

# 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

*This worksheet and its contents are the intellectual property of Rosa Tomassi-Bella, Compassionate Connection Therapy.*

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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*
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- *You do not use it for commercial purposes or financial gain*

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## Compassionate Connection Therapy

### Couples Values Exploration Worksheet

*A gentle space to explore what matters most — alone or together*

#### Introduction

Values are like compass points — quiet directions that guide how we connect, care, and make choices. Sometimes they feel steady and clear, sometimes they feel hidden beneath daily life, and sometimes they feel in tension with each other. All of these experiences are natural.

This worksheet is offered as a gentle invitation to pause and notice what matters to you. You may explore it individually, as a way of reconnecting with yourself, or together with a partner, as a way of deepening mutual understanding.

There are no right or wrong answers here. Each response — a word, a sketch, a pause, or even silence — is enough. You don't need to force clarity; simply noticing what feels alive in this moment can be meaningful.






Think of this process as laying out small markers along a path: not to dictate where you must go, but to help you see the terrain more clearly.

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### How to Use This Worksheet

This resource is flexible and spacious. You can use it **individually** — as a way to reconnect with your own values and notice what feels alive inside you — or **together as a couple**, as a way to explore how values show up in your relationship.

Each section offers different kinds of invitations:


-  **Guide** — gentle prompts to begin reflection
-  **Science Note** — insights from research, offered as context rather than instruction
-  **Reflection Invitations** — open questions to explore at your own pace
-  **Sentence Starters** — ways to begin if words feel stuck
-  **Visual Anchor / Tiny Practice** — small, creative ways to carry reflection into daily life


✦ **If solo:** notice what feels alive for you right now. You might write, sketch, or simply pause with the questions.

✦ **If together:** reflect individually first, then share gently, listening with curiosity and care.

### Gentle Guidance


- Move at your own rhythm. You may pause, skip, or return later. Every pace is valid.
- There is no expectation to finish or to answer every prompt. Even a single word or moment of noticing can be meaningful.
- You can use this worksheet as a one-time reflection or return to it regularly, noticing how your values shift with seasons of life.
- If exploring with a partner, remember that differences are not problems to solve — they are invitations to understand each other more deeply.

 **Visual Anchor** Imagine this worksheet as a series of stepping stones across a river. You don't need to cross all at once. You can pause on any stone, look around, and decide when or whether to take the next step.

 **Tiny Practice** Before beginning, take one slow breath and notice: *“What do I hope to discover or feel by spending time here?”*

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### Section 1: Naming Core Values


 **Guide** Take a quiet moment to notice which values feel present for you right now. If you're exploring with a partner, each person can choose their own. There's no need to be exact or permanent — values often shift with seasons of life, and noticing what feels true today is enough.

### Core Values List (for gentle guidance)

You may notice resonance with some of these words or add your own. There's no need to choose perfectly — values can shift over time.

- |                |                  |                |
|----------------|------------------|----------------|
| • Compassion   | • Trust          | • Autonomy     |
| • Empathy      | • Courage        | • Freedom      |
| • Kindness     | • Responsibility | • Safety       |
| • Love         | • Generosity     | • Justice      |
| • Belonging    | • Curiosity      | • Equality     |
| • Joy          | • Playfulness    | • Independence |
| • Patience     | • Creativity     | • Spirituality |
| • Acceptance   | • Adventure      | • Connection   |
| • Honesty      | • Learning       | • Community    |
| • Authenticity | • Growth         | • Tradition    |
| • Integrity    | • Balance        | • Harmony      |
| • Respect      | • Stability      |                |

✨ This list is meant as a gentle starting point — not exhaustive, not prescriptive. You can circle, highlight, or simply pause with the words that feel alive for you today.

 **Science Note** Research in psychology suggests that clarifying values can support resilience, wellbeing, and meaning. Values act like compass points, offering direction when life feels uncertain. In relationships, shared values often foster closeness, while differences can invite dialogue and growth.

### Reflection Invitations

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- Which values feel like steady companions that have been with you for a long time?
- Which values feel more alive or urgent in this season of your life?
- Which values feel aspirational — ones you'd like to nurture more fully?
- How do these values show up in small, everyday choices or interactions?
- How do you notice when a value feels neglected or overlooked?




### Sentence Starters


- “A value I want to notice more is...”
- “This value feels important because...”
- “I feel connected to this value when...”
- “One way I see this value in my daily life is...”
- “A value I’ve carried with me for years is...”


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 **Visual Anchor** Sketch a values map — place your chosen values in circles around a centre, noticing which feel close and which feel further away.

 **Tiny Practice** Write down one word that feels most alive today and place it somewhere visible (on a sticky note, in your phone, or drawn as a symbol).

### Section 2: Exploring One Value in Depth

 **Guide** Choose one value that feels alive for you right now. Pause with it gently: notice why it matters, how it shows up in your life, and where it sometimes feels uncertain. If you're exploring with a partner, each person can choose their own value and share reflections when ready. There's no need to be exhaustive — even a small noticing can bring clarity.

