

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

This worksheet and its contents are the intellectual property of Rosa Tomassi-Bella, Compassionate Connection Therapy.

It is shared freely for personal use only under a Creative Commons Attribution-NonCommercial-NoDerivatives

4.0 International License: <https://creativecommons.org/licenses/by-nc-nd/4.0/>

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*
- *You do not use it for commercial purposes or financial gain*

Protected under UK copyright law—no formal registration required.

Compassionate Connection Therapy

◆ Gentle Exploration of Repetitive Thoughts, Rigid Routines & Emotional Safety

A compassionate worksheet for understanding patterns, needs, and inner experiences

◆ Introduction

Many people experience thoughts, urges, or routines that feel repetitive, rigid, or difficult to step away from. These patterns often develop quietly and gradually, sometimes without us even noticing at first. They may emerge during periods of stress, uncertainty, or emotional overwhelm, or at times when life feels unpredictable and you need something steady to hold onto. These patterns can bring a sense of order, familiarity, or safety — even when they also feel tiring, confusing, or intrusive.

There is nothing “wrong” with having these experiences. They are often shaped by moments when your mind and body were doing their best to cope, to protect you, or to create a sense of stability. This worksheet offers a gentle space to explore these patterns with curiosity rather than judgement. You are not being asked to change anything or push yourself beyond what feels safe. Instead, you are invited to notice, reflect, and understand your inner world with compassion.

There is no “right” way to move through this. You can take your time, move slowly, and allow yourself to engage only with what feels manageable. This is a space for understanding, not pressure.

Compassionate Connection Therapy

◆ How to Use This Worksheet

This resource is designed to be soft, flexible, and supportive — something you can move through in your own way, at your own pace. You can read it all at once, dip in and out, or return to certain sections whenever you feel ready.

A few gentle suggestions:

- **Move at your own pace.** There is no expectation to complete everything in one sitting. You can take as long as you need.
- **Pause whenever something feels tender.** If a question stirs something inside you, it's okay to stop, breathe, or come back later.
- **Use the open questions when you feel able.** These are invitations to explore your experiences more deeply. They can help you understand the emotional landscape beneath your patterns.
- **Use the sentence starters if the open questions feel too big.** Sentence starters offer a softer entry point. You can complete them with a single word, a short phrase, or a fuller reflection — whatever feels manageable. They are there to support you, not to pressure you.
- **The tiny practices are intentionally small.** They are not meant to create dramatic change. They simply offer brief moments of grounding, awareness, or connection with yourself.
- **The sciency bits offer context, not instruction.** They help you understand your experiences through a compassionate, nervous-system-informed lens. They are there to validate, not to diagnose.
- **There is no need to answer every question.** You can choose the prompts that resonate and leave the rest. Your experience is valid, and your pace matters.

Take what feels helpful. Leave what doesn't. Let this worksheet meet you exactly where you are, with no pressure to be anywhere else.

Compassionate Connection Therapy

◆ Section 1: Understanding When Patterns Began

◇ Guide

Repetitive thoughts or routines rarely appear out of nowhere. They often have roots — sometimes clear, sometimes hazy — in moments when life felt uncertain, overwhelming, or emotionally charged. These patterns may have emerged during a stressful period, a major transition, or a time when you needed something steady to hold onto. They might have offered comfort, predictability, or a sense of control when things around you felt unpredictable.

Exploring when these patterns began isn't about finding fault or assigning blame. It's about gently tracing the thread back to its starting point, noticing what was happening in your world, and understanding what these routines were trying to protect or soothe. You don't need perfect memories or exact details. Even a vague sense of “around that time” can offer insight.

If the beginning feels blurry, that's completely okay. Many people only notice these patterns once they've become familiar. This section simply invites you to explore whatever you *can* remember, with kindness toward yourself.

