

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.

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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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Exploring Ethical Non-Monogamy in Marriage

A reflective guide for noticing values, boundaries, and possibilities

Introduction

Exploring ethical non-monogamy within a marriage can mean many different things, and it will look different for every couple. For some, it may be about creating space for identity and self-expression. For others, it may be about curiosity, growth, or simply opening a conversation that has not yet been spoken aloud. There is no single definition, no single path, and no single “right way” to approach this journey.

Ethical non-monogamy is rooted in honesty, respect, and care. It is not about replacing or diminishing the bond you already share — it is about exploring how your relationship might expand to include new forms of connection, while still honouring the commitments and values that matter most to you. This exploration can bring excitement, questions, and sometimes uncertainty. All of these experiences are valid.

This worksheet is not here to tell you what your path should look like. Instead, it offers gentle prompts to help you reflect on what feels meaningful, safe, and authentic for you and your partner. It is an invitation to pause, to notice, and to name what matters to you.







There are no right or wrong answers here. Whatever you notice is valid. You may find clarity, or you may simply uncover new questions. Both are valuable. You are welcome to move through these reflections at your own pace, returning whenever you feel ready.

Above all, let this be a space of compassion — for yourself, for your partner, and for the relationship you are shaping together.

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How to Use This Worksheet


This worksheet is meant to be a companion, not a challenge. It is here to support reflection, dialogue, and gentle noticing — at whatever pace feels right for you.


- **Go at your own pace.** There is no expectation to finish in one sitting. You may pause, return, or skip around. Even a single word or thought is enough.
- **Choose what feels supportive.** Each section offers a different doorway into reflection. Trust what feels most relevant or helpful right now.
- **Use it as you wish.** You can treat this as a private space for self-reflection, or as a starting point for conversation with your partner. Both are valid ways of engaging.
- **Each section includes:**
 -  **A Guide** — gentle framing of the theme
 -  **A Science Bit** — grounding in research and evidence
 -  **Open Questions** — prompts to invite reflection
 -  **Sentence Starters** — cues to help you begin writing
 -  **A Tiny Practice** — short, practical steps to try
 -  **A Progress Prompt** — a way to notice growth over time
- **Return when needed.** Reflection is not a one-time event. You may revisit these pages during different seasons of life, noticing new insights or steady truths.
- **Treat this as a safe space.** There are no right or wrong answers. Whatever you notice is valid. You are welcome to be honest, uncertain, hopeful, tired, curious — all parts of you are welcome here.

Let this worksheet be a gentle companion, reminding you that resilience, growth, and connection often begin with small pauses and honest noticing.

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★ Section 1: Values and Intentions

 **Guide** Ethical non-monogamy can take many forms, and there is no single way to approach it. Reflecting on your values and intentions is a gentle way to notice what matters most to you, without pressure to decide everything right away. Values act like a compass — they help guide choices, conversations, and boundaries so that your exploration feels aligned with who you are and what you care about. This is not about having all the answers now, but about beginning to name what feels important to carry with you.

 **Science Bit** Research shows that when people explore relationship structures with clarity of values and open communication, they often experience greater satisfaction and less conflict. Studies in relationship psychology highlight that values such as honesty, respect, and mutual care are protective factors — they help couples navigate change with steadiness and trust. Naming values early on can reduce misunderstandings and create a foundation for healthier dialogue.


Open Questions


- What values feel important to me in any relationship?
- What do I hope exploring ethical non-monogamy might bring into my life or marriage?
- What concerns or hesitations do I want to acknowledge?
- How do I want my values to shape the way I communicate and connect?

Sentence Starters


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- “One value I want to honour is...”
- “I hope this exploration will allow me to...”
- “A concern I want to name is...”
- “A value I want to share with my partner is...”

 **Tiny Practice** Write down three values you want to carry with you (e.g., honesty, respect, freedom). Place them somewhere visible — on a note, in a journal, or even as a reminder on your phone — so they can guide you as you reflect and make choices.

 **Progress Prompt** “One way I’ve clarified my intentions is...”

Section 2: Communication and Boundaries

 **Guide** Healthy exploration of ethical non-monogamy depends on communication and boundaries. These are not rigid rules meant to restrict you, but shared agreements that help everyone feel safe, respected, and cared for. Boundaries can be flexible and may evolve over time — they are living understandings that reflect both partners’ needs. Communication is the bridge that makes this possible: it allows you to express hopes, concerns, and experiences openly, while listening with curiosity and compassion.

 **Science Bit** Studies show that couples who openly discuss boundaries and expectations in ethical non-monogamy report stronger trust, less jealousy, and greater satisfaction.