 **Science Note** Values often overlap or feel in tension. For example, autonomy may sometimes feel at odds with loyalty, or compassion may compete with achievement. Research in Acceptance and Commitment Therapy (ACT) suggests that simply noticing these tensions — without judgment or pressure to resolve them — can increase psychological flexibility. This flexibility supports wellbeing by allowing us to honour multiple values at once, rather than feeling forced into either/or choices.

### Reflection Invitations

- How does this value show up in everyday life — in small actions, habits, or choices?
- What helps you live with this value more easily, and what makes it harder?
- In what ways does this value connect with, or sometimes conflict with, your other values?

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- How do you notice when this value feels neglected or overshadowed?
- What happens inside you when this value feels challenged by external pressures or expectations?


### Sentence Starters

- “I feel most connected to this value when...”
- “A time I felt unsure about this value was...”
- “One small way I could honour this value is...”
- “This value supports me by...”
- “I notice tension with this value when...”
- “I feel proud of this value when...”




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 **Visual Anchor** Imagine a balance scale: place your chosen value on one side, and notice what other values, pressures, or circumstances balance or challenge it. You might sketch this out or simply picture it in your mind.

 **Tiny Practice** Write or speak one sentence about this value — to yourself, to a trusted person, or even on a card you place somewhere visible. Let it serve as a gentle reminder throughout your day.

### Section 3: Comparing & Discussing Values

 **Guide** If you're reflecting solo, gently notice where your values feel aligned with each other and where they may feel in tension. Sometimes values can coexist peacefully, and sometimes they pull in different directions — both are natural.

If you're exploring with a partner, share your chosen values with each other. Listen with curiosity rather than urgency, noticing overlaps and differences. This isn't about agreement or resolution — it's about understanding how each person's values shape their way of being.

 **Science Note** Research suggests that respecting differences — even when values aren't identical — can foster trust, adaptability, and resilience. Couples who approach differences with curiosity rather than defensiveness often report feeling more connected. For individuals, noticing inner tensions between values can reduce self-criticism and increase flexibility.

### Reflection Invitations


- Which values feel shared or overlapping?
- Which values feel different, and how do they show up in daily life?
- How do you respond when a value feels unseen or unacknowledged?

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- What do you learn about yourself (or each other) through noticing these overlaps and differences?
- How might differences be honoured without needing to be changed?

### Sentence Starters


- “A value we share that feels supportive is...”
- “A difference in values that has taught me is...”
- “I feel closer when we both honour...”
- “I notice tension when...”
- “I appreciate that this value protects something important for you/me...”

 **Visual Anchor** Create a Venn diagram of shared and differing values. If solo, place your values in overlapping circles to see where they harmonize and where they diverge. If with a partner, draw two circles — one for each person — and notice the overlap.

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 **Tiny Practice** Name one overlap and one difference, appreciating each without judgment. You might say aloud: *“This overlap helps me feel connected,”* and *“This difference reminds me of your uniqueness (or my own).”*

### **Section 4: Clarifying Priorities**

 **Guide** Take a gentle pause to notice what feels most important for you right now. Priorities are not fixed — they shift with seasons, circumstances, and energy. You might choose three that feel alive today. If you’re exploring with a partner, each person can list their own, then notice overlaps and differences. This isn’t about agreement or pressure to change — it’s about understanding what matters most in this moment.


#### **Examples of Priorities (for gentle guidance)**

You may notice resonance with some of these or add your own. There’s no need to choose perfectly — priorities can shift over time.

- Deepening emotional connection
- Spending quality time together
- Practicing patience and kindness
- Repairing after conflict
- Maintaining family bonds
- Creating space for rest and recovery
- Building resilience in stressful times
- Learning or developing a new skill
- Honouring creativity or curiosity
- Practicing mindfulness or grounding
- Financial stability and planning
- Managing household responsibilities
- Preparing for upcoming events or commitments
- Organizing daily routines for ease
- Health and physical wellbeing
- Planning for shared goals (travel, home, family)

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- Nurturing long-term vision together
- Building stability for the future
- Exploring new opportunities or adventures
- Strengthening friendships
- Contributing to community or causes
- Supporting loved ones in need
- Staying connected to cultural or spiritual practices

 **Science Note** Research suggests that naming priorities can reduce decision fatigue and increase intentionality. When priorities align with values, motivation often feels steadier and less forced. Revisiting priorities regularly helps people adapt to life changes without feeling stuck. In relationships, shared priorities can foster connection; while differing ones can highlight individuality and invite respectful dialogue.


## Reflection Invitations


- Which priorities feel nourishing and energizing right now?
- Which priorities feel shaped more by obligation or external pressure?
- Which priorities feel steady companions, and which feel temporary or situational?
- How do your priorities reflect your deeper values?
- If with a partner: where do your priorities overlap, and where do they diverge?

## Sentence Starters


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- “A priority that feels connected to my values is...”
- “I notice I’ve been giving more energy to...”
- “One priority I’d like to shift gently is...”
- “A shared priority that feels grounding is...”
- “A priority I want to hold more lightly is...”

 **Visual Anchor** Draw a ladder of priorities, placing the most nourishing or central at the top. If with a partner, sketch two ladders side by side and notice where the rungs align.