◇ Open Questions

1. When do I first remember noticing these thoughts, urges, or routines — even faintly?
2. What was happening in my life, relationships, or environment around that time?
3. How did I feel emotionally and physically during that period?

Compassionate Connection Therapy

4. Did these patterns appear suddenly, or did they build gradually over time?

5. What did these routines offer me when they first began — comfort, structure, distraction, safety?

6. Were there particular moments, places, or people that seemed connected to their emergence?

7. How have these patterns shifted, softened, or strengthened as my life has changed?

◇ Sentence Starters

1. I first remember these patterns appearing when...

2. Around that time, I was feeling...

Compassionate Connection Therapy

3. Something that may have contributed was...
4. These routines originally helped me by...
5. Over the years, these patterns have...
6. A moment that stands out from the early days is...
7. Looking back, I can see that these patterns were trying to...

✧ Tiny Practice

Bring to mind one early memory connected to this pattern — even if it's vague or incomplete. Gently name **one feeling** linked to it: *sadness, fear, overwhelm, comfort, confusion, numbness, uncertainty*, or even “*I’m not sure.*” Every answer is valid.

Compassionate Connection Therapy

✿ Sciency Bit

The brain naturally seeks predictability, especially during times of stress, change, or emotional overload. When life feels overwhelming, repetitive behaviours or thoughts can create a sense of stability and reduce perceived threat. These patterns often begin as adaptive responses — ways the nervous system tries to protect you. Understanding their origins can help you meet yourself with compassion rather than self-criticism.

◆ Section 2: Exploring What These Patterns Help You Manage

◇ Guide

Repetitive thoughts and routines rarely exist without reason. Even when they feel tiring, confusing, or intrusive, they often serve a purpose beneath the surface. They may soothe anxiety, create a sense of order, or help you feel safer when life feels unpredictable. They might offer a moment of relief, a sense of control, or a familiar rhythm when emotions feel too big or too vague to sit with.

This section isn't about labelling these patterns as “good” or “bad.” It's about gently exploring what they *do* for you — the needs they meet, the feelings they soften, and the fears they protect you from. Understanding the emotional logic behind these routines can shift the tone from self-criticism to self-compassion. Instead of asking, “Why am I like this?” you're invited to ask, “What is this helping me cope with?”

If some answers feel unclear or mixed, that's completely okay. Many people find that these patterns meet several needs at once — comfort, distraction, grounding, predictability. You're simply noticing what feels true for you.

◇ Open Questions

1. What emotions feel harder to sit with when I don't have a routine or ritual to lean on?

Compassionate Connection Therapy

2. What do these patterns protect me from feeling, imagining, or confronting?
3. What inner need — safety, certainty, calm, control, grounding — might these routines be meeting?
4. What happens inside me (emotionally or physically) when I try to skip, delay, or change a ritual?
5. What feels comforting or soothing about the repetition?
6. What feels difficult, tiring, or restrictive about it?
7. Are there moments when the routine feels like a relief, and moments when it feels like pressure?

Compassionate Connection Therapy

8. What do I wish these patterns could tell me about what I need?

◇ Sentence Starters

1. These routines help me manage...
2. When I skip a step, I often feel...
3. A need that these patterns seem to meet is...
4. The repetition gives me a sense of...
5. What feels hardest about letting go is...

Compassionate Connection Therapy

6. When I rely on these routines, I notice that...

7. If this pattern could speak, it might say...

✧ Tiny Practice

Place a hand on your chest or abdomen. Notice **one** sensation — warmth, coolness, tightness, stillness, pulsing, or even “nothing noticeable.” There is no need to change it or interpret it. Just noticing is enough.

✿ Sciency Bit

Repetitive behaviours can activate the brain’s natural “soothing system,” offering predictability when the nervous system senses uncertainty or threat. These patterns often emerge as protective strategies — ways the brain tries to create safety, reduce overwhelm, or regulate emotion. Even when the behaviour feels frustrating, it reflects an attempt to cope, not a personal flaw.

