

Welcome to Your Reflection Space

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 or have all the answers. Take what supports you. Leave what doesn't. Your pace, your process, your wellbeing—those come first.

A Gentle Note on Safety

These worksheets are designed to support **personal reflection** and are sometimes used within my own client work. They are **not a substitute for therapy**, nor intended as professional treatment tools. If you're currently in therapy, consider sharing this resource with your therapist before exploring. If you're not in therapy, please take care to reflect in a safe space—emotionally and physically. You might choose to explore alongside someone you trust—a friend, partner, or support person. If that's not available to you right now, this worksheet can still be a quiet companion. Go gently, in your own time, in your own way.

Help Us Spread the Care

If this resource resonates with you, please share it. Post it, send it, print it, pass it on. Healing is communal—and your share might be someone's first step.

Where to Find Worksheets

You'll find this worksheet shared across all platforms:

Website: CommpassionateConnectionTherapy.co.uk

Facebook Page: *Compassionate Connection Therapy*

TikTok: *@rosa.tomassi.bella*

Instagram: *connectiontherapyrhyhyl*

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

A Note on Contact

These worksheets are shared freely, but I'm not able to offer individual support or respond to personal messages. I hold space for my own clients with care and focus. 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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Grief and Memory Processing

For those who lost someone long ago—and are still learning how to carry it.

Introduction: Growing Around Grief

Grief doesn't vanish. It doesn't resolve neatly. It doesn't ask for permission. It simply arrives—and stays.

Tonkin's model of grief offers a gentle reframe: healing isn't about shrinking the grief but expanding life around it. Over time, we grow new experiences, relationships, and rhythms—but the grief remains, nestled quietly in the centre. Not as a flaw, but as a truth.

For many, the hardest part isn't the initial loss. It's what comes later. The fading of details. The soft erosion of memory. The moment you realise you can't recall their laugh, or the way they held a cup. The guilt that follows. The numbness. The quiet ache of forgetting.

This worksheet is for those moments. For the people who feel distant from their grief yet still carry it. For those who want to remember but aren't sure how. For those who wonder if it's okay to still feel, still miss, still long.

There's no right way to grieve. There's only your way.

This space isn't here to guide you—it's here to sit beside you. To offer gentle prompts, soft questions, and quiet invitations. You don't have to answer everything. You don't have to finish. You can pause, skip, return, or simply be with the words.

Let this be a companion. Not a task. Not a test. Just a place to explore what remains, and what still matters.

You are allowed to remember. You are allowed to forget. You are allowed to feel, or not feel, or feel too much. You are allowed to carry your grief in whatever way feels true.

1. 🌙 Naming the Distance

“It’s been years, but I still...”

Grief doesn’t disappear with time. It changes shape. Sometimes it softens. Sometimes it resurfaces. Sometimes it feels far away—and sometimes it catches you off guard. This section is here to gently explore the space between then and now. Not to measure progress. Not to judge. Just to notice what’s changed, what remains, and what still matters.

You can write, speak, draw, or simply sit with the questions. There’s no right way to respond. Let this be a soft place to begin.

🌿 Open Questions for Reflection

- How long ago did you lose your loved one?
- What do you remember about the early days of grief?
- What feels different now, emotionally or physically?
- What do you miss most—not just about them, but about who you were with them?
- Are there parts of your grief that feel quieter now?

- Are there parts that still feel raw or unresolved?
- What moments bring your grief closer again—anniversaries, smells, seasons, silence?
- What have you never said out loud about this loss?
- What do you wish others understood about your grief now?
- What does “moving forward” mean to you, if anything?

You can take your time. You can skip, pause, or return later. This space is yours.

 **Try to Finish These Sentences**

- It's been ____ years, and I still...

- Back then, I coped by...
- These days, my grief looks like...
- I miss the version of me that...
- I notice my grief more when...
- I've never told anyone that...
- I wish people knew that...

- I carry them with me by...
- I feel most connected to them when...
- I'm learning that grief...

 **Optional Pause**

Place a hand on your heart. Breathe in slowly. Let yourself be here—not in the past, not in the future—just here.

You are allowed to feel. You are allowed to not feel. You are allowed to carry this in your own way.

2. Memory Fog

“I wish I could remember...”

