

Compassionate Connection Therapy

Welcome to Your Reflection Space

These worksheets are offered with care. 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* • **TikTok** — [@rosa.tomassi.bella](https://www.tiktok.com/@rosa.tomassi.bella) • **Instagram** — [@connectiontherapyrhy](https://www.instagram.com/connectiontherapyrhy)

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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Grief and Bereavement Support Pack

For anyone navigating the loss of a loved one

Grief after losing someone dear can feel like a fog—heavy, disorienting, and often invisible to others. Whether your loss was recent or long ago, whether expected or sudden, this pack is here to support you in the quiet, complex space that follows.

You don't need to have the "right words" or a clear plan. You don't need to justify why it still hurts, or why it hurts in ways you didn't expect. Bereavement isn't something to fix—it's something we learn to live with, slowly and gently, in our own time.

These pages are yours. You can write, draw, reflect, or simply sit with them. There's no wrong way to use them.

They're designed to help you:

- Make sense of your story
- Honour the person you've lost
- Soothe what still aches
- Reconnect with your strength and self-worth

You're not alone in this. And you don't have to rush.

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Worksheet 1: Your Grief Timeline

A gentle space to explore your journey through loss

Grief doesn't move in straight lines. It can feel like waves, spirals, or quiet pauses. Some days might feel steady. Other days, it might catch you off guard. This page is here to help you gently trace your story—before, during, and after your loss.

You don't need to remember everything. You don't need to explain it all. You can write, draw, use symbols, or simply sit with the questions. There's no "right" way to do this—only your way.

Before the Loss Let's begin softly.

- What do you remember about life before your loss?
- What did your relationship with this person mean to you?
- Were there any moments, changes, or feelings that signalled what was coming—or caught you by surprise?

Space to reflect:

The Moment of Loss. Take your time here.

- When did the loss happen, and what do you remember about that time?
- What shifted in your world—emotionally, practically, relationally—in the hours or days that followed?
- What felt surreal, painful, or strangely quiet?

Space to reflect:

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Milestones & Markers. Grief often echoes through time.

- Are there dates, seasons, or events that feel especially tender now?
- Have birthdays, holidays, or anniversaries brought up unexpected emotions?
- Are there moments that felt like turning points in your grief?

Space to reflect:

Emotional Landscape. There's no wrong way to feel.

- What emotions have shown up throughout your grief—loudly or quietly?
- Have you felt numb, angry, confused, relieved, heartbroken—or something else entirely?
- How have these feelings shifted or stayed with you over time?

Space to reflect:

Support & Coping Who or what helped you feel less alone?

- Were there people, places, or practices that offered comfort or steadiness?
- Did anything help you keep going, even when it was hard?
- What felt like a lifeline—however small?

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👉 Space to reflect:

👤 Misunderstandings & Silence. Grief is often invisible to others.

- What do you wish people had known or understood about your experience?
- Were there moments you felt judged, rushed, or unseen?
- Is there something you've never said out loud, but still carry?

👉 Space to reflect:

📝 Sentence Starters (use any that resonate): These can help you begin if the words feel stuck.

- “The moment everything changed was...”
- “I kept going because...”
- “I wish someone had said...”
- “Looking back, I see...”
- “I still avoid talking about it because...”
- “I feel angry when others don’t understand that...”

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- “I miss them most when...”
- “Sometimes I pretend I’m okay, but really...”
- “I wish I could tell them...”
- “What hurts the most is...”
- “I feel closest to them when...”
- “I’m scared that if I let myself feel it all...”
- “People think I’ve moved on, but...”
- “One thing I want others to know about my grief is...”

 Space to reflect:

This timeline is yours. You can revisit it, add to it, or leave parts blank. It’s not about finishing—it’s about honouring your story, your loss, and your healing. Go gently. You’re allowed to take your time.

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Worksheet 2: Growing Around Grief

Inspired by Tonkin's Model of Bereavement

Grief doesn't shrink or disappear. When someone we love dies, the grief remains—but over time, life may begin to grow around it. You might not feel “better,” but you may notice new parts of life slowly taking shape alongside the pain.

This page is here to help you explore what has grown, what still feels tender, and what you'd like to gently nurture next. You don't need to be “over it.” You don't need to be ready. Just begin where you are.

 What has grown around your grief? Even in the midst of loss, small shifts can happen.

- What parts of your life feel different since your loss?
- Have you discovered anything new about yourself—your strength, your sensitivity, your needs?
- Are there relationships, routines, or practices that have helped you feel more grounded or connected?

 Space to reflect:

 What still feels raw or untouched? Some parts of grief stay tender for a long time. That's okay.

- Are there memories, emotions, or places that still feel overwhelming or painful?
- Is there anything you haven't been able to say, feel, or share yet?
- What feels too heavy to hold alone?

