

## 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.

## Help Spread the Care

If this resource feels meaningful, please share it. Healing is communal—and your share might be someone's first step toward feeling less alone.

## Where to Find the Worksheets

These worksheets are shared freely across platforms:

Website: [CompassionateConnectionTherapy.co.uk](http://CompassionateConnectionTherapy.co.uk)

Facebook: Compassionate Connection Therapy

TikTok: @rosa.tomassi.bella

Instagram: @connectiontherapyrhyh

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.

### **Copyright and Licensing**

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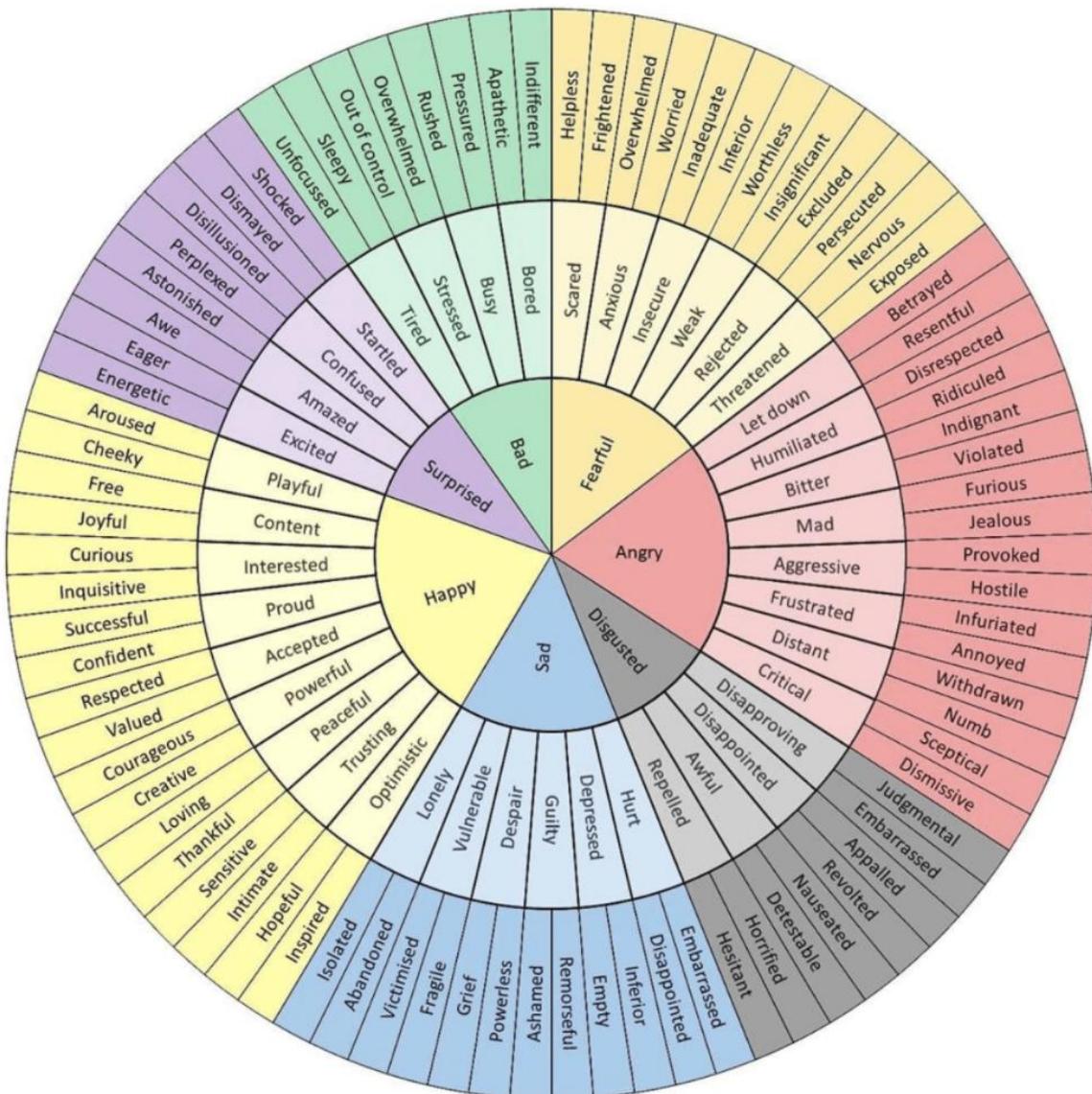
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A gentle companion for when feelings feel far away, fuzzy, or hard to name



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## ❤️ Why This Exists

If you've ever felt unsure about what you're feeling—or noticed that your emotions seem muted, tangled, or far away—you're not alone. Some feelings arrive quietly. They don't always announce themselves with clean words. Instead, they show up as a tight chest, a foggy mind, a sudden urge to withdraw, or a heaviness that lingers without explanation.

