

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.

Compassionate Connection Therapy

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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Compassionate Connection Therapy

Understanding & Managing Anger from Others

A Compassionate Connection Therapy Worksheet

Introduction

Anger is a powerful emotion. At its core, it can signal pain, unmet needs, or boundaries being crossed. In its healthiest form, anger can be a messenger — pointing toward something that matters and deserves attention. But when anger belongs to someone else and fills the space around you — especially if it is loud, unpredictable, or controlling — it can feel overwhelming. It may leave you unsettled, unsafe, or small, as though the ground beneath you has shifted.

This worksheet is not about fixing anyone else's behavior. You are not responsible for managing or calming another person's emotions. Instead, this space is here to gently support you in noticing how their anger affects you, honouring your own responses, and finding ways to protect your peace. It is about reclaiming your emotional ground, even when someone else's storm feels close.






You are allowed to feel what you feel — whether that is fear, frustration, sadness, or even your own anger. You are allowed to listen to your body's signals, to pause, to step back, or to take space. You are allowed to protect yourself without guilt.

Most importantly, you are allowed to take up space. Your presence, your needs, and your boundaries matter, even if someone else's anger makes that difficult to remember. This worksheet is here as a gentle companion: to remind you that your feelings are valid, your peace is worth protecting, and your worth is not diminished by someone else's behavior.

Compassionate Connection Therapy

How to Use This Worksheet

This worksheet is not a test, and there are no right or wrong answers. It is simply a space of gentle invitations — a companion you can lean on when you choose.

-  **Move slowly, at your own pace.** There is no rush, no expectation, and no “finish line.” You are allowed to pause, to return later, or to simply read without writing.
-  **Treat the questions as prompts, not obligations.** They are here to spark reflection, not to demand it. You may answer in fragments, in full sentences, or not at all.
-  **Use the sentence starters if words feel hard to find.** They are offered as beginnings, not prescriptions. You can adapt them, change them, or ignore them entirely.
-  **Try the tiny practices as gentle experiments.** Even one breath, one pause, or one small act of care is enough. You do not need to do everything.
-  **Notice the science bits as reassurance.** They are included to remind you that your experiences are valid, shared by many, and supported by research.

You are free to skip, return, or respond in your own way. Every response — whether a word, a pause, or silence — is valid.

✨ Most importantly: this worksheet is here to honour your rhythm, your pace, and your truth. It is not about being more, doing more, or proving anything. It is about remembering that your feelings matter, your boundaries matter, and your peace matters.

Compassionate Connection Therapy

Section 1: How Someone Else's Anger Affects My Body

Guide: When someone else is angry — whether they raise their voice, withdraw into silence, or simply carry tension in their body — your own body often reacts before your mind has time to make sense of what's happening. These reactions are not flaws or overreactions; they are signs of your body's wisdom, shaped by experience and designed to keep you safe.

This section invites you to notice those signals with compassion. By gently naming what happens in your body, you begin to separate your own feelings from the ones you may be absorbing. This awareness can help you reclaim your space, remind you that your responses are valid, and guide you toward choices that protect your peace.

Open Questions (gentle prompts):

- What happens in my body when someone is angry near me?
- How do I feel afterward — physically, emotionally, or mentally?
- Do my reactions change depending on who it is (family, partner, colleague, stranger)?
- What signals tell me I need to pause or take space?
- How do I want to honour my body's wisdom in these moments?

Sentence Starters (gentle beginnings):

- I notice tension in my...

Compassionate Connection Therapy

- My body responds by...
- Afterward, I feel...
- I remind myself that my body is...
- I begin to feel safer when...

Tiny Practice (gentle experiment): Place a hand gently on your chest or stomach. Notice the rise and fall of your breath. Allow yourself to feel the rhythm without trying to change it. Whisper softly to yourself: *“I am safe to notice what is here.”*

Science Bit (gentle context): When exposed to anger, the nervous system can activate survival responses — fight, flight, freeze, or fawn. These are automatic, protective reactions shaped by past experiences. Research shows that simply naming body signals (“my shoulders are tight,” “my breath feels shallow”) can reduce stress and help restore calm. By noticing without judgment, you begin to regulate your emotions and strengthen your sense of safety.

