

Compassionate Connection Therapy

Welcome to Your Reflection Space

This worksheet was created with care—for anyone moving through something tender, uncertain, or important. Whether you're processing pain, seeking clarity, rebuilding trust, or simply needing space to breathe, you're welcome here.

These worksheets offer gentle tools for reflection—resources that meet you where you are, without pressure or expectation. They're designed to support emotional exploration at your own pace, in your own way.

The mission is simple: To make emotional support more available in a time when many are struggling. To offer free, compassionate resources with no hidden agenda. To help you reconnect with your own voice, in ways that feel safe and steady.

If this mission resonates, feel free to share it. Post it, print it, pass it along. Your share might be someone's first moment of feeling understood.

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. You don't need to have all the answers. Take what supports you. Leave what doesn't. Your pace, your process, your wellbeing—these come first.

You're not alone. Even if we've never met, this resource is offered with quiet solidarity—holding space, cheering you on, and believing in your capacity to heal.

A Gentle Note on Safety

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

If you're in therapy, consider sharing this resource with your therapist before exploring. If you're not in therapy, please 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.

These worksheets are shared freely across platforms:

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

Facebook: Compassionate Connection Therapy

TikTok: @rosa.tomassi.bella

Instagram: @connectiontherapyrhl

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

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A Note on Contact

These worksheets are shared freely, but individual support cannot be offered through messages or comments. 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.

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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Between Us: A Communication Reflection Worksheet

A gentle space to explore how we speak, listen, and feel understood—in partnership or on our own.

Communication is deeply personal. It's shaped by our histories, our nervous systems, our cultures, and the relationships we've known. This worksheet isn't here to tell you what's right or wrong—it's here to offer a soft landing for reflection. A place to notice what feels easy, what feels tender, and what might be asking for attention.




Whether you're completing this alone, alongside a partner, or simply reading through, you're welcome to move at your own pace. There's no expectation to finish, solve, or share—just an invitation to gently explore how connection shows up in your life.

This isn't about fixing or diagnosing. It's about noticing patterns, naming needs, and creating space for curiosity, care, and perhaps a little more understanding—of yourself, of each other, or of the space between.

How to Use This Worksheet

There's no single or correct way to approach this. You're invited to move through it in whatever way feels most accessible, supportive, or manageable right now.

You might choose to:

-  Use the **sentence starters** to gently explore your thoughts
-  Sit with the **open questions**, writing, speaking aloud, or simply reflecting
-  Read the **Sciency Bit** to deepen your understanding of how communication works in the body and brain

You can complete this individually or alongside a partner. If you're working separately, you might choose to share reflections later—or not at all. If you're working together, you might take turns, pause often, or simply read through side by side.

You're welcome to skip, revisit, or adapt any part. There's no pressure to finish, no expectation to share, and no need to have all the answers. This is your space to explore, notice, and be curious—at your own pace.

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1. 🧠 Speaking & Being Heard

Guide

This section invites you to gently explore how you express yourself—and what helps you feel heard. You might notice moments when words flow easily, and others when they feel stuck or tangled. You may reflect on what makes speaking feel safe, what gets in the way, and what you wish could be different.

There's no pressure to change how you communicate. This is simply a space to notice your patterns, preferences, and needs—without judgment.

Sentence Starters

- I feel most heard when...
- I struggle to speak up when...
- I often wish I could say...
- I feel misunderstood when...
- I feel more confident expressing myself when...

Open Questions

- What helps you feel safe enough to speak freely?

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- Are there moments when you've felt truly listened to—what made those moments feel different?
- What do you wish your partner understood about how you communicate?
- How do you tend to express discomfort or disagreement?
- What role does tone, timing, or environment play in how you speak?

Sciency Bit

Feeling heard isn't just emotional—it's neurological. When we feel safe and attuned to, the brain's prefrontal cortex (which supports language, reasoning, and reflection) stays active. But when we feel dismissed, judged, or unsafe, the amygdala (our threat detector) can take over. This may lead to shut down, defensiveness, or difficulty finding words.

In relationships, emotional safety helps us access our full range of expression. It's not about being perfect—it's about feeling safe enough to be real.

