with 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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## Couples Exploration Worksheet

**For partners who want to understand each other more deeply, reconnect with intention, and build shared meaning.**

Relationships are living things. They shift, stretch, settle, and sometimes feel stuck. They're shaped by our histories, our habits, our hopes—and by the quiet, everyday ways we show up for each other. This worksheet isn't about fixing what's broken or pointing fingers. It's not about getting everything "right." It's about creating space: for reflection, for curiosity, for connection.

You might be navigating stress, distance, transition, or simply longing to feel closer. You might be thriving but want to deepen your bond. You might be unsure where things stand. All of that is welcome here. Wherever you are in your journey, this is a gentle place to begin.

You can complete this together, side by side. Or reflect individually and share when it feels right. There's no pressure to answer perfectly—just space to be honest, kind, and open to understanding each other a little more.

There's no scorecard. No test. Just a conversation. A moment to pause and ask:

- What helps us feel seen?
- What helps us feel safe?
- What helps us feel like us?

You're allowed to take your time. You're allowed to skip questions. You're allowed to come back later. This is your space—use it in whatever way feels most supportive.

## ⌚ 1. Opening Check-In

**Before we begin—how are we arriving to this conversation?** This section is a soft landing. It's not about solving anything or setting expectations. It's simply a moment to pause, notice what's present, and name what you're bringing into this space—emotionally, mentally, energetically.

You might be feeling hopeful, tired, curious, guarded, open, or unsure. You might be carrying something from your day, your week, or your past. All of it is welcome here.

This isn't a performance. There's no pressure to be "ready" or "clear." You can answer in fragments, feelings, or even silence. The goal is to offer each other a gentle starting point—one that honours where you are, not where you think you should be.

You can complete this together or separately and return to it anytime you need to reset or reconnect.

- **Right now, I'm feeling...** (*You can name an emotion, a sensation, or even a metaphor—whatever feels true*)

Partner A:

Partner B:

- **Something I'm carrying emotionally today is...** (*This could be light or heavy, recent or old—just something you're aware of*)

Partner A:

Partner B:

- **One thing I'm hoping to get out of this worksheet is...** (*It might be clarity, connection, softness, or simply time together*)

Partner A:

Partner B:

- **If anything feels hard to talk about today, I'd like my partner to know... (This is a space to name vulnerability, set gentle boundaries, or ask for care)**

Partner A:

Partner B:

## ⌚ 2. Communication Styles

**How do we speak when we're under pressure—and how do we listen?** Communication is more than words—it's tone, timing, silence, and presence. When stress enters the picture, our patterns often shift. We might speak faster, go quiet, become reactive, or struggle to find the right words. This section invites you to gently notice those shifts, without judgment.

There's no “ideal” way to communicate under pressure. What matters is understanding how each of you tends to respond, and what helps you feel safe enough to share. This is a space to name your needs, reflect on what's helped (or hurt), and explore small ways to build more understanding between you.

You can complete this together or separately and revisit it whenever communication feels strained or misunderstood.

- **When I'm feeling stressed or overwhelmed, I tend to communicate by... (e.g., *withdrawing, becoming more reactive, needing reassurance, going quiet, overexplaining*)**

Partner A:

Partner B:

- **When my partner is stressed, I often notice they...** (*What cues do you pick up on? What do you interpret from their tone, body language, or silence?*)

Partner A:

Partner B:

- **When I'm trying to express something important, I feel safest when...** (*Think about environment, tone, timing, or emotional presence—what helps you open up?*)

Partner A:

Partner B:

- **I believe my partner feels safest expressing themselves when...** (*What have you noticed helps them feel heard? What do they need from you in those moments?*)

Partner A:

Partner B:

- **One thing I'd like to try in our communication when stress is high is...** (*This could be a pause, a phrase, a gesture, or a shared agreement—something small and doable*)

Partner A:

Partner B:

- **One thing I'd appreciate from my partner when I'm struggling to communicate is...**

*(Be gentle and specific—what helps you feel supported without pressure or fixing?)*

Partner A:

Partner B:

### 3. Emotional Attunement

#### **How do we tune in to each other's inner world—and what helps us feel truly seen?**

Emotional attunement is the quiet art of noticing. It's not about reading minds or always knowing the right thing to say—it's about being present, responsive, and open to each other's emotional experience.