 Space to reflect:

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✍ Sentence Starters (use any that resonate):

- “I still avoid talking about it because...”
- “I feel angry when others don’t understand that...”
- “I miss them most when...”
- “Sometimes I pretend I’m okay, but really...”
- “I wish I could tell them...”
- “What hurts the most is...”
- “I feel closest to them when...”
- “I’m scared that if I let myself feel it all...”
- “People think I’ve moved on, but...”
- “One thing I want others to know about my grief is...”

👉 Space to reflect:

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💡 What would you like to nurture next? This is about gentle growth—not fixing or forcing.

- Is there a part of your life that feels ready for a little attention or care?
- What helps you feel safe, soothed, or supported—emotionally, physically, spiritually?
- What does healing look like for you—not for others, but for you?

👉 Space to reflect:

🎨 Optional Creative Space Try sketching a circle with your grief in the centre. Around it, draw or write what has grown—relationships, insights, routines, or anything that feels meaningful. You can use colours, symbols, or words. You don't need artistic skill—just curiosity.

This page is yours. You can return to it, add to it, or leave parts blank. Go gently. You're allowed to grow at your own pace.

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Worksheet 3: Grief Triggers & Soothing Strategies

Building your personal “grief first aid kit”

Grief after losing someone you love can be unpredictable. Sometimes it creeps in quietly. Other times, it crashes in like a wave. A smell, a memory, a silence, or even a kind word can stir something deep inside.

This page is here to help you gently explore what tends to trigger your grief—and what helps you feel safe, soothed, or supported. There’s no pressure to fix anything. This is about noticing, understanding, and caring for yourself with compassion.

 What tends to stir your grief? Let’s begin by gently noticing what brings your grief closer to the surface.

- Are there certain dates, places, or routines that feel especially tender?
- Do you notice grief after seeing certain people, hearing certain words, or being alone?
- Are there emotional states—like exhaustion, stress, or loneliness—that make grief feel louder?

 Space to reflect:

 How does grief show up in your body? Grief isn’t just emotional—it can live in the body too.

- What physical sensations do you notice when grief is present?
- Do you feel tense, shaky, tired, or restless?
- Have you noticed changes in your breathing, appetite, or sleep?
- Do you experience panic, numbness, or physical pain?

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👉 Space to reflect:

📦 What helps you feel safe, soothed, or supported? This is your personal “grief first aid kit.” You can fill it with anything that helps you feel grounded, comforted, or cared for.

- What sensory comforts help you feel calm—soft textures, warm drinks, gentle lighting?
- What expressive outlets help you release or reflect—journaling, drawing, singing, movement?
- What relational support feels nourishing—talking to someone, messaging a friend, joining a group?
- What restorative practices help you rest—quiet time, nature, gentle routines?
- What spiritual or reflective rituals help you feel connected—meditation, prayer, breathing, stillness?

👉 Space to reflect:

📝 Sentence Starters (use any that resonate): These can help you begin if the words feel stuck.

- “I tend to feel grief most when...”
- “My body tells me I’m grieving by...”
- “I wish others understood that when I’m quiet...”

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- “When I feel overwhelmed, it helps to...”
- “One thing that always brings me comfort is...”
- “I feel safest when...”
- “I’m learning that it’s okay to...”
- “When I need support, I can...”
- “I’m still figuring out how to...”
- “One thing I want to remember when grief feels heavy is...”

 Space to reflect:

 Optional Creative Space Draw, list, or collage your grief first aid kit. You can include words, images, or symbols that feel comforting. This is something you can return to when things feel too heavy.

This page is yours. Use it gently, in your own time, and in whatever way feels right. You are allowed to care for yourself, even in grief.

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👉 Worksheet 4: Letters to the Lost

A gentle space to speak what was left unsaid

Grief often leaves us with words we never got to say. When someone we love dies, it can feel like a conversation cut short—unfinished, unanswered, and deeply felt. This page is here to help you express what's still inside.

You might write to someone who passed away, someone you miss deeply, or even to a younger version of yourself who needed comfort. You don't need to share this with anyone. You don't need to make it perfect. You just need to begin—honestly, gently, in your own way.

✉️ Who might you write to? Take a moment to notice who comes to mind.

- Is there someone you've lost who still lives in your thoughts?
- Is there someone you miss but can't reach?
- Is there a version of yourself—Younger, hurting, or hidden—that needs to be spoken to?
- Is there a part of you that feels forgotten, silenced, or left behind?

👉 Space to reflect:

💬 What might you want to say? Let the words come slowly.

- Are there things you never got to say—questions, apologies, memories, truths?
- Are there emotions you've been carrying—anger, love, regret, longing?
- Is there something you're learning, releasing, or holding onto?