Space to Reflect

Is there anything you'd like to explore further, write out, or return to later?

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2. 🧠 Listening & Interpreting

🧠 Guide

This section invites you to reflect on how you listen—not just to words, but to tone, expression, silence, and what you imagine is being said between the lines. Listening is layered. Sometimes we hear through filters shaped by past experiences, fears, or hopes. Sometimes we assume, fill in gaps, or brace for impact.

This isn't about getting it "right." It's about noticing how you receive communication, what feels safe or unsafe, and how interpretation can shape connection.

✏️ Sentence Starters

- I often assume they mean...
- I notice I get stuck on...
- I feel anxious when they say...
- I wish I could ask them about...
- I tend to read between the lines when...

🔍 Open Questions

- What helps you listen with curiosity instead of fear or defensiveness?

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- Are there phrases, tones, or expressions that feel activating or unsettling?
- How do you respond when you feel confused, hurt, or unsure about what was said?
- Do you notice patterns in how you interpret silence, pauses, or lack of response?
- What assumptions do you tend to make—and how do they affect your sense of safety?

Sciency Bit

Our brains are wired to fill in gaps—especially in emotionally charged situations. This process is called *predictive coding*: the brain uses past experiences to “guess” what’s happening now. If we’ve experienced misattunement, rejection, or trauma, we may interpret neutral cues as threatening or dismissive—even when they’re not.

This isn’t a flaw—it’s a protective mechanism. But when we become aware of it, we can pause, check our assumptions, and open space for clearer connection. Listening becomes not just about hearing—but about feeling safe enough to receive.

Space to Reflect

What’s one assumption you’ve noticed yourself making lately?

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3. 🧐 Silence & Shared Space

🧐 Guide

Not all connection is verbal. Sometimes closeness is felt in shared quiet, in parallel activity, or in simply being near one another. This section invites you to reflect on how silence feels between you—whether it’s soothing, awkward, heavy, or something else entirely.

You might also explore what kinds of shared experiences help you feel connected without needing to speak. There’s no pressure to change how you relate to silence—just an invitation to notice what it brings up for you.

✏️ Sentence Starters

- Silence between us feels like...
- I feel most connected when we...
- I struggle with quiet when...
- I wish we could share more of...
- I feel safe in silence when...

🔍 Open Questions

- What does silence mean to you—comfort, tension, something else?

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- Are there activities that help you feel close without needing words?
- How do you respond when silence feels awkward or heavy?
- Do you notice differences in how silence feels with different people?
- What helps you feel present and connected in quiet moments?

Sciency Bit

Connection doesn't always require conversation. The nervous system can co-regulate through shared presence—especially in activities that feel rhythmic, familiar, or grounding. Things like cooking together, walking side by side, or listening to music can activate the parasympathetic nervous system (our “rest and digest” mode), helping both partners feel soothed and attuned.

For some, silence is a refuge. For others, it can feel uncertain or emotionally charged. Understanding how silence functions in your relationship can open space for deeper connection—spoken or not.

Space to Reflect

Is there a quiet moment you've appreciated recently?

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4. Overwhelm & Shutdown

Guide

This section invites you to explore what happens when communication becomes too much—when emotions run high, words get tangled, or one or both of you feel overstimulated, anxious, or shut down. These moments are part of being human, especially in close relationships.

Rather than focusing on what goes “wrong,” this is a space to notice what your system does to protect you. You might reflect on how you recognise overwhelm, how you tend to respond, and what helps you come back into connection—when you’re ready.

Sentence Starters

- I tend to shut down when...
- I feel overwhelmed by...
- I wish they knew that when I’m quiet...
- I get overstimulated when...
- When I’m flooded, I often...

Open Questions

- What are your early signs of overwhelm—physically, emotionally, or mentally?

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- How do you tend to respond when you feel flooded or overstimulated?
- What helps you recover after a shutdown, argument, or emotional spike?
- Are there ways your partner could support you in those moments?
- What helps you feel safe enough to re-engage, when the time is right?

