

# Compassionate Connection Therapy

## 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 tools are for **personal reflection** and are sometimes used in my client work. They are **not a substitute for therapy**, nor intended as professional treatment. If you're in therapy, consider sharing this with your therapist. If not, please reflect in a safe space—emotionally and physically. You might explore it with someone you trust. If that's not possible, 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, please share it. Post it, send it, print it, pass it on. Healing is communal—your share might be someone's first step.

## Where to Find More

- **Facebook Page** — *Compassionate Connection Therapy*
- **TikTok** — *@rosa.tomassi.bella*
- **Instagram** — *connectiontherapyrhyl*

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

## A Note on Contact

These worksheets are shared freely, but I can't 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 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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## Compassionate Connection Therapy

### A Self-Worth Journey Through the Inner Child

*A reflective guide to reconnecting with your younger self, challenging beliefs around worthiness, and practicing self-compassion.*

### What Is Inner Child Work?

Inner child work is the practice of gently reconnecting with the younger parts of yourself—the ones who felt unseen, unheard, misunderstood, or unsafe. These parts may still live quietly inside you, shaping how you respond to stress, relationships, rest, and self-worth. They may carry messages you didn't choose but learned to believe:

- That love must be earned
- That rest is selfish
- That vulnerability is dangerous
- That your identity must be hidden to stay safe

This work isn't about reliving trauma or assigning blame. It's about offering care to the parts of you that didn't receive it. It's about becoming the safe person your younger self needed—someone who listens, validates, and protects. It's about rewriting the messages you internalized and learning to speak to yourself with warmth, clarity, and compassion.

You might meet resistance. You might feel unsure. That's okay. This process is not linear—it's layered, tender, and deeply personal. You don't need to rush. You don't need to be ready for everything. You just need to begin gently.

You are allowed to heal at your own pace. You are allowed to feel worthy—even if no one taught you how. You are allowed to be both tender and strong. You are allowed to take up space, just as you are.

Let this be a space where your younger self is welcomed. Where your truth is honoured. Where your worth is not only remembered—but reclaimed.

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### Before You Begin: A Gentle Invitation

Before you move into the prompts ahead, take a moment to pause. This isn't just a worksheet—it's a quiet space to meet the younger version of you. The one who felt too much, or not enough. The one who learned to hide, perform, or protect. The one who still lives inside you, waiting to be seen.

You don't need to remember everything. You don't need to force anything. Just begin by noticing.

- What age or version of you feels close right now?
- What do they look like, sound like, feel like?
- What were they longing for—comfort, freedom, safety, joy?
- What would help them feel safe enough to speak?

You might want to:

- Close your eyes and picture a moment from childhood
- Hold a photo, object, or memory that feels grounding
- Play a song that reminds you of who you were
- Light a candle, wrap yourself in a blanket, or sit somewhere quiet

Let this be a space where your inner child is gently invited—not summoned. Where you listen without judgment. Where you begin with softness.

When you're ready, move into the next section. There's no rush. They've waited long enough—and you're here now.

### 1 Gentle Inner Child Exploration

#### Begin reconnecting with your younger self through safe, guided prompts

Your inner child isn't just a memory—it's a living part of you. Often, when we feel overwhelmed, ashamed, or afraid, it's not just the present moment we're reacting to—it's an echo of something older. This section invites you to gently meet that younger version of yourself with curiosity, care, and compassion.

There's no need to force anything. You don't have to relive painful memories or fix anything. This is about noticing who shows up when things feel hard—and offering that part of you the safety and kindness they may not have received.

#### Reflection Prompts

- **What age or version of me feels most present when I'm overwhelmed, ashamed, or afraid? (Is it a child, a teenager, a moment from school, home, or a relationship?)**
- **What did I need at that age—comfort, protection, validation, freedom? (What was missing? What would have helped me feel safe or seen?)**
- **What messages did I receive about my worth, emotions, or needs? (Were you told to be quiet, strong, perfect, invisible?)**
- **What would I say to that younger version of me now, with kindness and care? (Imagine sitting beside them—what tone would you use? What truths would you offer?)**

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- **What helps me feel safe when connecting with my inner child—rituals, objects, music, photos? (Is there a song, a scent, a place, or a practice that helps you feel grounded?)**

### **Optional Prompt**

Use these sentence starters to deepen your reflection:

“If I could sit beside my younger self, I’d say...”