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✍️ Space to reflect:

📝 Sentence Starters (use any that resonate): These can help you begin if the words feel stuck.

- “I wish you knew...”
- “I’ve carried...”
- “I’m learning to...”
- “I never got to tell you...”
- “I’m angry because...”
- “I forgive you for...”
- “I’m trying to let go of...”

✍️ Space to reflect:

💭 More ways to speak your truth. You can continue your letter with these gentle prompts:

- “I still talk to you when...”

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- “I miss your presence most when...”
- “I wish I could ask you...”
- “I feel closest to you when...”
- “I’m scared to forget...”
- “I’ve been holding onto...”
- “I want you to know that...”
- “I’m learning to live without...”
- “One thing I never said out loud is...”
- “If I could say one last thing, it would be...”

 Space to reflect:

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 Optional Creative Space Draw, doodle, or decorate your letter if that feels comforting. You might want to add symbols, colours, or images that help you express what words can't.

This page is yours. You can write one letter or many. You can tear it up, keep it, or rewrite it later. There's no right way to grieve, and no wrong way to speak your truth. Go gently. You are allowed to feel, remember, and express.

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💡 Worksheet 5: Self-Worth After Loss

Reconnecting with your inner value and voice

Grief can quietly shift the way we see ourselves. When someone you love dies, it may feel like a part of you disappears with them—especially if your role in their life shaped how you understood your own. You might feel unsteady, invisible, or unsure of where you belong now.

This page is here to help you gently reconnect with your self-worth. Not because of what you do for others, or who you were before the loss—but because you are still here, still valuable, and still becoming.

💡 What do you believe about yourself right now? Let's begin by noticing the thoughts that show up when you feel low, disconnected, or uncertain.

- What do you hear in your inner voice when you're struggling?
- Are there beliefs about your worth that feel heavy or painful?
- What parts of you feel forgotten, dismissed, or hard to reach?

💡 Space to reflect:

💡 What might be a kinder truth? Now imagine a softer voice—one that speaks to you with compassion.

- What would you say to a friend who felt this way?
- Is there a truth that can sit gently beside the pain?
- What do you know about yourself that grief tries to make you forget?

💡 Space to reflect:

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 What would someone who loves you say? Think of someone who truly sees you—past or present.

- What words of kindness or truth might they offer you right now?
- What do they admire in you, even when you can't see it?
- What do they remind you of when you forget who you are?

 Space to reflect:

 What truths do you want to hold onto? You can write affirmations that feel true—or ones you're still learning to believe. Try beginning with:

- “I am...”
- “I deserve...”
- “I am learning to...”
- “Even when I feel _____, I am still _____.”

 Space to reflect:

 Finish these sentences (choose any that resonate):

- “Since the loss, I've struggled to remember that I...”
- “I used to feel like I was someone who...”

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- “I’m proud of myself for...”
- “I want to believe that I am still...”
- “If I could speak to the part of me that feels lost, I’d say...”

Space to reflect:

This page is yours. You can return to it whenever your sense of self feels distant or uncertain. Grief may change your roles—but it does not erase your worth. You are still here. You are still becoming.

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Worksheet 6: Grief & Identity Reflection

Exploring how loss reshapes your roles, beliefs, and sense of belonging

Grief doesn't just affect how you feel—it can change how you see yourself, how others relate to you, and how you move through the world. When someone you love dies, the roles you held, the routines you shared, and the identity you built around that relationship may feel unfamiliar or undone.

This page is here to help you gently reflect on how grief has touched your sense of self—your relationships, your beliefs, your culture, and your place in the world. You don't need to define who you are now. You just need space to notice what's shifted, what's stayed, and what's still unfolding.

 How has grief changed your place in the world? Let's begin by gently exploring how your roles and relationships may have shifted.

- What roles did you hold before the loss—within your family, community, or relationship?
- Do you feel more isolated, more responsible, or more uncertain now?
- Have you noticed changes in how others treat you—or how you treat yourself?

 Space to reflect:

 What parts of your identity feel unfamiliar or in transition? Grief can make some parts of us feel louder, and others feel hidden.

- Are there aspects of yourself that feel paused, lost, or newly emerging?
- Have you questioned your values, beliefs, or sense of purpose since the loss?
- Do you feel like you're becoming someone different—or rediscovering someone you used to be?

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 Space to reflect:

 What does belonging look like now? Grief can shift how we connect with others—and how we feel seen.

- Have your relationships or communities changed since your loss?
- Do you feel more connected to certain people—or more distant from others?
- Are there spaces where you feel safe, understood, or out of place?

 Space to reflect:

 Sentence Starters (use any that resonate): These can help you explore your identity with gentleness and curiosity.