Sciency Bit

When we feel emotionally or sensory overwhelmed, our nervous system may shift into a protective state—often described as *fight, flight, freeze, or fawn*. These responses aren't chosen consciously—they're automatic survival strategies shaped by past experiences and current stress levels.

In these moments, the brain's threat system (amygdala) takes over, and the parts responsible for language, empathy, and reasoning (prefrontal cortex) may go offline. This can make it hard to speak clearly, listen openly, or even stay present.

Understanding your own and each other's patterns can reduce shame, soften blame, and create space for gentler reconnection when the storm passes.

Space to Reflect

What helps you feel grounded when things feel too much?

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5. ❤️ Curiosity & Emotional Safety

Guide

This section invites you to explore what helps you feel emotionally safe—and what you’re curious to understand about each other. Emotional safety isn’t about always agreeing or avoiding discomfort. It’s about feeling that you can show up as you are, without fear of being dismissed, judged, or misunderstood.

Curiosity can be a powerful bridge. When we feel someone is genuinely interested in our inner world, it can soften defensiveness and open space for connection. This section isn’t about pushing for vulnerability—it’s about noticing what helps you feel safe enough to share, and what you long to understand more deeply.

Sentence Starters

- I feel emotionally safe when...
- I’m curious about how they experience...
- I wish they’d ask me about...
- I feel anxious when they...
- I feel more open when...

Open Questions

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- What helps you feel accepted, even when you're struggling or unsure?
- Are there parts of you that feel hard to share—or that you've never shared?
- What do you wish your partner was more curious about in you?
- What are you curious to understand about your partner's inner world?
- What makes it easier—or harder—for you to stay open in conversation?

Sciency Bit

Curiosity isn't just a mindset—it's a biological invitation. When someone shows genuine interest in us, our brain's reward system (including dopamine pathways) lights up, increasing feelings of connection and safety. Emotional safety, in turn, allows the brain to shift from protection to connection—from survival mode to social engagement.

When we feel safe, we're more able to reflect, share, and stay present. Curiosity and safety work together: one opens the door, the other invites us in.

Space to Reflect

Is there something you're curious to share—or to ask?

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6. 🌱 Looking Forward Together

🧠 Guide

This section invites you to gently name what's hopeful, possible, or quietly meaningful in your relationship. It's not about grand gestures or sweeping change—it's about noticing small shifts, shared rituals, and moments of appreciation that help you feel more connected.

You might reflect on what closeness looks like for you, what you'd like to understand better, or what you'd love to create together. This isn't a to-do list—it's a space to plant seeds, even if they take time to grow.

✏️ Sentence Starters

- One small change I'd be open to trying is...
- Something I appreciate about us is...
- A ritual I'd love to create is...
- A topic I'd love to explore together is...
- I feel most hopeful when...

🔍 Open Questions

- What does "feeling close" look like for you—emotionally, physically, or practically?

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- What's one thing you'd like to understand better about your partner's inner world?
- What's one thing you'd like them to understand better about you?
- Are there small habits or rituals that help you feel grounded together?
- What helps you feel appreciated, even in quiet or ordinary moments?

Sciency Bit

Small, consistent rituals—like checking in, walking together, or sharing music—build *relational resilience*. These moments create predictability, which calms the nervous system and fosters trust over time. When we know what to expect, we feel safer. And when we feel safe, we're more able to connect, repair, and grow.

Even tiny shifts—like naming a feeling, asking a question, or sharing a song—can strengthen the bond between partners. It's not about doing more. It's about doing what matters, gently and often.

Space to Reflect

What's one small thing you'd like to try or appreciate more often?

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Closing Reflection

Take a moment to pause. Notice how this felt—not to analyse or evaluate, but simply to acknowledge. Was anything surprising, validating, tender, or difficult? Did something shift, even slightly? You don't need to act on everything. Sometimes just naming a feeling, a pattern, or a hope is enough.

If you're completing this with a partner, you might choose to share one thing that felt meaningful—or simply sit together in quiet recognition. If you're doing this alone, you might journal, speak aloud, or revisit a section that felt important.

There's no rush. You're allowed to move slowly. You're allowed to be messy. You're allowed to be heard—in your own way, in your own time.

This space is yours. Thank you for being here.