◆ Section 3: Noticing What Happens When Patterns Are Interrupted

◇ Guide

When a familiar routine or thought pattern is interrupted, the reaction can feel surprisingly strong — sometimes far stronger than the situation itself might suggest. This isn’t because

Compassionate Connection Therapy

you're "overreacting" or doing something wrong. It's often because the routine has become a source of safety, predictability, or emotional grounding. When that anchor is disturbed, the body and mind can respond quickly and intensely.

You might notice a rush of discomfort, a sense of something being "unfinished," or a feeling that something bad could happen. You might feel restless, unsettled, or suddenly on high alert. These reactions can be confusing, especially if the interruption seems small from the outside. But inside, it can feel like a deep internal alarm has been triggered.

This section invites you to explore these moments gently — not to judge the reaction, but to understand it. Noticing what happens when a pattern is disrupted can reveal how much pressure the routine carries, what fears sit beneath it, and what your nervous system is trying to protect you from. You don't need to change anything here. You're simply observing with kindness.

◇ Open Questions

1. How do I feel — emotionally and physically — when I can't complete a ritual or routine?
2. What thoughts or fears appear immediately afterwards?
3. What sensations arise in my body (tightness, heat, restlessness, numbness, tension)?

Compassionate Connection Therapy

4. How long does the discomfort usually last before it begins to ease?
5. What do I do — consciously or automatically — to try to soothe or settle the feeling?
6. What feels most overwhelming or urgent in those moments?
7. Do I notice any patterns in when the reaction feels stronger or softer?
8. What do I wish I could offer myself in those moments of interruption?

◇ Sentence Starters

1. When a pattern is interrupted, I tend to feel...
2. The first thought that appears is...

Compassionate Connection Therapy

3. In my body, I notice...

4. To cope, I often...

5. What feels most difficult is...

6. The reaction usually lasts until...

7. If I could speak kindly to myself in those moments, I would say...

✧ Tiny Practice

Take a slow breath in through your nose. Exhale through pursed lips, as though gently blowing out a candle. Notice the slight softening that follows — even if it's very subtle.

Compassionate Connection Therapy

✿ Sciency Bit

When a familiar pattern is disrupted, the brain's alarm system (the amygdala) can activate rapidly. This can create physical sensations such as tightness, restlessness, heat, or a sense of urgency. These reactions are part of the body's natural threat-response system — a biological attempt to regain safety and predictability. They are not signs of weakness or failure, but reflections of how deeply the nervous system values certainty.

◆ Section 4: Accessing Compassion Through Imagining a Friend

◇ Guide

For many people, compassion flows more naturally toward others than toward themselves. You might find it easy to comfort a friend, reassure them, or remind them of their worth — yet struggle to offer even a fraction of that gentleness to yourself. This is incredibly common. Our inner voice often becomes harsher, more demanding, or more fearful when we're the ones feeling overwhelmed.

Imagining how you would respond to someone you care about can help soften that inner tone. It allows you to step outside the pressure of your own experience and access the warmth, patience, and understanding you already know how to give. This isn't about forcing positivity or pretending everything is fine. It's about recognising that the compassion you offer others is something you deserve too.

If imagining a friend feels difficult, you might picture someone younger than you, someone you mentor, or even a version of yourself from the past. The aim is simply to notice the difference between how you speak to yourself and how you would speak to someone you care about — and to gently bridge that gap.

◇ Open Questions

1. How would I respond if someone I cared about described these experiences to me?

Compassionate Connection Therapy

2. What kind, understanding words would naturally come to mind?
3. How would I validate their feelings without minimising or dismissing them?
4. What would I want them to know about their worth, their strength, or their humanity?
5. How might I reassure them while still honouring the difficulty of what they're feeling?
6. What tone of voice would I use — gentle, steady, warm — and how might that tone feel if directed toward me?
7. What would I *not* say to them, and what does that reveal about how I speak to myself?

