

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: @connectiontherapyrhyll

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

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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⌚ Showing Up, Even When It's Hard

A quiet space to reflect on how we respond, reconnect, and rebuild trust

🌿 Introduction: A Space for Gentle Reflection

Some people respond to tension with logic—seeking clarity, solutions, or structure. Others reach for emotion—longing for reassurance, connection, or understanding. Many do a mix of both, depending on how safe or overwhelmed they feel. There's no right way to respond. There's only what feels true, especially in moments that feel loaded, confusing, or tender.

This worksheet isn't here to fix anything. It's here to offer a soft place to land. A space to notice how you show up in relationships, how you respond to conflict, and how you begin to rebuild trust after rupture. It's not about being perfect, regulated, or emotionally fluent. It's about being honest—with yourself, with your patterns, and with the parts of you that are still learning how to feel safe in connection.

You don't need to have answers. You don't need to move quickly. You're welcome to pause, skip, return, or respond in whatever way feels most supportive—writing, speaking, drawing, or simply thinking. You're allowed to feel unsure. You're allowed to take your time.

Let this be a space for curiosity, not correction. A space to notice what's hard, what's shifting, and what kind of connection feels meaningful to build.

How to Use This Worksheet

This resource is designed to be flexible, gentle, and emotionally attuned. You can use it:

- **Alone**, as a quiet space for personal reflection
- **In therapy**, to deepen conversations about relational patterns and emotional safety
- **With a partner or loved one**, to explore how you each show up and repair
- **In groups**, to support relational healing, trust-building, or conflict navigation

Each section includes:

- **A gentle guide** to frame the theme
- A set of **open questions** for deeper exploration
- A “**Try to finish these sentences**” section to support emotional clarity
- A **sciency** reflection to gently explain what might be happening beneath the surface

You don’t need to complete every section. You don’t need to respond in order. You don’t need to finish it all at once. Let your nervous system lead. Let your rhythm guide you. Let this worksheet meet you where you are.

You’re welcome to go slowly. You’re welcome to feel messy. You’re welcome to show up—even when it’s hard.

1 What Conflict Feels Like

Guide

Conflict doesn't always arrive loudly. Sometimes it slips in quietly—as a racing heart, a blank mind, a clenched jaw, or a sudden urge to fix, flee, or freeze. It might feel like pressure in your chest, a wave of guilt, or a need to explain everything quickly. These responses aren't wrong. They're signals—your body's way of saying, "Something feels unsafe."

This section invites you to gently notice what happens inside when tension arises. Not to analyse or correct, but to understand your own rhythm. You might discover patterns shaped by past experiences, relationships, or moments when emotional safety felt out of reach. You don't need to change anything right now. You just need to notice.

Let this be a space to meet your reactions with curiosity. To ask, "What's happening in me?" instead of "What's wrong with me?"

Open Questions

- What does my body tend to do when I feel tension or emotional intensity?
- What kinds of thoughts or reactions show up when someone asks for emotional presence or reassurance?
- What helps me stay grounded when I feel misunderstood, overwhelmed, or emotionally flooded?
- What kinds of conflict feel most difficult—why might that be?
- What do I tend to fear will happen if I don't respond "correctly" during tension?

Try to Finish These Sentences

- “When conflict arises, I often...”
- “My body tends to respond by...”
- “I feel most overwhelmed when...”
- “I’m more able to stay present when...”
- “I notice I shut down when...”
- “I try to fix things quickly because...”

The Sciency Part

When conflict shows up, your system may shift into protection mode—fight, flight, freeze, or fawn. These aren’t flaws. They’re strategies your body learned to keep you safe. You might go blank, feel flooded, over-explain, or withdraw. These patterns often reflect what your system learned about connection: that it might not be safe, stable, or forgiving. Noticing them with compassion is the first step toward choosing something gentler.

2 What the Other Person Might Be Needing

Guide

This section isn't about getting it right—it's about staying curious. When someone reaches out in distress, they may not always know how to ask for what they need. They might speak in frustration when they're really feeling fear. They might go quiet when they're longing for closeness. And sometimes, we assume they want answers, when what they're really asking for is presence.

This is a space to gently wonder: What might be happening underneath their words? What might they be hoping to feel—safety, reassurance, repair, connection?