This section invites you to reflect on how you each feel emotionally understood, and what helps you feel safe to share. You might notice patterns, name small gestures that matter, or explore what's felt missing. There's no pressure to be perfect—just space to be honest and kind.

You can complete this together or separately and revisit it when emotional distance or misunderstanding shows up.

- **I feel most heard and understood when my partner...** *(Think about tone, timing, gestures, or specific moments that made you feel seen)*

Partner A:

Partner B:

- **My partner feels most heard and understood when I...** (*What have you noticed helps them feel emotionally supported?*)

Partner A:

Partner B:

- **One thing I could do more often to show emotional presence is...** (*This could be listening without fixing, checking in, validating feelings, or simply being nearby*)

Partner A:

Partner B:

- **One thing I wish my partner understood about my emotions is... (Be gentle—what feels hard to explain, often misread, or quietly important to you?)**

Partner A:

Partner B:

#### 4. Conflict Repair

**How do we find our way back to each other after tension—and what helps us feel safe again?** Conflict is part of every relationship. It doesn't mean something is broken—it means something matters. What defines a strong relationship isn't the absence of disagreement, but the presence of repair: the ability to return to each other with care, curiosity, and a willingness to grow.

This section invites you to reflect on what helps you feel reconnected after tension, what tends to make things harder, and what you've noticed about your partner's needs. You might name small gestures, emotional cues, or patterns that show up when stress is high. There's no pressure to be perfect—just space to notice what's true for you.

You can complete this together or separately and revisit it when conflict feels unresolved or repair feels difficult.

- **After an argument, what helps me feel reconnected is... (Think about tone, timing, gestures, space, or words—what helps you soften and feel safe again?)**

Partner A:

Partner B:

- **What doesn't work for me during conflict is...** (*This could be escalation, silence, sarcasm, pressure to resolve quickly, or anything that makes you shut down*)

Partner A:

Partner B:

- **What helps my partner feel reconnected is...** (*What have you noticed helps them feel soothed, seen, or open to repair?*)

Partner A:

Partner B:

- **One thing we could try next time we disagree is...** (*This could be a pause, a shared phrase, a physical cue, or a new approach to repair—something small and doable*)

Partner A:

Partner B:

## 5. Decision-Making Dynamics

### **How do we make choices together—and how do we make space for both voices?**

Decision-making in relationships can be subtle. Sometimes one person takes the lead, sometimes decisions are shared, and sometimes they're avoided altogether. This section invites you to gently explore how choices are made in your relationship—without judgment or pressure.

It's not about keeping score or assigning roles. It's about noticing patterns, understanding what helps each of you feel heard, and exploring how to make space for both voices—especially when decisions feel emotionally charged or uneven.

You might reflect on everyday choices (like meals or routines) or bigger ones (like finances, parenting, or future plans). You can complete this together or separately and revisit it when decision-making feels stuck or imbalanced.

- **When we make decisions, I tend to... (e.g., take the lead, defer, overthink, avoid, push for quick answers, need time to process)**

Partner A:

Partner B:

- **I feel heard when...** (*Think about tone, timing, gestures, or specific moments that help you feel your input is valued—even if the outcome isn't exactly what you wanted*)

Partner A:

Partner B:

- **My partner feels heard when...** (*What have you noticed helps them feel included, respected, or considered in the process?*)

Partner A:

Partner B:

- **One way we could create more space for both voices is...** (*This could be slowing down, alternating decisions, naming when something feels important, or checking in before finalizing*)

Partner A:

Partner B:

## 6. Quality Time Planning

**How do we stay connected in the everyday—and what helps us feel close?** Quality time doesn't have to be grand or perfectly planned. Sometimes it's a quiet moment, a shared laugh, a gentle check-in, or simply sitting together without distractions. This section invites you to reflect on what closeness looks like for each of you—and how to make space for it in a way that feels realistic, nourishing, and doable.