This isn't a flaw. It's part of how our nervous systems protect us. When we've been overwhelmed, stretched thin, or taught to suppress emotion, our signals can go quiet—or flood us all at once. Sometimes we disconnect from feelings to stay safe. Sometimes we've never had the language to name what's happening inside. And sometimes, our bodies feel things long before our minds can catch up.

This worksheet isn't here to push you into clarity or demand emotional fluency. It's here to sit gently beside you. To offer soft language, spacious questions, and a compassionate place to begin. You don't need to feel everything. You don't need to name it perfectly. You don't need to be ready for deep reflection. You're allowed to start from wherever you are—with warmth, curiosity, and care.

Whether you feel numb, overwhelmed, or simply unsure, this resource is designed to meet you there. To help you notice what's stirring beneath the surface. To offer gentle invitations—not expectations. And to remind you: your emotional experience is valid, even when it's quiet, confusing, or hard to hold.

This is not a test. It's a companion. You're allowed to go slow. You're allowed to pause. You're allowed to feel what you feel—and to not know what that is just yet.

## Step 1: Pause and Listen

*A soft beginning for when emotions feel distant, tangled, or hard to name*

### Guide

Before diving into emotion words or reflection, take a moment to pause. Not to analyse. Not to fix. Just to notice.

Your body often knows things before your mind does. It holds tension, softness, signals, and stories—even when words feel far away. This step is about tuning in gently, without pressure. You don't need to feel anything specific. You don't need to make sense of it. You're simply invited to listen to what's quietly present.

Some people feel a lot. Some feel nothing. Some feel confused, numb, or flooded. All of it is valid. All of it belongs. This is a space to begin—not with answers, but with awareness.

### Open Questions

You can answer in fragments, sensations, metaphors, or silence. There's no wrong way to respond.

- What's happening in your body right now?
  
- What's your energy like?

- Is there a part of you that feels loud—or quiet—or missing?
- If your body could speak, what might it whisper?
- What does your body seem to need right now—rest, movement, space, comfort?



### **Try to Finish These Sentences**

Let these be poetic, messy, or incomplete. You don't need to make them neat. You just need to let them be true.

- “Right now, my body feels like...”
- “I don't know what I feel, but I notice...”

- “There’s a quiet part of me that’s saying...”
- “I usually ignore this feeling, but today I’m...”
- “If I could offer my body one thing, it would be...”
- “I’m not sure what this is, but it matters because...”

## 🌀 Step 2: Gently Explore the Emotion Wheel

*A soft invitation to notice what might be quietly present*

### 💬 Guide

Now that you've paused and listened to your body, you're invited to explore the Emotion Wheel. Not to label yourself. Not to force clarity. But to gently notice what resonates.

Emotions don't always arrive with clean edges or perfect names. Sometimes they feel blurry, layered, or unfamiliar. Sometimes we've been taught not to name them at all. This wheel offers language—not as a diagnosis, but as a doorway.

You don't need to read every word. You don't need to feel anything specific. Just scan softly. Let your eyes wander. Let your body respond.

You might feel drawn to a word without knowing why. You might feel resistance. You might feel nothing. All of that is okay. This is not a test—it's a gentle beginning.

### 🌿 Open Questions

You can answer in fragments, metaphors, or quiet noticing. Let these guide your reflection without pressure.

- Is there one word that feels close to what I'm experiencing—even if it's just a whisper?
- Is there a cluster of words that feel familiar, even if I don't fully understand them?

- Are there words I've never used for myself, but feel strangely drawn to?
- Do any words feel uncomfortable or surprising—and what might that mean?
- Does this word feel familiar, foreign, or somewhere in between?

You might circle, highlight, or write down 1–3 words that feel like gentle possibilities.

You're allowed to change your mind. You're allowed to not know.

### **Try to Finish These Sentences**

Let these help you name what's stirring. They don't need to be neat or complete—just honest.

- “The word that feels closest right now is...”

- “I don’t usually name this feeling, but today I noticed...”
- “This word feels tender because...”
- “I’m drawn to this emotion, even though I don’t fully understand it...”
- “This word echoes something I haven’t named before...”
- “I think this might be what I’ve been carrying, quietly...”

### **Step 3: Sit With One Word**

*A gentle invitation to spend time with one feeling—without pressure or judgment*

### **Guide**

Now that you've explored the Emotion Wheel, you're invited to choose one word that stood out. Not because it's the "right" word. Not because it explains everything. But because something in it felt familiar, tender, or quietly true.

This step is about sitting with that word—not to dissect it, but to be with it. To notice how it lives in your body, what it might be asking for, and how you might respond with care.

Emotions are not demands. They're messengers. They often carry unmet needs, old stories, or quiet truths. You don't need to fix anything. You don't need to understand it all. You're simply invited to listen—to let the word unfold in its own time.

Fragments are welcome. Metaphors are welcome. Silence is welcome. There's no wrong way to be with what you feel.

### **Open Questions**

Let these guide your reflection. You can answer in any form—words, images, sensations, or pauses.