Grief doesn't always show up as sadness. Sometimes it arrives as silence. As forgetting. As the slow fading of details that once felt vivid and alive.

For many, the hardest part of long-term grief is the fear of forgetting—the sound of their voice, the way they moved, the little things that made them feel close. This section is here to gently explore that fog. Not to force memory. Not to fix it. Just to sit beside it and notice what's still there.

You don't have to remember everything. You don't have to remember anything. This is a space to reflect, reconnect, and honour what remains—however it shows up.

Open Questions for Reflection

- Are there memories you feel slipping away—or ones you're surprised you still hold?
- What do you wish you could recall more clearly—voice, scent, gestures, moments?
- What emotions come up when you realise you've forgotten something?
- Are there specific times or places where memory feels sharper—or more distant?

- What helps you reconnect with memory—photos, music, stories, rituals, objects?
- Have you ever felt guilty for forgetting?
- What do you tell yourself when the details fade?
- What would it feel like to remember differently—not through facts, but through feeling?
- What does your body remember—warmth, tension, movement, stillness?
- What do others remember that you don't—and how does that feel?

If your mind feels blank, try starting here:

- A place you used to go together:
- A season or holiday that brings them close:
- A phrase they used to say:
- A photo you've seen often:
- A meal they loved—or hated:
- A way they made you feel (safe, seen, annoyed, loved):
- A time you laughed together:

- A moment you felt proud of them—or they of you:
- A time you felt misunderstood:
- A time you felt held:

You don't have to remember the whole story. Even a flicker is enough.

 **Try to Finish These Sentences**

- I wish I could remember...
- The memory I miss most is...
- I feel closest to them when I...

- I used to know exactly how they...
- Sometimes I wonder if I've forgotten too much because...
- I reconnect with them through...
- I feel most distant from them when...
- I carry fragments of memory like...
- My body remembers...

- I remember how I felt when...

🌀 *Optional: Draw or list fragments of memory—however small or scattered. A gesture, a phrase, a place, a feeling. Let them be enough.*

 **Optional Pause**

Close your eyes. Breathe in slowly. Let yourself be here—not in the past, not in the pressure to remember—just here.

You are allowed to forget. You are allowed to remember in pieces. You are allowed to feel whatever arises.

Memory is not proof of love. Love remains, even when memory fades.

3. ¶ Emotional Numbness

“I don’t feel much anymore...”

Grief doesn’t always show up as tears. Sometimes it arrives as silence. As stillness. As a kind of emotional distance that feels confusing, or even protective.

You may not cry. You may not ache. You may not feel anything at all. That doesn’t mean you’ve stopped grieving. It doesn’t mean you’ve failed to heal. It simply means your grief is quiet right now—and quiet grief is still grief.

This section is here to gently explore emotional numbness. Not to push you into feeling. Not to stir what isn’t ready. Just to offer space to notice, reflect, and reconnect—if and when it feels safe.

You are not broken. You are not cold. You are not doing grief “wrong.” You are protecting something tender. And that deserves compassion.

✳ Open Questions for Reflection

- Do you ever feel guilty for not feeling more—or for feeling too much at the wrong time?
- What do you tell yourself about your grief now?
- What helps you reconnect with emotion—music, photos, places, rituals, movement?

- Are there moments when emotion surfaces unexpectedly—through dreams, smells, or sudden memories?
- What do you fear might happen if you let yourself feel more?
- What do you need in order to feel safe enough to feel?
- What does emotional numbness protect you from—pain, overwhelm, vulnerability, collapse?
- What would it mean to feel again—not all at once, but gently, in your own way?
- What does your body know, even when your heart feels quiet?

You can answer in words, images, movement, or silence. There's no pressure to feel. There's only permission to notice—and to be kind to yourself in the noticing.

 **Try to Finish These Sentences**

- I don't feel much anymore, and that makes me...
- I used to feel...
- I tell myself that my grief is...
- I reconnect with emotion when I...
- I feel most distant from my grief when...
- I feel most alive when...

- I'm afraid that if I feel too much, I might...
- I'm learning that numbness...
- My body feels...
- I wish someone would tell me...