Open Questions

- What might someone be hoping to feel when they ask for reassurance or clarity?
- What kinds of responses tend to soothe tension—and which ones tend to escalate it?
- When do I feel most able to respond with care instead of defensiveness?
- What makes it easier or harder for me to stay emotionally present when someone is upset?
- What helps me remember that their distress isn't always about me?

Try to Finish These Sentences

- “They might be hoping to hear...”
- “I notice tension eases when I...”
- “It’s easier to respond with care when...”
- “I feel more able to show up when...”
- “I sometimes forget that they might be feeling...”

The Sciency Part

When someone is upset, they may be seeking co-regulation—emotional steadiness from another person. In those moments, they’re often not asking for solutions. They’re asking, “Can you stay with me while I feel this?” You don’t need perfect words. Often, it’s your tone, your timing, and your willingness to stay that matter most. And if you find it hard to offer that presence, that’s okay too. It’s a skill that grows with practice, not pressure.

3 What Repair Could Look Like

Guide

Repair isn't about fixing everything. It's not about saying the perfect thing or undoing what was said. It's about returning—with care, with presence, with a willingness to reconnect. Sometimes that looks like a quiet check-in. Sometimes it's a shared moment of laughter, a soft "I'm still here," or a pause that says, "We can try again."

This section invites you to explore what reconnection might feel like after tension or rupture. Not with pressure to get it right, but with permission to be human. Repair is a practice, not a performance. It's not always immediate or mutual. But even small gestures—offered with sincerity—can begin to rebuild safety and trust.

You don't need to know exactly how to repair. You just need to notice what feels possible, meaningful, or hard.

Open Questions

- What usually happens after a misunderstanding—and what do I quietly hope for?
- What helps me feel ready to reconnect, even if things still feel tender?
- What gestures, words, or actions tend to feel meaningful when I'm trying to show care?
- What makes it hard to reach out after conflict—and what helps me stay present?
- What does repair look like when it's gentle, not grand?

Try to Finish These Sentences

- “After a rupture, I often...”
- “I wish I could say...”
- “It helps when I remember...”
- “Next time, I might try...”
- “Even when I feel unsure, I want to...”
- “Repair feels more possible when...”

The Sciency Part

When conflict happens, our systems often brace for disconnection. We might expect withdrawal, rejection, or silence—especially if that’s what we’ve known before. But repair interrupts that pattern. Even small acts—like circling back, naming what was hard, or simply staying present—can signal safety to the body.

These moments teach your system that conflict doesn’t always mean abandonment. That tension can be followed by care. That you can be imperfect and still be held. Over time, this rewrites the story your body tells about what happens after things go wrong.

What Trust Means to Me

Guide

Trust isn't just a word we say—it's something we feel in our bodies, notice in our nervous systems, and experience in the quiet moments between people. It's the steadiness we sense when someone shows up consistently. The safety we feel when we're allowed to be messy, honest, or unsure. The relief of not having to explain everything to be believed.

This section invites you to explore what trust means to you—not just as an idea, but as a lived, relational experience. What helps you feel safe enough to soften? What makes you want to stay open, even when things feel uncertain? What has shaped your sense of trust—both the building and the breaking of it?

You don't need to justify your answers. You don't need to rush toward resolution. You're simply invited to notice what trust feels like in your body, your relationships, and your story.

Open Questions

- What does trust look like in daily life—not just in theory, but in the small moments?
- What helps trust feel mutual, steady, and emotionally safe?
- What makes trust feel fragile—and what helps rebuild it when it's been shaken?
- How do I know when I'm beginning to trust someone?
- What makes it hard for me to offer trust—and what helps me feel ready?

Try to Finish These Sentences

- “Trust feels like...”
- “I feel most trusted when...”
- “I offer trust by...”
- “It’s hard to trust when...”
- “I’m learning that trust doesn’t have to mean...”
- “One thing that helps me rebuild trust is...”

The Sciency Part

Trust is built through small, repeated experiences of safety. When someone shows up consistently, listens without judgment, and honours your boundaries, your system begins to relax. Over time, your body learns: *I don’t have to brace here.*

But if you’ve experienced betrayal, unpredictability, or emotional absence, trust may feel like a risk. That’s not a flaw—it’s a form of protection. Your system is trying to keep you safe. Rebuilding trust isn’t about forcing belief. It’s about offering steady signals of safety—through tone, timing, presence, and repair. Trust grows slowly, and that’s okay. It’s allowed to take time.