 **Tiny Practice** Choose one small step toward a priority today — something simple and doable, like sending a message, pausing for rest, or making space for connection.

## Section 5: Barriers & Supports

 **Guide** Every value we hold exists within real-life contexts — sometimes supported, sometimes challenged. This section invites gentle noticing of what makes it harder to live by your values, and what helps you stay connected. If you’re exploring with a partner, you can reflect individually first, then share together. There’s no expectation to “fix” barriers or maximize supports; simply naming them can bring clarity and ease.

### Examples of Barriers & Supports (for gentle guidance)


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### Possible Barriers

- Fatigue or lack of energy
- Financial stress
- Time pressures or overcommitment
- Fear of conflict or rejection
- Self-doubt or inner criticism
- Cultural or family expectations
- Health challenges
- Distractions or competing demands

### Possible Supports

- A trusted friend or partner
- Rest and recovery practices
- Rituals or routines that bring steadiness
- Creative outlets (writing, art, music)
- Spiritual or cultural practices
- Nature and grounding activities
- Therapy, coaching, or supportive communities
- Reminders of past resilience

 **Science Note** Resilience research suggests that acknowledging both barriers and supports increases agency and reduces overwhelm. When we name what gets in the way, we reduce its hidden weight. When we notice supports, we strengthen our ability to lean on them. This balance fosters adaptability and self-trust.

### Reflection Invitations


- What sometimes makes it harder to honour your values?
- Who or what helps you stay connected to them?

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- Which supports could be nurtured further, even in small ways?
- How do barriers and supports shift depending on your circumstances or energy?
- What happens inside you when you recognize that supports exist alongside challenges?

### Sentence Starters


- “A barrier I often notice is...”
- “A support I’d like to lean on more is...”
- “I feel steadier when I remember...”
- “One gentle way I can strengthen a support is...”
- “A barrier that feels lighter when named is...”

 **Visual Anchor** Draw two columns — one for Barriers, one for Supports. Notice how they balance. You might sketch arrows from specific supports to the barriers they soften or simply let the page hold both side by side.

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 **Tiny Practice** Write down one support you can lean on this week. Place it somewhere visible or share it aloud with yourself or a trusted person.


### **Section 6: Values in Relationships**

 **Guide** Values don't exist in isolation — they ripple through our connections with ourselves, with partners, with family, friends, and communities. This section invites gentle noticing of how values show up in relationships. You might reflect individually or share with a partner if you're exploring together. There's no expectation to match or resolve differences; the focus is on understanding and honouring how values shape connection.

#### **Examples of Relationship Values (for gentle guidance)**

You may notice resonance with some of these or add your own.

- Self-compassion
- Authenticity
- Balance
- Growth
- Trust
- Loyalty
- Playfulness
- Shared vision
- Belonging
- Respect
- Support
- Patience
- Justice
- Responsibility
- Generosity
- Connection

 **Science Note** Relationship research suggests that shared values often foster closeness and trust, while differences can invite dialogue, repair, and growth. Respecting values — even when they aren't identical — helps relationships feel safer and more resilient. For individuals, noticing how values show up across different relationships can highlight patterns of support, tension, or growth.

#### **Reflection Invitations**

- Which values feel most important in your relationships right now?



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- Where do you notice harmony or overlap in values?
- Where do you notice difference, and how does that impact connection?
- How do you respond when your values feel unseen or unacknowledged?
- What supports you in honouring your values within relationships?
- How do your values shift depending on the relationship (self, partner, family, community)?


### Sentence Starters

- “A value I bring into relationships is...”
- “I’d like to honour more of... with others.”
- “I feel supported when others share the value of...”
- “A difference in values that I’ve learned from is...”

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- “I notice harmony when...”

 **Visual Anchor** Draw a relationship values map: place yourself in the centre, then sketch circles for different relationships (partner, family, friends, community). Write or symbolise the values you notice in each circle. Notice overlaps, differences, and spaces where values feel absent.

 **Tiny Practice** Notice one moment today when a value shows up in connection — perhaps kindness in a conversation, honesty in a message, or patience in waiting. Pause to acknowledge it, even briefly.

### Closing Ritual


1. Take three slow breaths, letting your body settle.
2. Notice one word, image, or feeling that feels steady or grounding.
3. Allow it to rest with you as you move back into your day, like a quiet reminder you can return to.

 **Gentle Reminder** Reflection is not a one-time act. Each return may bring new insights, even if your answers change. Values and priorities shift with seasons of life — revisiting them is part of the process, not a sign of inconsistency.

### Optional Journaling Prompts

- “One thing I’m taking with me today is...”
- “A word that feels grounding right now is...”
- “A value I want to carry gently into the week is...”

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 **Visual Anchor** Imagine placing your chosen word or image inside a symbol — a stone, leaf, candle, or any object that feels steady. Picture it is resting there, held safely, ready to be remembered when needed.

### **Tiny Practice**

- If solo: whisper your grounding word to yourself or write it somewhere visible.
- If together: close by appreciating one value you see in each other today, naming it aloud with warmth.