“You were never too much when...”

“I’m learning to stay with myself, even when...”

“I didn’t need to be perfect to be loved, but I learned to...”

“The part of me that still feels ashamed needs to hear...”

### **Gentle Reminder**

You are allowed to revisit your past without getting stuck in it. You are allowed to speak to yourself with tenderness. You are allowed to become the safe person you needed.

Let this be a space where your younger self is not only remembered—but welcomed.

### 2 Rest & Deservingness Journal

#### Challenge beliefs around worthiness and rest

For many of us, rest feels complicated. It might come with guilt, anxiety, or the nagging sense that we haven't "done enough" to deserve it. These beliefs often start early—shaped by family, school, culture, or survival. But rest is not a luxury. It's not a reward. It's a human need.

This section invites you to gently explore your relationship with rest, and the deeper beliefs that shape it. You don't need to fix anything. Just notice. Reflect. Begin to rewrite the story.

#### Reflection Prompts

- **What do I believe about rest—do I have to earn it, justify it, feel guilty for it?** *(What messages did I receive growing up about rest, laziness, or productivity?)*
- **When did I first learn that productivity equals worth?** *(Was it praised in school, expected at home, tied to love or approval?)*
- **What happens when I try to rest—do I feel anxious, undeserving, restless?** *(What thoughts or sensations show up? What do I fear might happen?)*
- **What does true rest look like for me—mental, emotional, physical, spiritual?** *(Is it silence, sleep, solitude, creativity, connection, movement?)*
- **What's one way I can practice rest this week without guilt?** *(Keep it gentle: a nap, a walk, a pause, a playlist, a moment of stillness.)*

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### **Optional Prompt**

Use these sentence starters to deepen your reflection:

“I am allowed to rest, even when...”

“I was taught that rest means...”

“When I try to rest, I notice...”

“A part of me still believes that rest is...”

“I feel most deserving of rest when...”

“If I gave myself permission to rest, I might...”

“Rest would feel more possible if...”

### **Gentle Reminder**

You are allowed to rest. You are allowed to feel worthy without proving anything. You are allowed to pause, even when the world keeps moving.

Let this be a space where rest is not questioned—but honoured.

### 3 Self-Compassion Letter

#### Write to the part of you that feels undeserving or ashamed

Shame is quiet, persistent, and often inherited. It can make you feel like you're too much, not enough, or somehow fundamentally wrong. But shame isn't truth—it's a story your nervous system learned to tell to keep you safe. This section invites you to speak directly to the part of you that struggles to feel worthy. Not to fix it. Just to offer kindness.

You don't need perfect words. You don't need to be poetic. You just need to be honest—and gentle.

#### Reflection Prompts

- **What part of me struggles to feel worthy—what does it believe, fear, or carry?**  
*(Is it a younger self, a voice from childhood, a moment that shaped me?)*
- **What would I say to that part if I were speaking as a loving friend or caregiver?**  
*(What tone would I use? What truths would I offer?)*
- **What does that part need to hear most right now? (Validation, reassurance, permission, forgiveness?)**
- **What tone, language, or imagery helps me speak gently to myself? (Soft metaphors, nature, warmth, humour, simplicity?)**
- **What's one sentence I want to remember when shame shows up? (Something grounding, true, and easy to recall.)**

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### Optional Prompt

Use these sentence starters to begin your letter:

“Dear me, I know you’ve been carrying so much...”

“There’s a part of me that still believes...”

“I want you to know that even when you feel unworthy...”

“You didn’t deserve to be treated like...”

“I’m learning to offer you...”

“You are not broken. You are becoming.”

### Gentle Reminder

You are allowed to speak to yourself with kindness. You are allowed to rewrite the story shame told you. You are allowed to be loved—even by yourself.

Let this be a space where your inner voice softens. Where your worth is not questioned—but affirmed. Where your healing begins with compassion.

### Rewriting the Worth Narrative

#### Explore and reshape internal beliefs about value and identity

Self-worth isn't just a feeling—it's a story. One that's often written by others before we're old enough to question it. You might have internalized messages about your value based on how you looked, what you achieved, who you loved, or how well you fit in. These beliefs can linger quietly, shaping how you show up in relationships, rest, work, and self-talk.

