

Compassionate Connection Therapy

○ Welcome to Your Reflection Space

This space was created with care — for anyone moving through something tender, uncertain, or quietly important. Whether you're processing pain, seeking clarity, rebuilding trust, or simply needing a moment to breathe, you're welcome here. You don't need to arrive with answers or be in a particular emotional state. You're invited just as you are.

These worksheets offer gentle tools for reflection: soft places to land, explore, and reconnect with yourself. They're designed to meet you where you are, without pressure, urgency, or expectation. You can move through them slowly, skip parts, return later, or simply sit with the questions. Your pace matters. Your wellbeing matters.

The mission behind these resources is simple: to make emotional support more accessible at a time when many people are carrying more than they can say. These worksheets are offered freely, with no hidden agenda — just the hope that they might help you feel a little more understood, a little less alone, and a little more connected to your own voice.

If this mission resonates, you're welcome to share these resources. Print them, post them, pass them along. Your share might be the moment someone realises they deserve gentleness too.

These worksheets are here to support your healing — not to rush it. You don't need to complete every section. You don't need to "get it right." Take what feels supportive. Leave what doesn't. Let this be a companion, not a task.

You're not alone in this. Even if we've never met, these resources are offered with quiet solidarity — holding space for you, believing in your capacity to heal, and honouring the courage it takes to turn inward.

● A Gentle Note on Safety

These worksheets are designed for personal reflection. They are not a substitute for therapy or professional support.

If you're currently in therapy, you may wish to share this resource with your therapist before exploring. If you're not in therapy, please take care to 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.

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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.

You can find these worksheets freely across platforms:

Website: <https://CompassionateConnectionTherapy.co.uk>

Facebook: Compassionate Connection Therapy

TikTok: @rosa.tomassi.bella

Instagram: @connectiontherapyrhyl

Together, we can make emotional support tools free, gentle, and accessible.

A Note on Contact

These worksheets are shared freely, but individual support cannot be offered through messages or comments. If you need support, please reach out to 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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Free & Low-Cost Support in the UK

If you'd like additional support, the organisations below offer free or low-cost help across the UK. You don't need a diagnosis, a referral, or the "right" words — just reach out in whatever way feels manageable. Many offer phone, text, email, or online support.

- **Cruse Bereavement Support** Free support for anyone grieving, at any stage. Helpline: 0808 808 1677 Website: <https://www.cruse.org.uk>
- **Sudden Bereavement UK** Support for sudden or unexpected loss. Website: <https://www.sudden.org>
- **One in Four** Specialist support for survivors of childhood sexual abuse. Website: <https://www.oneinfour.org.uk>
- **Rape Crisis England & Wales** Free, confidential support for anyone affected by sexual violence. Helpline: 0808 500 2222 Website: <https://www.rapecrisis.org.uk>
- **NAPAC (National Association for People Abused in Childhood)** Support for adult survivors of childhood abuse. Helpline: 0808 801 0331 Website: <https://napac.org.uk>
- **Mind** Information, guidance, and local low-cost services. Website: <https://www.mind.org.uk>
- **SANEline** Emotional support for anyone struggling with mental health. Helpline: 0300 304 7000 Website: <https://www.sane.org.uk>
- **Shout 24/7** free text support for anyone in distress. Text: SHOUT to 85258 Website: <https://giveusashout.org>
- **Refuge** Support for women and children experiencing domestic abuse. Helpline: 0808 2000 247 Website: <https://www.refuge.org.uk>
- **Men's Advice Line** Support for men experiencing domestic abuse. Helpline: 0808 801 0327 Website: <https://mensadvice.org.uk>
- **Switchboard LGBT+ Helpline** Support for LGBTQ+ people, family, and friends. Helpline: 0300 330 0630 Website: <https://switchboard.lgbt>
- **Galop** Support for LGBTQ+ people facing abuse or violence. Website: <https://galop.org.uk>
- **Beat Eating Disorders** Support for anyone affected by eating difficulties. Website: <https://www.beateatingdisorders.org.uk>
- **Citizens Advice** Free guidance on benefits, debt, housing, employment, and legal issues. Website: <https://www.citizensadvice.org.uk>
- **Shelter** Support with housing, homelessness, and unsafe living situations. Helpline: 0808 800 4444 Website: <https://www.shelter.org.uk>
- **The Mix** Support for anyone under 25 — mental health, relationships, money, housing. Helpline: 0808 808 4994 Website: <https://www.themix.org.uk>
- **Hub of Hope** A national database of local mental health support. Website: <https://hubofhope.co.uk>

