

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*
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Johari Window Worksheet: Exploring Self & Perception

Introduction

The Johari Window is a gentle yet powerful tool for exploring how we see ourselves — and how others may see us. It offers four perspectives of self-awareness: what is known to us, what is known to others, what we keep hidden, and what is yet to be discovered. These areas are not fixed or absolute; they shift and change as we grow, connect, and reflect.

By exploring these quadrants, we can begin to notice blind spots, soften the places where we hide, and open ourselves to the possibility of discovering untapped strengths or new aspects of identity. This process is not about judgment or correction. It is about curiosity, compassion, and the willingness to meet ourselves with honesty and gentleness.

This worksheet is not here to fix or erase any part of you. It is here to invite reflection, to create space for noticing, and to honour the complexity of being human. Each section offers prompts and practices that can be adapted to your own needs. You may find that some reflections feel relevant now, while others may feel more useful later. There is no right or wrong way to engage.

Every pause, every thought, every small act of noticing is progress. Even the quietest reflection — a single word, a single breath, a single moment of awareness — is meaningful. This resource is meant to be a companion, reminding you that growth and self-understanding unfold gently, in ways that honour your pace and your experience.

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How to Use This Worksheet

- **Pace:** Move through the sections at a rhythm that feels natural for you. There is no expectation to complete everything at once. Even pausing for a single reflection is meaningful.
 - **Choice:** You are free to choose the prompts that resonate most. If something doesn't feel useful right now, it can be set aside. Your engagement is valid in whatever form it takes.
 - **Expression:** You can engage in any way that feels comfortable — writing, drawing, speaking aloud, or simply pausing to reflect quietly. All forms of expression are welcome.
 - **Tiny Practices:** Each practice offers a gentle, manageable step to bring non-judgment and acceptance into daily life. Even the smallest action — a breath, a grounding step, a kind reminder — can create meaningful shifts.
 - **Flexibility:** Return to the worksheet at different times. Some sections may feel more relevant now, others later. Your way of engaging is enough.
- ✨ This worksheet is meant to be a companion, not a test. Every way you choose to engage — whether through a single sentence, a quiet thought, or a small practice — is a step toward understanding emotions and honouring your unique way of experiencing them. It is here to support you, not to measure you.

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Section 1: Open Self (What I See & Others See)

Guide

The “open arena” represents qualities that you recognize in yourself and that others also affirm. These are the parts of you that feel visible, shared, and acknowledged. They might include traits like kindness, creativity, reliability, or humour — aspects of yourself that feel familiar both to you and to those around you.

Exploring the Open Self is not about proving or performing. It is about gently noticing the strengths and qualities that already shine through and allowing yourself to feel affirmed by them. When we acknowledge these shared traits, we can build trust, deepen connection, and strengthen our sense of belonging.

Open Questions

- What qualities do I notice in myself that others also see?
- How do I feel when my strengths are acknowledged?
- What helps me share these qualities more openly?
- How do I want to celebrate the traits that feel most visible in my life?
- What role do these qualities play in my relationships and daily choices?

Sentence Starters

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- “Others often notice that I...”
- “I feel affirmed when...”
- “One quality I want to share more is...”
- “I recognise my strength in...”
- “I feel connected when others see me as...”

Tiny Practice

Write down three traits you believe others also see in you. Place them somewhere visible — on a note by your desk, in your journal, or as a gentle reminder on your phone. Each time you notice them, pause for a moment to acknowledge: *“This is part of me, and it is seen.”*

Science Bit

Research in psychology shows that positive feedback strengthens self-concept and increases confidence. When people recognize traits in themselves that others affirm, it reinforces neural pathways linked to self-esteem and belonging. Neuroscience highlights that affirmation activates reward centres in the brain, releasing dopamine and oxytocin — chemicals associated with connection and trust. This means that even small acknowledgements of shared qualities can nurture resilience and deepen relationships.