This section invites you to notice those messages—and decide which ones you're ready to rewrite. You don't have to believe in your worth all the time. You just have to begin challenging the voices that say you're not enough.

### Reflection Prompts

- **What messages have I internalized about my worth—based on appearance, achievement, identity, or relationships?** (*Were you praised for being quiet, smart, attractive, helpful, or high-achieving? Were you made to feel “too much” or “not enough”?*)
- **Whose voice do I hear when I doubt myself—and do I want to keep listening?** (*Is it a parent, teacher, partner, peer, or cultural voice? Does it still serve me?*)
- **What does worthiness mean to me now—not as a concept, but as a lived experience?** (*Is it being allowed to rest, speak, take up space, be imperfect, be loved?*)
- **What beliefs am I ready to challenge or release?** (*Examples: “I have to earn love.” “I’m only valuable when I’m useful.” “I’m too sensitive.”*)

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- **What's one affirmation I can practice that feels true and empowering? (Keep it simple and believable: "I am enough." "My worth isn't conditional." "I am allowed to exist fully.")**

### **Optional Prompt**

Use these sentence starters to deepen your reflection:

“I used to believe...”

“Now I’m learning...”

“A message I internalized early on was...”

“I’m beginning to question the idea that...”

“I feel most worthy when I remember...”

### **Gentle Reminder**

You are allowed to rewrite the story. You are allowed to question the voices that shaped your self-image. You are allowed to define your worth on your own terms.

Let this be a space where your identity is honoured, your voice is reclaimed, and your worth is no longer up for debate.

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### 5 Safe Connection & Emotional Belonging

#### Explore how self-worth shapes relationships and emotional safety

When you feel emotionally safe, you show up differently. You speak more freely. You rest more easily. You stop bracing for rejection. But for many, safety in relationships has been conditional based on performance, silence, or self-erasure. This section invites you to reflect on what safety truly feels like, and how your sense of worth influences the connections you seek, tolerate, or avoid.

You are allowed to choose relationships that honour your worth. You are allowed to protect your peace—even in connection.

#### Reflection Prompts

- **What relationships help me feel seen, safe, and valued?** (*Who listens without fixing, respects my boundaries, and welcomes my full self?*)
- **What dynamics make me question my worth or shrink myself?** (*Do I feel I have to over-explain, stay small, avoid conflict, or hide parts of myself?*)
- **How do I show up differently when I feel emotionally safe?** (*Do I speak more openly, rest more easily, feel less guarded?*)
- **What boundaries help me protect my sense of worth in relationships?** (*Time limits, emotional honesty, saying no, choosing when to engage?*)

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- **What's one way I can invite safer connection this week?** (*Examples: reaching out to someone who feels safe, pausing a draining conversation, naming a need, practicing honesty.*)

### **Optional Prompt**

Use these sentence starters to deepen your reflection:

“I feel most emotionally safe when...”

“I notice I shrink myself when...”

“Safety in relationships feels like...”

“I’m learning that I don’t have to tolerate...”

“One boundary I’m practicing is...”

### **Gentle Reminder**

You are allowed to be loved without shrinking. You are allowed to be honest without fear.

You are allowed to choose connection that feels safe—not just familiar.

Let this be a space where your relationships reflect your healing. Where your boundaries are respected. Where your worth is never questioned.

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### Closing Reflection

You've taken time to reconnect with your inner child, challenge inherited beliefs, and speak to yourself with compassion. That's not small work—it's brave, tender, and profoundly healing. It asks you to sit with discomfort, to listen to parts of yourself that were once silenced, and to offer care where there was once shame.

This kind of reflection doesn't always feel like progress. Sometimes it feels like softness. Like slowing down. Like remembering who you were before the world told you who to be.

You are allowed to rest. You are allowed to feel worthy. You are allowed to rewrite the story.

You don't need to earn healing. You don't need to explain your pain. You don't need to be perfect to be loved.

Let this be a space where your truth is welcome. Where your younger self is held with care. Where your worth is not only remembered—but reclaimed.

You are allowed to take up space. You are allowed to be both tender and strong. You are allowed to begin again—as many times as you need.