5 What I'm Learning About Connection

Guide

Connection isn't always easy. It can feel vulnerable, unpredictable, or overwhelming—especially if you've learned to protect yourself by staying small, staying silent, or staying busy. But noticing how you show up is a powerful beginning. It's how you start to shift patterns, build trust, and choose relationships that feel nourishing instead of draining.

This section invites you to reflect on what's changing in your relational life. What patterns are loosening? What responses feel more intentional? What kind of connection feels most real—not performative, not perfect, but honest and emotionally safe?

You don't need to be fully healed to connect meaningfully. You don't need to be emotionally fluent to be present. You're allowed to show up messy, unsure, and still learning. That's part of the work—and part of the beauty.

Open Questions

- What patterns in connection feel familiar—and which ones are beginning to shift?
- What helps me feel proud of how I show up, even when it's imperfect?
- What kind of connection feels most real, grounding, or emotionally safe to me?
- What do I tend to seek in relationships—and what do I tend to avoid?
- What am I learning about my own needs, boundaries, and rhythms in connection?

Try to Finish These Sentences

- “I’m learning that I tend to...”
- “A pattern I’m starting to shift is...”
- “I feel proud when I...”
- “Connection feels most real when...”
- “I used to think I had to...”
- “Now I’m practicing...”

The Sciency Part

Relational patterns are shaped by early experiences—what felt safe, what felt risky, what was rewarded or ignored. But they’re not fixed. Every time you pause before reacting, name a feeling, or ask for space, you’re creating new neural pathways. You’re teaching your system that connection can be chosen, not just survived.

Connection doesn’t require perfection. It asks for presence, repair, and willingness. It grows through attunement, not performance. And the more you show up with honesty and care—even when it’s hard—the more your body learns that it’s safe to be seen.

6 What Might Be Going On Underneath

Guide

Sometimes our present-day responses are shaped by stories we didn't even know we were carrying. A raised voice might echo an old fear. A request for closeness might stir a sense of danger. A moment of silence might feel like abandonment. These reactions aren't random—they're rooted in the ways we learned to protect ourselves when connection felt risky.

This section invites quiet reflection—not to explain everything, but to offer compassion to the parts of you that still brace, still perform, still hide. You don't need to dig for trauma or force clarity. You're simply invited to notice what might be asking for care beneath the surface.

Let this be a space where your inner protectors are acknowledged—not shamed. Where your past is honoured without being re-lived. Where your present is met with gentleness.

Open Questions

- What early experiences might have shaped how I respond to conflict, closeness, or emotional intensity?
- What beliefs do I carry about being wrong, needing support, or disappointing someone?
- What emotions or needs have felt hard to express—and why might that be?
- What do I tend to assume will happen if I'm honest about my feelings or needs?
- What parts of me still feel the need to explain, justify, or stay small?

Try to Finish These Sentences

- “I learned early on that...”
- “I often protect myself by...”
- “It’s hard to express...”
- “I worry that if I’m vulnerable...”
- “A part of me still believes...”
- “I’m learning that I don’t have to...”

The Sciency Part

Our bodies carry stories. Even if we don’t recall the details, our systems often remember what felt safe—or unsafe. If you were taught that vulnerability led to punishment, silence, or rejection, your body may now respond with shutdown, over-explaining, avoidance, or hyper-independence.

These responses aren’t weaknesses. They’re protections—crafted by younger parts of you who did their best to stay safe. Naming them doesn’t mean blaming your past. It means

honouring your resilience. And when you begin to notice these patterns with compassion, you create space for new ones to emerge—ones rooted in safety, choice, and connection.

¶ Closing: You're Allowed to Learn as You Go

You don't need to be flawless to be present. You don't need to have the perfect words to show care. You don't need to respond with precision to be trustworthy. You are allowed to learn as you go.

This worksheet isn't a test. It's a practice space. A place to notice how you show up, how you protect, how you reach, and how you repair. It's okay if some parts felt hard to answer. It's okay if you skipped sections. It's okay if you felt unsure, resistant, or tender. That's part of the work—and part of the wisdom.

You're welcome to build trust slowly. You're welcome to respond with gestures, tone, and timing—not just explanations. You're welcome to pause, return, revise, and try again. You're welcome to be both learning and loving. Both cautious and committed. Both messy and meaningful.

Let this worksheet be a space to practice—not perform. Let it honour effort, rhythm, and the many ways people show up. Let it remind you that emotional presence isn't about perfection—it's about willingness.

Let it be enough—for now.