- “Before the loss, I saw myself as...”
- “One part of me I didn’t expect to change is...”
- “Grief has made me question...”
- “I’m still figuring out how to...”
- “I’m beginning to understand that identity can...”
- “I feel most like myself when...”

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✍️ Space to reflect:

✍️ Optional Creative Space Draw, write, or collage your reflections. You might include symbols, colours, or images that represent who you were, who you are now, and who you're becoming. This is your space to honour the shifts—visible and invisible.

This page is yours. You can return to it whenever you feel uncertain, unseen, or in transition. You are allowed to change. You are allowed to belong. You are allowed to become.

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👉 Worksheet 7: Support Systems in Grief

Mapping who holds you, helps you, and hears you

Grief can feel isolating—even when people are nearby. Sometimes the support we need isn’t available. Sometimes we don’t know how to ask. And sometimes, we’re surprised by who shows up—and who doesn’t.

This page is here to help you gently reflect on the support systems in your life: the people, places, and practices that help you feel held, heard, and less alone. You don’t need a big circle. You don’t need to be ready to reach out. This is simply a space to notice what’s there, what’s missing, and what might help.

🧠 Who feels safe to talk to right now? Let’s begin by noticing who helps you feel seen.

- Is there someone who listens without judgment or rushing you?
- Who respects your boundaries and emotions?
- Who helps you feel more like yourself, even in grief?

👉 Space to reflect:

🌿 What kinds of support do you need most? Support can be emotional, practical, spiritual, or creative.

- Do you need someone to talk to—or someone to sit quietly beside you?
- Do you need help with daily tasks, decisions, or routines?
- Do you need space, solitude, or gentle distraction?

👉 Space to reflect:

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👤 Communicating Your Needs. It's okay to ask for comfort. It's okay to need space. It's okay to not know what you need yet.

- What kinds of support feel hard to ask for?
- What words feel safe when you're trying to express a need?
- What helps you feel heard without having to explain everything?

👉 Space to reflect:

✍ Sentence Starters (use any that resonate):

- “When I feel low, I wish someone would...”
- “I feel safest when people...”
- “I struggle to ask for help because...”
- “One thing I need but haven’t said out loud is...”
- “I want to feel safe enough to say...”
- “I’m learning that it’s okay to ask for...”
- “If I could say what I really need, I’d ask for...”

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 Space to reflect:

 What support feels missing or hard to access? Let's gently name what's been absent.

- Are there people you wish were more present?
- Are there types of support you've never had but would like to explore?
- Are there barriers—emotional, cultural, logistical—that make reaching out difficult?

 Space to reflect:

 Optional Mapping Space Draw your support circle. Include people, places, practices, or even pets that help you feel grounded. You can use symbols, colours, or layers to show closeness, trust, or types of support.

This page is yours. You can return to it when you feel alone, unsure, or ready to reach out. Support doesn't have to be perfect—it just needs to feel safe. You are allowed to ask. You are allowed to receive. You are allowed to be held.

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💡 Final Reflections

A space to honour your grief, your love, and your becoming

Grief is not a moment—it's a landscape. It doesn't ask for resolution, only presence. When someone you love dies, the world doesn't just lose a person—it loses a rhythm, a role, a relationship that shaped how you lived and who you were.

Whether your loss is recent or long ago, whether it's clear or complicated, your experience matters. These pages are not here to fix you. They're here to sit beside you—in the quiet, in the ache, in the remembering.

You are allowed to take your time. You are allowed to feel everything—or nothing at all. You are allowed to grieve in silence, in tears, in laughter, in confusion. You are allowed to miss them fiercely and still find joy. You are allowed to rest, to rage, to remember, and to rebuild.

🌟 What does your grief look like today?

- What emotions, memories, or sensations are present right now?
- Is there a part of your grief that feels louder—or quieter—than it used to?
- What does it feel like to carry this loss in your daily life?

✍️ Space to reflect:

💡 How has grief shaped the way you see yourself?

- What parts of you feel changed, tender, or stronger?
- Are there roles, routines, or relationships that feel different now?
- What have you learned about yourself through this experience?

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👉 Space to reflect:

🌿 What do you want to carry forward?

- Is there a memory, value, or lesson you want to hold close?
- What part of your love or connection still lives in you?
- What helps you feel like you're still becoming?

👉 Space to reflect:

✍ Sentence Starters (use any that resonate):

- “Grief has taught me that...”
- “I feel closest to them when...”
- “I want to remember that I’m allowed to...”
- “One thing I’ve discovered about myself is...”
- “Even when I feel broken, I know that...”

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- “I’m learning that healing can look like...”

 Space to reflect:

This page is yours. You can return to it whenever you need to feel grounded, remembered, or held. Grief may change how you show up in the world—but it does not diminish your worth. You are still here. You are still becoming. However you show up, you are welcome here.