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Section 2: Blind Spot (What Others See & I Don't)

Guide

Blind spots are qualities or patterns that others notice in us, but that we struggle to accept or even recognize. Sometimes these are strengths we underestimate, and sometimes they are behaviours we don't realize we show. Exploring blind spots is not about criticism or correction — it is about opening ourselves to perspectives that may broaden our understanding of who we are.

It can feel surprising, even uncomfortable, to hear feedback that doesn't match how we see ourselves. Meeting this feedback with gentleness allows us to consider new possibilities without pressure. Blind spots can reveal hidden strengths, resilience, or capacities we haven't yet claimed. They remind us that others may see light in us that we haven't yet learned to see in ourselves.

Open Questions

- What have others said about me that felt surprising?
- How do I respond when feedback challenges my self-view?
- What might I gain by exploring these blind spots gently?
- How do I want to hold feedback that feels encouraging but unfamiliar?
- What helps me stay open to the idea that others may see strengths I don't yet recognize?

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Sentence Starters

- “Others have told me I...”
- “I find it surprising when...”
- “I want to explore the possibility that...”
- “Feedback that challenges me makes me feel...”
- “I am curious about the idea that...”

Tiny Practice

Ask a trusted person to share one quality they notice in you. Write it down, even if it feels unfamiliar or hard to believe. Place it somewhere you can return to later. Each time you see it, pause and gently remind yourself: *“It is possible that this is true about me, even if I don’t feel it yet.”*

Science Bit

Studies show that feedback from others can reveal hidden strengths and broaden self-awareness. The brain often underestimates personal abilities due to self-criticism, a phenomenon known as the “negativity bias.” External affirmation can counter this bias by activating neural pathways linked to reward and learning. Over time, repeated exposure to

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positive feedback can help reshape self-concept, making it easier to integrate strengths that once felt invisible.

Section 3: Hidden Self (What I See & Others Don't)

Guide

The Hidden Self represents the parts of you that you keep private — perhaps out of fear, shame, uncertainty, or simply because they feel too tender to share. These may include dreams, insecurities, or aspects of identity that you protect from others. Keeping things hidden is not a flaw; it is often a way of creating safety and maintaining boundaries.

Exploring the Hidden Self is not about forcing disclosure or exposing yourself before you are ready. Instead, it is about gently acknowledging what you carry within, even if it remains private. By noticing these hidden parts, you honour your complexity and give yourself permission to exist fully, without judgment. Sometimes, simply naming these truths to yourself can reduce emotional hiding and increase authenticity.

Open Questions

- What do I know about myself that I rarely share?
- How do I decide what to keep private?
- What helps me feel safe enough to share more openly?
- Which hidden parts of me feel protective, and which feel heavy to carry alone?

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- How do I want to honour my private truths, even if they remain unspoken?



Sentence Starters

- “I often keep hidden that...”
- “I rarely share my dream of...”
- “I feel safer when I...”
- “One truth I hold quietly is...”
- “I protect this part of myself because...”



Tiny Practice

Write down one thing you know about yourself but rarely share. Keep it in a private place — a journal, a folded note, or a symbolic object — as an act of acknowledgement. You don’t need to share it with anyone else. Simply giving it space outside your mind can be a gentle way of honouring it.



Science Bit

Psychological research highlights that secrecy can increase stress, while safe disclosure — even if only to oneself — can reduce emotional burden. Private journaling or symbolic

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expression activates brain regions linked to relief and regulation, including the prefrontal cortex, which supports emotional processing. Studies show that acknowledging hidden parts of ourselves, even in solitude, can foster authenticity and reduce the strain of carrying unspoken truths.

Section 4: Unknown Self (What No One Sees)

Guide

The Unknown Self represents the parts of you that have not yet emerged — strengths waiting to be discovered, desires not yet named, or wounds still unfolding. These aspects are not flaws or gaps; they are simply possibilities that have not yet come into view.

Exploring the Unknown Self is an act of curiosity rather than pressure. It is about gently wondering what else might be true about you, without needing immediate answers. Sometimes these parts reveal themselves through new experiences, relationships, or challenges. Other times, they remain quiet until the right moment arrives. Meeting the Unknown Self with openness allows space for growth, resilience, and self-discovery.