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Research in relationship psychology highlights that boundaries are protective factors — they help maintain emotional safety and prevent misunderstandings. Communication practices such as active listening, regular check-ins, and expressing needs clearly are linked to healthier dynamics and more resilient partnerships.


Open Questions


- What boundaries feel important for me right now?
- What boundaries might help my partner feel safe and respected?
- How do I want to communicate about new experiences or changes?
- What helps me feel heard and understood in conversations?

Sentence Starters


- “A boundary that feels important is...”
- “I feel safe when...”
- “I want to communicate by...”
- “One way I can listen with care is...”


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 **Tiny Practice** Write down one boundary you would like to explore or discuss with your partner. This could be about time, emotional sharing, physical intimacy, or communication style. Notice how it feels to name it, even before you share it.

 **Progress Prompt** “One way I’ve grown in setting boundaries is…”

Section 3: Identity and Self-Expression

 **Guide** Exploring ethical non-monogamy can be one way of honouring identity and creating space for fuller self-expression. For some, it may feel central to their journey; for others, it may simply be one aspect among many. Either way, reflecting on identity can help you notice what feels authentic and aligned with who you are. Identity is not fixed — it can shift, expand, and deepen over time. Making space for self-expression allows you to bring more of yourself into your relationships, whether through sexuality, creativity, values, or the ways you connect with others.

 **Science Bit** Research suggests that people who feel able to express their identities openly often experience greater self-esteem, stronger emotional wellbeing, and less internal conflict. Studies in psychology highlight that authenticity — living in alignment with one’s identity — is linked to resilience and healthier relationships. When identity is acknowledged and expressed, individuals often report feeling more grounded, confident, and connected.

Open Questions


- How does this exploration connect to my identity?
- What parts of myself do I hope to express more fully?

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- How do I want my partner to understand this part of me?
- In what ways do I already feel authentic, and where do I long for more space?

Sentence Starters


- “Ethical non-monogamy connects to my identity by...”
- “I feel most authentic when...”
- “I want to express...”
- “A part of me I want to honour is...”


 **Tiny Practice** Write one affirmation about your identity (e.g., *My identity is valid and worthy of respect*). You might also:

- Place the affirmation somewhere visible as a daily reminder.
- Speak it aloud to yourself with kindness.
- Share it with a trusted friend or partner if that feels supportive.

 **Progress Prompt** “One way I’ve honoured my identity is...”

★ Section 4: Emotional Landscape

 **Guide** Exploring new relationship structures can bring excitement, curiosity, and joy — but it can also stir emotions such as uncertainty, jealousy, or fear. These feelings are not signs of failure; they are natural responses to change and vulnerability. Naming emotions is a way of meeting them with care rather than judgment. When you acknowledge what you feel, you create space to respond with compassion instead of reacting automatically. Emotional awareness is not about eliminating difficult feelings, but about learning how to hold them gently and navigate them with steadiness.

 **Science Bit** Psychological studies show that acknowledging emotions — rather than suppressing them — reduces stress and increases resilience. Research in emotional regulation highlights that practices like mindfulness, journaling, and supportive conversations can help people process feelings more effectively. In the context of ethical non-monogamy, emotional awareness is especially important: couples who name and share their emotions openly often report greater trust, stronger communication, and healthier long-term outcomes.


Open Questions

- What emotions do I anticipate feeling as I explore this path?
- How do I usually respond to jealousy or insecurity?
- What supports help me regulate my emotions?
- When have I noticed that naming a feeling helped me move through it more gently?


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Sentence Starters


- “An emotion I want to prepare for is...”
- “I cope best when...”
- “I feel supported when...”
- “One feeling I want to meet with compassion is...”

 **Tiny Practice** Write down one strategy that helps you calm yourself when emotions feel strong. This could be:

- Taking three slow breaths.
- Journaling for five minutes.
- Reaching out to a trusted friend or partner.
- Moving your body (stretching, walking, or exercise).
- Offering yourself a gentle phrase, such as *It’s okay to feel this*.

 **Progress Prompt** “One way I’ve grown in emotional resilience is...”


Section 5: Shared Vision

 **Guide** Ethical non-monogamy is not only about individual desires — it can also be about creating a shared vision with your partner. This vision is not fixed; it may shift, deepen, or evolve over time, and that’s completely natural. A shared vision is less about rigid plans and

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more about cultivating a sense of direction together — a feeling of “we are on the same page.” It can include hopes for how you want your marriage to feel, the kind of connection you want to nurture, and the agreements that help you both feel safe and respected.

Creating a shared vision does not mean erasing differences. It means holding space for both partners’ needs and perspectives and weaving them into a relationship that feels supportive for both. Even small conversations about hopes, boundaries, or values can strengthen trust and help you move forward with clarity.