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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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◆ Ghosting & Gentle Endings

A universal worksheet for reflection, clarity, and emotional steadiness

◆ Introduction

Ghosting, slow fading, or sudden withdrawal can leave behind a quiet ache — a mixture of confusion, longing, disappointment, and unanswered questions. These experiences can feel deeply personal, even when they say more about the other person's capacity than your worth. This worksheet offers a warm, steady space to explore your experience with gentleness and clarity. You don't need to arrive with answers. You don't need to work through it all at once. You're welcome exactly as you are.

Many people notice that relational endings affect not only their emotions, but also their nervous system, sleep, appetite, concentration, and sense of grounding. You might feel tense, restless, numb, foggy, activated, or shut down — all of which are normal responses to relational uncertainty. This worksheet blends emotional reflection with internal grounding practices, offering supportive prompts, sentence starters, and gentle psychological tools suitable for anyone, regardless of background, identity, or ability.

There is no right or wrong way to use this resource. You can write, think, draw, or simply sit with the questions. Every insight you uncover is a step towards understanding yourself more deeply and honouring your needs with kindness.

◆ How to Use This Worksheet

Each section contains:

- a gentle guide
- six or more open questions
- six or more sentence starters
- one mindfulness / meditation / grounding practice
- one sciency bit written in warm, non-clinical language

Sentence Starters

These are here for moments when the open questions feel too big, too open-ended, or too overwhelming. They offer a softer, more guided way in. Both options are equally valid.

Mindfulness Practices

These practices are **internal**, **mental**, and **emotional**. They support grounding, clarity, and steadiness.

Move gently through the worksheet, rest often, and let your pace be your own.

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◆ SECTION 1 — The Story & The Body's First Response

Gentle Guide

When an ending happens through silence or withdrawal, our minds often rush to make sense of it — but our bodies usually respond first. You might notice tension, heaviness, restlessness, or a sudden drop in energy. This section helps you explore what happened with clarity and compassion, while gently acknowledging how your inner world reacted in those early moments.

Open Questions

1. What happened, in the simplest version of the story?
2. How did the silence or withdrawal unfold?
3. What were your first emotional reactions?
4. What inner sensations did you notice in the first day or two?
5. Did your inner world feel more activated or more shut down?

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6. What helped you get through those first moments?

Sentence Starters

- The story, as plainly as I can tell it, is...

- The ending happened when...

- My first emotional reaction was...

- Internally, I noticed...

- I felt more _____ than _____.

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- Something that helped me cope at the start was...

◇ Mindfulness / Meditation / Grounding Practice

“Three-Step Inner Check-In”

1. **Name** one emotion that feels present.
2. **Notice** where it sits in your inner landscape — thoughts, feelings, or mood.
3. **Nurture** yourself with a gentle phrase such as “It makes sense I feel this way.”

Let your breath move naturally.

◇ Sciency Bit

When something unexpected happens in relationships, the brain’s threat-response systems often activate. This isn’t because the person was dangerous — it’s because unpredictability can feel unsafe to the nervous system. The amygdala becomes more alert, scanning for meaning, while stress hormones create sensations like tightness, heaviness, or foggiess. From a biological psychology perspective, these reactions are protective signals rather than signs of weakness.