Section 2: What Their Anger Brings Up for Me

Guide: When someone else is angry, it can stir many different feelings inside you. Sometimes it may bring fear, guilt, or a sense of responsibility for keeping the peace. At other times, it may awaken frustration, sadness, or even your own anger. None of these responses are wrong — they are natural signals of how deeply you are affected by the environment around you.

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This section invites you to notice what their anger touches within you, without judgment. By gently naming these feelings, you begin to separate what belongs to them from what belongs to you. This awareness can help you honour your own emotions, remind you that you are not responsible for calming others, and give you permission to protect your peace.

Open Questions (gentle prompts):

- What emotions tend to arise in me when someone is angry?
- Do I feel responsible for calming them or keeping the situation under control?
- What do I wish I could say in those moments?
- How do I want to treat myself with kindness when I feel unsettled?
- What helps me remember that my feelings are valid, even if someone else is angry?

Sentence Starters (gentle beginnings):

- I feel unsettled when...
- I notice I silence myself when...
- I remind myself that...

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- I begin to feel steadier when...
- I allow myself to...

Tiny Practice (gentle experiment): Write one sentence beginning with: *“I am not responsible for...”* Examples:

- “I am not responsible for fixing someone else’s anger.”
- “I am not responsible for carrying emotions that are not mine.”
- “I am not responsible for keeping the peace at the expense of my own wellbeing.”

Science Bit (gentle context): Research shows that being around external anger can trigger learned patterns of self-silencing — especially if you’ve experienced environments where anger felt unsafe or unpredictable. Over time, these patterns can create cycles of guilt and over-responsibility. Naming these responses with compassion helps interrupt the cycle, reminding your nervous system that you are allowed to protect your boundaries and honour your own emotions.

Section 3: Anger vs. Aggression

Guide: Anger itself is not wrong — it is a natural human feeling that can signal hurt, injustice, or boundaries being crossed. In its healthiest form, anger can be expressed calmly and respectfully, opening the door to clarity and repair.

Aggression, however, is different. Aggression is a behavior — often loud, intimidating, manipulative, or physically unsafe — that crosses into harm. Recognizing the difference

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between anger and aggression helps you protect yourself. It allows you to honour anger as a valid emotion while also setting clear boundaries when behavior becomes unsafe.

You are allowed to feel unsettled when aggression shows up. You are allowed to walk away, to pause, or to protect your peace.

Open Questions (gentle prompts):

- What does safe anger look like to me?
- What behaviours cross the line into aggression?
- How do I want to respond when someone's behavior feels unsafe?
- What boundaries help me feel protected in these moments?
- How do I remind myself that I am not responsible for someone else's choices?

Sentence Starters (gentle beginnings):

- I feel unsafe when...
- I notice aggression looks like...
- I remind myself that...

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- I begin to feel steadier when...
- I allow myself to...

Tiny Practice (gentle experiment): Write down one phrase you can use when someone's behavior crosses into aggression. Examples:

- "I need space right now."
- "I'll continue this conversation when it feels calmer."
- "I am not okay with this tone."

Keep this phrase somewhere visible or repeat it softly to yourself, so it feels familiar when you need it.

Science Bit (gentle context): Research shows that differentiating between anger (the emotion) and aggression (the behavior) helps reduce fear responses. When you can name what is happening, your nervous system feels less overwhelmed. Setting clear boundaries in the presence of aggression increases emotional safety and resilience, reminding your body and mind that you are allowed to protect yourself.

Section 4: My Triggers When Others Are Angry

Guide: When someone else is angry, certain words, tones, or behaviours may feel especially difficult to be around. These are often called *triggers*. Triggers are not flaws or weaknesses — they are signals. They point to boundaries that matter, past experiences that shaped you, or needs that deserve care.

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Noticing your triggers is not about blaming yourself. It is about gently reclaiming your power. When you name what overwhelms you, you begin to create space for choice: the choice to pause, to respond differently, or to protect yourself with compassion. This section invites you to notice your triggers with kindness, so they can guide you toward greater clarity and safety.