You might be navigating busy schedules, parenting, long-distance, or emotional fatigue. That's okay. This isn't about adding pressure—it's about noticing what helps you feel like a team, even in small ways.

You can complete this together or separately and revisit it when connection feels distant or routine takes over.

- **One small thing that helps me feel close is...** *(Think about gestures, routines, or shared experiences that bring warmth or ease—like a morning coffee, a hug, or a shared playlist)*

Partner A:

Partner B:

- **One small thing that helps my partner feel close is... (What have you noticed makes them light up, feel relaxed, or emotionally connected?)**

Partner A:

Partner B:

- **A realistic way we could spend quality time this week is... (This could be 10 minutes, a shared meal, a walk, or simply sitting together without phones—whatever fits your life right now)**

Partner A:

Partner B:

- **Something fun or meaningful we haven't done in a while is... (This could be a date night, a shared hobby, a spontaneous outing, or even a quiet ritual you miss)**

Partner A:

Partner B:

## ⌚ 7. Shared Goals & Social Life

### How do we connect with the world around us—and what do we want to build together?

Social connection can look different for each person. One of you might crave community, while the other prefers quiet. One of you might feel energized by group gatherings, while the other feels more at ease in one-on-one settings. This section invites you to explore what social life means to each of you—and how shared goals, both big and small, can help you feel more aligned as a team.

There's no "right" amount of socializing. What matters is noticing what feels nourishing, what feels draining, and what you both want to grow toward. You might reflect on friendships, routines, hobbies, or dreams you've set aside. You can complete this together or separately and revisit it when your social rhythms feel out of sync or when you're ready to build something new.

- **Right now, social connection means...** (*Think about what feels meaningful, missing, or overwhelming in your current social life—this could include friendships, community, family, or shared activities*)

Partner A:

Partner B:

- **I'd like our social life to include...** (*This could be more time with friends, quiet weekends, shared hobbies, new experiences, or deeper conversations with others*)

Partner A:

Partner B:

- **My partner enjoys social time when...** (*What have you noticed helps them feel relaxed, engaged, or fulfilled socially?*)

Partner A:

Partner B:

- **One shared goal we could work toward together is... (This could be hosting a dinner, joining a club, planning a trip, building community, or simply making space for connection)**

Partner A:

Partner B:

## 8. Stress & Support

**How do we show up for each other when life feels heavy—and what helps us feel less alone?** Stress doesn't always look like tears or tension. Sometimes it's silence, irritability, over-functioning, or emotional shutdown. Each person responds to overwhelm in their own way—and each person has different needs when it comes to support.

This section invites you to gently explore how stress shows up in your relationship, and how you can support each other without pressure, fixing, or losing yourselves. It's not about being perfect caregivers—it's about noticing, adjusting, and offering care in ways that feel safe and sustainable.

You might reflect on what helps you feel soothed, what makes things harder, and what small rituals could help you both feel more grounded. You can complete this together or separately and revisit it during high-stress seasons or when support feels unclear.

- **When I'm overwhelmed, I appreciate when my partner...** *(Think about gestures, tone, space, or presence—what helps you feel less alone or more settled?)*

Partner A:

Partner B:

- **When my partner is overwhelmed, I try to...** (*What do you naturally do—and what seems to help or not help?*)

Partner A:

Partner B:

- **One thing that helps us manage stress together is...** (*This could be a shared routine, a check-in phrase, a walk, or simply knowing when to pause*)

Partner A:

Partner B:

- **A small support ritual we could try is...** (*Think simple: a hug before bed, a weekly walk, a “how’s your heart?” check-in, or a shared moment of quiet*)

Partner A:

Partner B:

## 9. Future Visioning

### **What are we growing toward—and what kind of relationship do we want to build?**

Relationships aren't static—they evolve, stretch, deepen, and sometimes shift course. This section invites you to imagine your relationship in the future—not as a fixed destination, but as something alive and unfolding.