Compassionate Connection Therapy

◇ Sentence Starters

1. If a friend felt this way, I would say...

2. I would want them to know that...

3. I would reassure them by...

4. I would validate their feelings by saying...

5. I would remind them that...

6. If I spoke to myself the way I speak to others, I might say...

Compassionate Connection Therapy

7. A compassionate message I could offer is...

✧ Tiny Practice

Write one sentence of kindness addressed to yourself, beginning with: **“Even though this feels hard, I am still...”** Let the ending be simple — *trying, learning, worthy, human, doing my best*, or anything that feels true.

✿ Sciency Bit

Self-compassion activates neural pathways linked to safety, emotional regulation, and connection. When you imagine offering compassion to someone else, the brain accesses these pathways more easily, making it simpler to direct that same warmth inward. This gentle shift can reduce stress, soften self-criticism, and support emotional resilience over time.

◆ Section 5: Exploring Small, Gentle Shifts

◇ Guide

Change is often imagined as something big — a leap, a breakthrough, a dramatic shift. But for many people, especially when routines feel protective or deeply ingrained, the most meaningful progress comes from the smallest possible steps. Tiny shifts can be powerful because they respect your nervous system’s need for safety while still creating space for curiosity and flexibility.

This section isn’t about pushing yourself or “breaking” a pattern. It’s about noticing where there might be a little room to breathe. A slight softening. A moment of choice. Even imagining a small change — without doing anything — can be a meaningful step. You’re invited to explore what feels possible, not what feels pressured.

Compassionate Connection Therapy

If nothing feels possible right now, that is also a valid and important answer. Sometimes the gentlest shift is simply acknowledging that the pattern feels too tight to move. That awareness alone is progress.

◇ Open Questions

1. What part of my routine feels even slightly more flexible than the rest?
2. What tiny shift — even a 1% change — feels safe enough to imagine or try?
3. How might I respond kindly to myself if the change feels uncomfortable or unfamiliar?
4. What thoughts, fears, or hopes arise when I picture making a small adjustment?
5. What support (internal or external) might help me explore this gently?

Compassionate Connection Therapy

6. Are there moments when the routine already softens naturally? What helps that happen?

7. What would “trying something different” look like in the smallest possible way?

◇ Sentence Starters

1. A small shift that feels possible is...

2. I could try softening...

3. If it feels uncomfortable, I will remind myself that...

4. When I imagine this change, I notice...

5. One thing that might help me is...

Compassionate Connection Therapy

6. A moment when this pattern already feels looser is...

7. The tiniest version of change I can picture is...

✧ Tiny Practice

Choose one routine you do daily. Before beginning it, pause for **one gentle breath** — not to change the routine, not to challenge it, simply to create a moment of awareness. A breath is enough.

✿ Sciency Bit

Small behavioural experiments help the brain learn that flexibility can be safe. When changes are tiny and manageable, the nervous system stays regulated, allowing new experiences to feel less threatening. Over time, these small variations can gradually reduce the intensity of the threat response and increase your sense of choice and control.

◆ Closing

You've spent time exploring tender, intricate parts of your inner world — places that often go unseen, even by you. Moving through these reflections is not about forcing change or pushing

Compassionate Connection Therapy

yourself into discomfort. It's about gently noticing what has been shaping your inner landscape and meeting those patterns with understanding rather than judgement.

Nothing here asks you to move faster than feels safe. Your routines have supported you in moments when you needed steadiness. Your thoughts have tried to protect you from overwhelm. The ways you've coped — even the ones that feel confusing or tiring now — were shaped by care for your own safety. Recognising this is an act of compassion, not weakness.

You can return to these reflections whenever you wish. There is no timeline, no expectation, no pressure to “get it right.” Just a quiet invitation to keep meeting yourself with softness, curiosity, and patience — at your own pace, in your own time.