Open Questions (gentle prompts):

- What situations tend to trigger me when someone else is angry?
- How do I usually respond when I feel triggered?
- What do I wish I could do or say in those moments?
- What helps me feel safer when I notice a trigger?
- How do I want to treat myself with gentleness when I feel unsettled?

Sentence Starters (gentle beginnings):

- I feel unsettled when...
- I notice I react by...
- I remind myself that...

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- I begin to feel calmer when...
- I allow myself to...

Tiny Practice (gentle experiment): Create a simple “Trigger Map” with three columns:

Trigger	Usual Response	Preferred Response
Raised voices	Shutting down	Walking away and grounding myself

Fill in one example today. Keep it small and manageable — even noticing one trigger is enough.

Science Bit (gentle context): Research shows that naming triggers reduces emotional flooding and increases choice in responses. When you identify what unsettles you, your nervous system begins to shift from automatic reaction to conscious awareness. This strengthens self-trust and helps you feel more in control of your own emotional space, even when someone else’s anger feels overwhelming.

Section 5: Release & Reframe

Guide: When someone else’s anger fills the space, it can be easy to absorb it as though it belongs to you. You may find yourself carrying their emotions, feeling responsible for

Compassionate Connection Therapy

calming them, or silencing your own needs to keep the peace. This section is here to remind you gently: you do not have to carry what is not yours.

Releasing does not mean ignoring or dismissing what is happening — it means allowing yourself to step back, to notice what belongs to them and what belongs to you. Reframing is about shifting the story you tell yourself: from “I must fix this” to “I am allowed to protect my peace.” From “I am unsafe because they are angry” to “I can choose clarity, calm, and safety for myself.”

You are allowed to feel affected, and you are still allowed to be safe. You are allowed to choose peace, even when someone else chooses chaos.

Open Questions (gentle prompts):

- What am I allowed to feel when someone is angry?
- How can I remind myself their anger is not mine to carry?
- What helps me create safety for myself in those moments?
- What words or practices help me release what doesn't belong to me?
- How do I want to reframe the way I see myself when others are angry?

Sentence Starters (gentle beginnings):

- I release responsibility for...

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- I remind myself that...
- I choose peace by...
- I allow myself to...
- I honour my needs by...

Tiny Practice (gentle experiment): Write one reframe statement that feels supportive.

Examples:

- “It’s okay to feel affected — and I am still safe.”
- “Their anger is not mine to carry.”
- “I can choose peace without needing to fix everything.”
- “I am allowed to step back and protect my energy.”

Keep this statement somewhere visible — on a note, in your phone, or whispered softly to yourself — so it can steady you when you need it.

Science Bit (gentle context): Reframing is a practice of shifting perspective. Research shows that *cognitive reappraisal* — the act of reinterpreting a situation with compassion and clarity — reduces stress, strengthens emotional regulation, and supports resilience. By reminding yourself that someone else’s anger is not yours to carry, you move from helplessness to empowerment. Even small reframes can create meaningful shifts in how safe, steady, and grounded you feel.

Compassionate Connection Therapy

Section 6: Cool-Down Menu (After Someone Else's Anger)

Guide: When someone else's anger has filled the space, your body and mind may continue to carry the weight of it long after the moment has passed. You might feel tense, shaky, drained, or hyper-alert. These reactions are not weaknesses — they are natural responses to stress.

This section offers gentle practices to help you soothe your body, steady your emotions, and remind yourself that you are safe. Cooling down is not about pretending the anger didn't happen; it is about giving yourself the care you deserve afterward. Even the smallest act — a breath, a pause, a kind word to yourself — can help restore balance.

Open Questions (gentle prompts):

- What helps me feel calmer after someone else's anger?
- What grounding practices feel most supportive to me?
- How do I know when my body is asking for rest or release?
- What small comforts help me feel safe again?
- How do I want to remind myself that I am allowed to take space?

Sentence Starters (gentle beginnings):

- I regain calm by...

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- I remind myself that...
- I feel safer when...
- I allow myself to...
- I begin to feel steadier when...