You don't need to have identical visions. You don't need to know all the answers. This is simply a space to name what you're hoping for, what excites you, and what challenges you want to face together—with care, not control.

You can complete this together or separately, and revisit it when you're feeling stuck, disconnected, or ready to dream again.

- **In one year, I hope our relationship feels...** *(Think about emotional tone, connection, trust, rhythm, or shared experience—what would feel nourishing?)*

Partner A:

Partner B:

- **Something I'm excited to grow into with my partner is...** (*This could be a skill, a habit, a phase of life, or a deeper kind of connection—whatever feels alive for you*)

Partner A:

Partner B:

- **A challenge I'd like us to overcome together is...** (*What feels hard right now—or what might be on the horizon that you want to face as a team?*)

Partner A:

Partner B:

- **One word that describes the kind of relationship I want to build is... (Let it be intuitive—whatever word feels true for you right now: *grounded, playful, honest, expansive, safe, etc.*)**

Partner A:

Partner B:

## 🌟 10. Strengths & Appreciation

**What's working—and what do we love about each other?** In the midst of stress, change, or everyday routine, it's easy to lose sight of what's beautiful in your relationship. This section is a gentle invitation to name what's strong, what's tender, and what makes you feel grateful for each other.

Appreciation builds emotional safety. It reminds you that you're not just navigating challenges—you're also growing something meaningful. You don't need grand gestures or perfect words. Even small moments of noticing can shift the emotional tone between you.

You can complete this together or separately and revisit it when you need a reminder of what you're building from.

- **One thing I admire about my partner is...** *(This could be a personality trait, a way they show up, something they've overcome, or how they treat others)*

Partner A:

Partner B:

- **A moment I felt proud of us was...** (*Think about a time you worked through something hard, supported each other, or simply felt like a team*)

Partner A:

Partner B:

- **Something my partner does that makes me feel loved is...** (*This could be a gesture, a phrase, a habit, or even a look—whatever makes you feel cared for*)

Partner A:

Partner B:

- **One strength I bring to this relationship is...** (*Name something you're proud of—how you show up, what you offer, or how you contribute to the relationship's growth*)

Partner A:

Partner B:

## 11. Boundaries & Autonomy

**How do we honour each other's space—and what helps us feel respected?** Boundaries aren't punishments or walls. They're invitations to care for each other with clarity. They help define what feels safe, what feels overwhelming, and what helps each person stay connected to themselves while being in relationship.

This section invites you to reflect on the boundaries that support your well-being, the moments when you feel most respected, and the areas where you might need more space. It's not about control—it's about mutual understanding and emotional safety.

You don't need to have perfect language or full clarity. Just notice what feels true for you, and what might help your partner feel more supported too.

You can complete this together or separately, and revisit it when boundaries feel blurry, misunderstood, or difficult to express.

- **One boundary that helps me feel safe is... (This could be emotional, physical, digital, conversational, or relational—whatever helps you feel grounded and protected)**

Partner A:

Partner B:

- **I feel respected when...** (*Think about tone, timing, gestures, or moments when your needs are acknowledged without pressure or pushback*)

Partner A:

Partner B:

- **Something I need more space around is...** (*This could be time alone, emotional processing, decision-making, social energy, or anything that feels tight or overwhelming*)

Partner A:

Partner B:

- **One way I can better honour my partner's boundaries is... (This could be listening more closely, asking before assuming, slowing down, or checking in with curiosity)**

Partner A:

Partner B:

## 12. Repair Rituals & Reset Tools

**What helps us come back to each other when things feel off?** Every relationship experiences moments of tension, distance, or emotional static. Repair doesn't mean fixing everything—it means finding small, intentional ways to return to connection. This section is about building your emotional first-aid kit: simple, gentle tools that help you reset when things feel heavy, misunderstood, or disconnected.

You might already have rituals you use without realizing—like a shared look, a quiet walk, or a phrase that softens the air. Or you might be creating new ones from scratch. There's no right way to repair—only what feels safe, doable, and true for you both.