 **Science Bit** Couples who co-create a vision for their relationship often report stronger trust, deeper intimacy, and greater satisfaction. Research in relationship psychology highlights that shared goals and agreements act as protective factors: they reduce misunderstandings, foster cooperation, and help couples navigate challenges with resilience. Importantly, studies show that flexibility — allowing the vision to evolve — is linked to healthier long-term outcomes.

Open Questions


- What do I want our marriage to feel like in the future?
- How do I imagine ethical non-monogamy fitting into our shared life?
- What supports or agreements might help us thrive together?
- How can we revisit and adjust our vision as life changes?


Sentence Starters

- “Our shared vision includes...”


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- “I imagine ethical non-monogamy fitting in by...”
- “One agreement that feels important is...”
- “A hope I want to carry forward is...”

 **Tiny Practice** Write one sentence about what you hope your marriage will feel like in five years. You might focus on qualities such as trust, joy, freedom, or balance. Place this sentence somewhere visible or share it with your partner if that feels supportive.

 **Progress Prompt** “One way I’ve grown in creating a shared vision is...”

Section 6: Practical Supports and Self-Care

 **Guide** Exploring ethical non-monogamy can be exciting and meaningful, but it may also bring new challenges. Practical supports and self-care help you stay grounded and balanced as you navigate change. This is about noticing what helps you feel steady — routines, resources, communities, or practices that protect your wellbeing. Self-care is not selfish; it is the foundation that allows you to show up with clarity and compassion in your relationships.

 **Science Bit** Research in psychology shows that people who maintain supportive routines and self-care practices experience lower stress and greater resilience. Studies highlight that access to community support, healthy coping strategies, and rest are protective factors that reduce burnout and improve relationship satisfaction.


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Open Questions

- What practices help me feel grounded when life feels uncertain?
- Who or what supports me outside of my marriage?
- How do I want to care for myself while exploring new dynamics?
- What routines or resources help me return to balance when I feel overwhelmed?

Sentence Starters


- “One practice that helps me feel steady is...”
- “I feel supported when...”
- “A resource I want to lean on is...”
- “Self-care for me looks like...”


 **Tiny Practice** Choose one small act of self-care today — a walk, a journal entry, a moment of rest, or reaching out to a supportive friend. Notice how it affects your sense of steadiness.

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✨ **Progress Prompt** “One way I’ve grown in caring for myself during this exploration is...”

★ Section 7: Community and Belonging

 **Guide** Relationships do not exist in isolation — they are supported and shaped by the communities we belong to. Exploring ethical non-monogamy can feel easier when you have spaces where you feel seen, respected, and understood. Community can mean close friends, supportive family members, peer groups, or wider networks of people who share similar values. Belonging is about connection, not conformity: it is about finding places where you can show up authentically and feel safe to share your experiences.

 **Science Bit** Research shows that social support is one of the strongest predictors of wellbeing and resilience. Studies highlight that people who feel a sense of belonging in supportive communities report lower stress, greater confidence, and healthier relationships. In contexts like ethical non-monogamy, community support can reduce feelings of isolation, provide perspective, and offer encouragement during times of uncertainty.


Open Questions

- Who in my life helps me feel seen and supported?
- What communities or networks feel safe for me to explore or connect with?
- How do I want to share my journey with others, if at all?
- What role does belonging play in my resilience and growth?

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Sentence Starters

- “I feel a sense of belonging when...”
- “A community that supports me is...”
- “I want to connect with others by...”
- “Belonging strengthens me because...”

 **Tiny Practice** Identify one person or community that feels supportive. Reach out, even in a small way — send a message, attend a gathering, or simply remind yourself that this connection exists.

 **Progress Prompt** “One way I’ve grown in community and belonging is...”

Closing

Exploring ethical non-monogamy is not about breaking apart what you already have — it is about reshaping your relationship with care, honesty, and intention. It is about noticing what feels authentic, creating space for dialogue, and honouring both your individuality and your shared bond.

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Each reflection you make is already an act of resilience and love. Even the smallest pause, the smallest word, or the smallest breath is enough to move forward with clarity. Progress does not need to be dramatic or immediate; it can be quiet, gradual, and deeply personal.

This journey is not about perfection. It is about curiosity, compassion, and the willingness to listen — to yourself and to your partner. Your vision may shift over time, and that is part of growth. What matters most is that you continue to approach each step with respect, openness, and care.

Above all, remember: your reflections are valuable. Your questions are valid. Your hopes are worthy. Every moment of noticing is a way of saying to yourself and your partner, *we are choosing to grow with intention.*