Tiny Practice (gentle experiment): Try the **5-4-3-2-1 grounding technique**:

- Name **5 things you can see**.
- Name **4 things you can feel**.
- Name **3 things you can hear**.
- Name **2 things you can smell**.
- Name **1 thing you can taste**.

This simple practice helps bring your attention back to the present moment, reminding your body that it is safe here and now.

Science Bit (gentle context): Grounding activates the parasympathetic nervous system — the body's natural calming response. This system helps slow the heart rate, ease muscle tension, and restore a sense of balance. Research shows that even brief grounding practices can reduce anxiety, interrupt stress cycles, and support emotional regulation. By gently reconnecting with your senses, you remind your body that it is safe, which helps you move from survival mode back into steadiness.

Compassionate Connection Therapy

Safety & Support Contact List

Guide: Sometimes someone else's anger can cross into aggression, leaving you feeling unsafe. If that happens, your wellbeing matters most. You are allowed to step back, to protect yourself, and to reach out for support. This page is here to help you create a personal safety net — a list of people and resources you can turn to when you need them.

There is no “right” way to fill this in. Choose what feels supportive for you.

Personal Support

Trusted people I can reach out to when I feel unsafe or overwhelmed:

- Name: _____
- Phone / Contact: _____
- Relationship: _____
- Name: _____
- Phone / Contact: _____
- Relationship: _____

Workplace / Community Support

Contacts who can help me in professional or community settings:

- HR / Manager: _____
- Employee Assistance Program: _____
- Community Support Contact: _____

Professional Support (UK)

Therapists, counsellors, or services I can reach out to:

- **NHS Mental Health Services** NHS 111 (online or by phone) for urgent mental health help. Website: www.nhs.uk
- **Hub of Hope** Directory of local and national mental health support. Website: www.hubofhope.co.uk

Compassionate Connection Therapy

- **Practitioner Health (for healthcare staff)** Free, confidential NHS service for health and care professionals. Phone: 0300 0303 300 Website: www.practitionerhealth.nhs.uk

Emergency Support (UK)

Services I may need in urgent situations:

- **Emergency Services** If you are in immediate danger, call **999**. If you cannot speak, press **55** when prompted to connect to police.
- **National Domestic Abuse Helpline (England)** Run by Refuge. Free, confidential, 24/7 support. Phone: 0808 2000 247 Website: www.nationaldahelpline.org.uk
- **Live Fear Free Helpline (Wales)** Free, confidential, 24/7 support for anyone experiencing abuse. Phone: 0808 80 10 800 Website: www.livefearfree.gov.wales
- **Scottish Domestic Abuse & Forced Marriage Helpline** Free, confidential, 24/7 support. Phone: 0800 027 1234 Website: www.sdafmh.org.uk
- **Domestic & Sexual Abuse Helpline (Northern Ireland)** Free, confidential, 24/7 support. Phone: 0808 802 1414 Website: www.dsahelpline.org
- **Galop (UK-wide)** Support for LGBTQIA+ people experiencing abuse or violence. Phone: 0800 999 5428 Website: www.galop.org.uk

Tiny Practice: Take a moment to write down at least one person or service you trust. Even a single name can remind you that you are not alone.

Gentle Reminder: Reaching out for support is not weakness — it is an act of strength and care. You are allowed to ask for help. You are allowed to protect yourself. You are allowed to choose safety.

Closing

You are not responsible for fixing someone else's anger. You are not required to carry emotions that do not belong to you.

Compassionate Connection Therapy

You are allowed to protect your peace. You are allowed to step back, to pause, or to walk away when you need to. You are allowed to choose clarity over collapse, safety over chaos, and gentleness over guilt.

Every small act of awareness is enough. 🌱 A single breath, a moment of grounding, or a kind reminder to yourself can be a powerful act of care. Progress does not need to be dramatic — it can be quiet, steady, and deeply personal.

You are worthy of safety. You are worthy of respect. You are worthy of peace. Even in the presence of someone else's anger, your worth remains whole and untouched.

Carry forward this truth: *You are allowed to take up space, to honour your boundaries, and to choose what supports your wellbeing.*