Cognitive and counselling psychology show that naming early emotional and internal responses helps reduce cognitive load and supports emotional regulation. When you acknowledge your sensations with curiosity rather than judgement, your nervous system begins to settle. This mind–body awareness creates space for clearer thinking, making it easier to reflect on the story without becoming overwhelmed.

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◆ SECTION 2 — Feelings Over Time & Emotional Shifts

Gentle Guide

Feelings rarely stay still. They move, change, soften, intensify, or fade. This section helps you explore how your emotions evolved over time, and how your inner world responded to those shifts. You might notice patterns, cycles, or moments of relief. All of this is valuable information about how you process endings.

Open Questions

1. Which feelings stayed with you the longest?
2. Which feelings faded more quickly than expected?
3. Did any new emotions appear later on?
4. How did your inner world respond as time passed?
5. Were there moments when you felt more grounded?

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6. What helped your emotional landscape shift?

Sentence Starters

- The feeling that stayed longest was...
- A feeling that faded sooner than I expected was...
- Later on, I began to feel...
- Internally, I responded by...
- I felt most grounded when...

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- Something that helped my emotions shift was...

◇ Mindfulness / Meditation / Grounding Practice

“Wave Watching”

Imagine your emotions as gentle waves. Notice which ones rise, which ones fall, and which ones linger. Allow each wave to exist without trying to change it.

This practice supports emotional regulation through observation.

◇ Sciency Bit

Behavioural psychology shows that emotions often shift when the environment changes. As days pass, your brain receives new information: routines continue, support appears, and the intensity of uncertainty decreases. This helps the nervous system recalibrate. Developmental psychology adds that emotional patterns are shaped by past experiences, meaning familiar emotional waves may appear even when the situation is new.

Health psychology and neuropsychology highlight that gentle internal grounding and predictable routines signal safety to the nervous system. When your inner world feels steadier, your emotional landscape often becomes more spacious, allowing new feelings — relief, clarity, neutrality, or even hope — to emerge. This mind–body connection is a natural part of emotional healing.

◆ SECTION 3 — Meaning, Patterns & Self-Stories

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Gentle Guide

When something ends without explanation, the mind often fills the silence with stories. Some are compassionate; others are harsh. This section helps you explore the meaning you made, the patterns you've noticed, and the narratives that shaped your experience. You're not looking for blame — just understanding.

Open Questions

1. What story did you tell yourself about why this happened?
2. Did this ending remind you of anything from your past?
3. What feels similar?
4. What feels different?
5. How did your inner world respond to the story you created?

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6. What alternative stories feel kinder or more balanced?

Sentence Starters

- The story I told myself was...

- This reminded me of...

- What feels similar is...

- What feels different is...

- Internally, I reacted by...

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- A kinder story might be...

◇ Mindfulness / Meditation / Grounding Practice

“Thought Sorting”

Imagine your thoughts as items on a table. Gently sort them into three piles:

- “Helpful”
- “Uncertain”
- “Heavy”

You don’t need to change them — just notice where each one belongs.

◇ Sciency Bit

Cognitive psychology shows that humans are meaning-making beings. When information is missing, the brain fills the gaps with assumptions based on past experiences, attachment patterns, and learned beliefs. These stories aren’t always accurate — they’re attempts to create predictability. Personality psychology adds that some people naturally lean towards self-blame, while others lean towards external explanations. Neither is “wrong”; both are shaped by upbringing, temperament, and relational history.

Counselling psychology emphasises that exploring your stories with curiosity helps shift the brain from automatic meaning-making to reflective thinking. This reduces cognitive load and supports emotional regulation. When your thoughts soften, your inner world often follows — breathing steadies, muscles loosen, and your nervous system becomes more settled. This mind–body alignment supports clearer, kinder narratives.