- What makes this word feel true—or almost true—right now?
- Where do I feel this emotion in my body?

- What might this emotion be trying to say, ask for, or protect?
- What kind of relationship do I have with this emotion—do I welcome it, resist it, ignore it?
- What does this emotion need from me today—attention, space, softness, movement?

 **Try to Finish These Sentences**

Let these help you name what's stirring. They don't need to be complete or polished—just honest.

- “The word I chose feels like...”

- “I notice this feeling most when...”
- “In my body, this emotion feels like...”
- “I think this emotion is trying to take care of me by...”
- “If I could speak to this feeling, I’d say...”
- “I’m not sure what this means yet, but I’m listening...”

## Step 4: Gather What's Stirring

*A gentle space to reflect, return, or simply rest with what you've noticed*

### Guide

By now, you may have explored a few words, sensations, or fragments of feeling. You might have circled something that surprised you. You might still feel unsure. You might have found a word that felt like a whisper—or nothing at all.

This step isn't about adding more. It's about gathering what's already here. You're invited to pause, take a breath, and notice what's stayed with you. What word, image, or sensation is still echoing? What feels worth holding onto—even if it's small, incomplete, or unclear?

You don't need to write anything new. You can return to a word you circled earlier. You can sit with a sentence you started but didn't finish. You can simply rest in the noticing.

### Open Invitations

If it feels helpful, you might reflect on:

- What surprised me during this process?
- What word or feeling stayed with me the longest?
- Did anything soften, shift, or settle—even slightly?

- Is there something I want to carry forward from this moment?
- What part of me feels a little more known, even if I can't name it?

### **Gentle Threads to Follow**

You might try gently finishing one of these:

- “The feeling I keep coming back to is...”
- “I’m learning that I often feel...”

- “Even when I don’t have the words, I can still...”
- “Today reminded me that my emotions are...”
- “I don’t have to understand everything to...”
- “I want to remember this feeling because...”

## Step 5: Gentle Integration

*A soft space to gather what you've noticed and carry it with care*

### Guide

You've spent time noticing, naming, and sitting with parts of your emotional experience. Whether you found a clear word or stayed in the fog, whether you felt a shift or stayed still—what you did matters. This step isn't about wrapping things up neatly. It's about honouring what emerged, however small, quiet, or incomplete.

Sometimes reflection brings clarity. Sometimes it brings more questions. Sometimes it simply reminds us that we're allowed to feel. This is your moment to gently gather what stood out. To notice what surprised you, what softened, what stayed with you. And to choose—if you'd like—one thing to carry forward. Not as a label. Not as a task. But as a quiet companion.

You don't need to summarize. You don't need to explain. You're allowed to simply notice—and let that be enough.

### Open Questions

You can answer in fragments, metaphors, or silence. Let these guide your integration gently.

- Did anything shift, even slightly, as you explored?
- Was there a word, image, or sensation that surprised you?

- Is there something you'd like to carry with you today—not as a label, but as a quiet companion?
- What feels worth remembering, even if you're not sure why?
- Is there a part of you that feels seen, soothed, or stirred?

 **Try to Finish These Sentences**

Let these help you gather what's true for you. They don't need to be complete—just honest.

- “The part of me I want to honour today is...”
- “I didn't expect to feel...”

- “What stayed with me most was...”
- “I’m carrying forward the feeling of...”
- “Even if I don’t understand it yet, I know that...”
- “Next time I feel unsure, I’ll remember that...”

### **Closing Reflection**

*A gentle ending, or a place to pause before returning to the world*

You've spent time noticing, naming, and sitting with parts of yourself that may not often get attention. Whether you found a word that felt true, stayed in the fog, or simply showed up and tried—this process matters. There's no right way to reflect. No perfect outcome. Just the act of turning inward with care is enough.

Emotions aren't always loud. They don't always make sense. Sometimes they whisper. Sometimes they hide. Sometimes they flood. And sometimes, they wait patiently for us to notice them.

This worksheet isn't meant to fix anything. It's meant to offer a quiet space where you can be with what's real—without pressure, without judgment. You're allowed to feel unsure. You're allowed to feel too much. You're allowed to feel nothing at all.

If something shifted, softened, or stirred, you might choose to carry it with you. Not as a label. Not as a task. But as a quiet companion. And if nothing changed, that's okay too. You showed up. You listened. That's enough.

You can return to this process anytime. You can revisit a word, a question, a sentence you didn't finish. You can begin again or simply rest in what you've already done.

### **Gentle Invitations to Close**

- Is there a word, image, or feeling you'd like to carry forward today?
  
- Is there something you'd like to leave behind, just for now?

- What would it feel like to thank yourself for showing up?

 **Try to Finish These Sentences**

- “I want to remember that...”
- “Even when I feel unsure, I can still...”
- “Today reminded me that I’m allowed to...”
- “The gentlest thing I can offer myself now is...”