Open Questions

- What might I be capable of that I haven't explored?
- What version of myself have I not yet met?
- What do I sense is waiting to emerge?
- How do I want to welcome the unknown parts of me with gentleness?

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- What small steps could help me explore possibilities without expectation?



Sentence Starters

- “I might discover that I...”
- “A part of me I haven’t met yet is...”
- “I’m curious about...”
- “I wonder if I could...”
- “The unknown feels like...”



Tiny Practice

Choose one small, new activity — it could be trying a hobby, reading about a topic you’ve never explored, or taking a different route on a walk. As you do it, notice how it feels to step into something unfamiliar. Afterwards, write down or reflect on what the experience stirred in you. This is not about achievement, but about gently opening space for discovery.



Science Bit

Neuroscience shows that novelty stimulates brain growth and resilience. Engaging in new experiences activates dopamine pathways, which foster curiosity, motivation, and

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adaptability. Research also highlights that exploring unfamiliar activities can strengthen neural connections, making the brain more flexible in responding to challenges. Even small acts of novelty — like learning a new word, tasting a new food, or trying a new routine — can support emotional wellbeing and open doors to self-discovery.

Section 5: Integration & Resilience

Guide

Integration is the gentle process of bringing together insights from all quadrants of the Johari Window — the open, blind, hidden, and unknown parts of yourself. It is not about forcing change or reaching a final destination, but about noticing how these reflections connect and shape your understanding of who you are.

Honouring resilience means recognising the quiet, everyday ways you keep going, adapt, and grow. Resilience does not always look bold or dramatic; often it is found in small acts — choosing to rest, asking for support, trying again after difficulty, or simply continuing forward despite uncertainty. By integrating insights and honouring resilience, you create space to see yourself more fully and to appreciate the strength that already lives within you.

Open Questions

- How does one insight shift how I see myself?
- What small action can I take to expand my Open Self?
- What acts of resilience have I shown recently?
- How do I want to celebrate the ways I have kept going?

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- What helps me recognise resilience in everyday choices?

Sentence Starters

- “I see myself differently now because...”
- “One small action I can take is...”
- “I honour my resilience by...”
- “A gentle reminder of my strength is...”
- “I integrate my insights by...”

Tiny Practice

Write down one way you have shown resilience — however small — and acknowledge it as a sign of your strength. You might place this note somewhere visible or keep it tucked away as a private reminder. Each time you notice it, pause and affirm: *“This is resilience. This is me continuing.”*

If writing doesn’t feel right, you could instead draw a symbol, hum a song, or hold an object that represents resilience for you. The form of expression is less important than the act of recognition.

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Science Bit

Research shows that recognising resilience strengthens emotional wellbeing and fosters a sense of meaning. Even small acts of endurance — such as maintaining routines, seeking connection, or practicing self-care — activate brain pathways linked to hope and persistence. Neuroscience highlights that naming resilience helps reinforce confidence and self-trust, reminding us that strength is not only found in grand achievements but also in the quiet persistence of everyday life.

❖ Closing

Exploring the Johari Window can bring forward insights that feel affirming, surprising, or tender. Each quadrant — the open, blind, hidden, and unknown — offers a different way of meeting yourself with curiosity. None of these areas are weaknesses; they are simply parts of the human experience, shaped by connection, protection, and discovery.

Every reflection, every pause, every small practice is progress. Even the quietest act — noticing a thought, taking a breath, writing a single word — is meaningful. Each moment of gentleness honours your strength and your capacity to keep going, even when life feels complex or uncertain.

This worksheet is not here to measure or test you. It is here as a companion — a space where you can meet yourself with openness, compassion, and care. You may return to it at different times, finding new insights or simply reminding yourself that resilience can be quiet, hidden, or still unfolding.

In choosing to reflect, you are already honouring your resilience. In choosing gentleness, you are affirming your strength. And in choosing to meet yourself here, you are creating space for growth, authenticity, and self-understanding.