◆ SECTION 4 — Boundaries, Needs & Early Signals

Gentle Guide

Every connection teaches us something about our needs and boundaries. This section helps you explore what felt right, what felt unclear, and what you might want to protect or express more clearly next time. Boundaries aren't walls — they're gentle guidelines that help you feel safe, respected, and connected.

Open Questions

1. Were there any early signs that something felt off?

2. What needs did you have in this connection?

3. Did you express those needs?

4. How were your boundaries honoured or overlooked?

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5. What boundaries feel important moving forward?

6. How does your inner world respond when a boundary is crossed?

Sentence Starters

- An early sign I noticed was...

- My needs in this connection were...

- I expressed my needs by...

- My boundaries were...

- A boundary I want to protect next time is...

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- Internally, I respond to boundary crossings by...

◇ Mindfulness / Meditation / Grounding Practice

“Inner Boundary Mapping”

Close your eyes and imagine a gentle outline around your emotional space. Notice where it feels strong, where it feels thin, and where it feels unclear. You don’t need to change anything — just observe your map.

◇ Sciency Bit

Social psychology shows that boundaries are shaped by context, expectations, and relational dynamics. Counselling psychology emphasises that boundaries help regulate emotional closeness and protect wellbeing. When boundaries are unclear or unmet, the nervous system may become activated, leading to internal signs like tension, fatigue, or irritability.

Health psychology and developmental psychology highlight that exploring your needs helps you understand what supports your emotional safety. When you identify and honour your boundaries, your inner world often responds with increased calmness, steadier breathing, and a greater sense of control. This mind–body alignment strengthens your ability to navigate future connections with clarity and confidence.

◆ SECTION 5 — Fresh Perspective, Growth & Moving Forward

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Gentle Guide

Endings can feel like loss, but they can also create space. This section helps you explore what this ending may have protected you from, what it may have made room for, and what you've learned about yourself. Growth doesn't require perfection — just honesty and gentle curiosity.

Open Questions

1. What do you no longer have to carry or manage?
2. What does this ending make space for?
3. What have you learned about yourself?
4. What strengths did you show?
5. What small step can support your wellbeing this week?

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6. How does your inner world feel when you imagine moving forward?

Sentence Starters

- I no longer have to deal with...

- This ending makes room for...

- I've learned that I...

- A strength I showed was...

- A small step I can take is...

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- Internally, I feel _____ when I imagine moving forward.

◇ Mindfulness / Meditation / Grounding Practice

“Future-Self Connection”

Picture a future version of yourself who feels grounded and steady. Imagine sending them a gentle message such as: “I’m moving towards you.”

Let your breath soften the space between now and then.

◇ Sciency Bit

Evolutionary psychology suggests that when something ends, the brain begins scanning for new opportunities, resources, and safer environments. This isn’t about “moving on quickly” — it’s about your nervous system seeking stability. Health psychology shows that small, manageable steps support recovery more effectively than big leaps.

Behavioural psychology highlights that gentle internal grounding and self-compassion help regulate stress hormones and restore balance. When you take even one small step towards wellbeing, your inner world often responds with increased calmness, clearer thinking, and a sense of possibility. Growth is not a straight line — it’s a series of gentle shifts that honour both your emotional and psychological needs.

◆ Compassionate Closing

You’ve taken time to explore your experience with honesty, care, and courage. Whether you completed one section or all of them, you’ve shown a willingness to understand yourself

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more deeply — and that is something to honour. Endings through silence can feel destabilising, but your reflections here show that you are capable of meeting uncertainty with clarity and self-respect.

Remember that you are not defined by who stayed or who left. You are defined by the way you choose to care for yourself now — through grounding, emotional awareness, and compassionate boundaries. Your inner world has worked hard to protect you, and it will continue to guide you towards connections that feel mutual, safe, and nourishing.

Carry forward the insights that support you. Release anything that no longer serves you. Trust that you have the strength to create relationships that honour your needs, your pace, and your softness. You are already moving towards the life and connections you deserve.