You can complete this together or separately and revisit it when repair feels difficult or when you want to deepen your toolkit.

- **When we feel disconnected, we could try...** *(This could be a pause, a walk, a shared playlist, a moment of eye contact, or simply naming the disconnection)*

Partner A:

Partner B:

- **A phrase or gesture that helps us reset is...** (*Think about something small and familiar—a hand on the shoulder, a shared joke, a phrase like “Can we start over?”*)

Partner A:

Partner B:

- **One thing I’d like to remember during conflict is...** (*This could be a reminder of your partner’s intentions, your own needs, or the fact that you’re on the same team*)

Partner A:

Partner B:

- **A ritual we could build for reconnection is...** (*This could be a weekly check-in, a post-argument walk, a shared journal, or a quiet moment before bed—whatever feels nourishing*)

Partner A:

Partner B:

### ❤️ 13. Closing Reflection

**What did this bring up—and what do we want to carry forward?** This section is a moment to pause and notice. You don't need to tie everything up neatly or have all the answers. Just reflect on what felt meaningful, what surprised you, and what you'd like to hold onto as you move forward together.

You might feel tender, tired, hopeful, or even unsure—and that's okay. This isn't about closure. It's about honouring the effort you've made to show up, reflect, and connect. Even if just one question sparked something important, that's enough.

You can complete this together or separately and revisit it whenever you want to check in or reflect on your growth.

- **One thing I appreciated about this process is...** *(This could be a moment of honesty, a new insight, a feeling of closeness, or simply the time spent together)*

Partner A:

Partner B:

- **Something I'd like to carry forward from today is...** (*This could be a new understanding, a small shift, a phrase, or a reminder you want to keep close*)

Partner A:

Partner B:

- **One small moment of connection we could plan after this is...** (*This could be a walk, a shared meal, a quiet cuddle, or even just sitting together without words*)

Partner A:

Partner B:

- **A word or phrase that describes how I feel right now is... (Let it be intuitive—whatever captures your emotional tone in this moment)**

Partner A:

Partner B:

## 14. Integration & Next Steps

**How do we keep this conversation alive—and what support might we need?** Reflection is powerful—but integration is where change begins. This section invites you to gently consider how the insights from this worksheet might show up in your daily life. You don’t need to act on everything at once. You don’t need to be perfect. Just notice what feels doable, what feels tender, and what might need more time, space, or support.

You might find that one question lingers, one idea feels energizing, or one pattern feels ready to shift. You might also notice areas that feel too raw or complex to touch right now—and that’s okay. Integration is a slow unfolding, not a checklist.

You can complete this together or separately and revisit it as a way to stay connected to your growth.

- **One insight I’d like to revisit in a few weeks is...** (*This could be a pattern you noticed, a new understanding, or a question that still feels alive*)

Partner A:

Partner B:

- **A small change I feel ready to try is...** (*Think gentle and realistic—something you can practice without pressure, like a new phrase, a pause, or a shift in tone*)

Partner A:

Partner B:

- **Something I'd like to ask for more support around is...** (*This could be emotional, practical, relational, or even just asking for more patience or presence*)

Partner A:

Partner B:

- **One way we can check in with each other after this worksheet is... (This could be a weekly ritual, a shared journal, a quiet moment before bed, or a simple “How are we doing?”)**

Partner A:

Partner B:

### **Final Note**

You've just spent time reflecting, sharing, and showing up for each other. That's no small thing. Whether this process brought clarity, tenderness, discomfort, laughter, or quiet understanding—it all matters. It's all part of the work of being human together.

You're allowed to take breaks. You're allowed to circle back. You're allowed to grow at your own pace, in your own way. There's no rush to become anything other than more aware, more connected, more honest—with yourselves and with each other.

This worksheet isn't a finish line—it's a doorway. A gentle invitation to keep choosing each other, even in the messy, uncertain, or ordinary moments. You can return to it anytime. You can adapt it, skip parts, or use it as a check-in when life shifts.

You're building something together. And that matters. Even the smallest steps toward understanding are acts of love.