Gentle Invitations for Reconnection

If emotion feels far away, try starting here:

- Listen to a song that once meant something
- Hold an object that reminds you of them
- Light a candle and sit in silence
- Look at a photo—not to feel, but just to notice
- Write one sentence, even if it's "I don't know what to say"
- Move your body—stretch, walk, sway
- Let yourself feel *nothing*, and trust that even that is part of grief

You don't have to feel on command. You don't have to feel at all. You are allowed to be where you are.

 **Optional Pause**

Place a hand on your heart. Breathe in slowly. Let yourself be here—not in the past, not in the pressure to feel—just here.

You are allowed to feel nothing. You are allowed to feel too much. You are allowed to feel in your own time, in your own way.

Grief doesn't need proof. It lives quietly, even in the spaces where emotion goes still.

You are still grieving. You are still healing. You are still here.

4. Sensory Anchors

“Grief lives in the senses...”

Sometimes memory fades from the mind but lingers in the body. A scent that stops you mid-step. A song that brings tears before you know why. A texture that feels like home.

Grief often lives in the senses—quietly, unexpectedly, tenderly. This section is here to help you notice the sensory threads that still connect you. Not to force memory, but to gently invite it. Not to recreate the past, but to honour what still lives in you.

You don't need to remember everything. Sometimes, a single note or scent is enough.

Open Questions for Reflection

- What scent reminds you of them—perfume, food, flowers, weather?
- What sounds or songs bring them close?
- Are there voices—real or imagined—you still hear in quiet moments?
- What textures or objects evoke their presence—fabric, jewellery, tools, handwritten notes?

- Are there places that feel like they still hold a trace of them?
- What sensory memories feel comforting? Which ones feel overwhelming?
- How do your senses respond when you're missing them?
- What helps you feel grounded when sensory memories become too much?

You can explore these questions slowly, over time. You might even close your eyes and notice what arises. Let your senses speak, without needing to explain.

 **Try to Finish These Sentences**

- The scent that brings them back is...
- When I hear ___, I feel them near.

- I still have ___, and when I touch it...
- The place that holds their memory is...
- I feel closest to them when I...
- I carry their presence through...
- Sometimes I avoid ___ because it brings too much...
- I'm learning that memory can be...

 *Optional: Create a sensory memory box or playlist. Include scents, songs, textures, or objects that help you reconnect—gently, in your own time.*

 **Optional Pause**

Close your eyes. Breathe in through your nose. Notice what you smell, hear, feel. Let your body remember, even if your mind does not.

You are allowed to feel comfort. You are allowed to feel overwhelmed. You are allowed to feel nothing at all.

Grief doesn't always speak in words. Sometimes, it hums quietly through the senses.

5. Reconnecting with What Was Loved

“They were...”

Sometimes grief makes us forget the details. But sometimes, it’s not the details we miss—it’s the feeling. The way they made us laugh. The way they made us feel safe, or seen, or understood. The way their presence shaped our own.

This section is here to help you gently reconnect with who they were to you. Not just their traits or roles, but their essence. The way they felt in a room. The way they lived in your heart.

You don’t have to remember everything. You don’t have to get it “right.” Let this be a space to feel your way back to them.

Open Questions for Reflection

- If you had to describe your loved one in three words, what would they be?
- What did they love—hobbies, people, places, routines?
- What made them laugh? What brought them joy?
- What made them feel most alive?

- What did they teach you—intentionally or not?
- What parts of them do you still carry with you?
- What do you wish you could ask them now?
- What do you think they'd say if they saw you today?
- What do you miss most about their presence—not just what they did, but how they felt?

You can answer slowly, or all at once. You can speak, write, draw, or simply sit with the questions. Let this be a space to remember with warmth, not pressure.

Try to Finish These Sentences

- They were...

- They loved to...
- They always laughed when...
- They felt most alive when...
- They taught me that...
- I still carry their...
- I wish I could ask them...

- If they saw me now, I think they'd...
- I miss the way they...
- Being with them felt like...

 Write a short “portrait” of them—not just who they were, but how they felt to you. Let it be soft, scattered, emotional, imperfect. Let it be yours.

Optional Pause

Place a hand on your heart. Close your eyes. Picture them—not as a photograph, but as a feeling. Let yourself remember, even if it's just a flicker.

You are allowed to miss them. You are allowed to feel close. You are allowed to feel nothing at all.

Grief is not just about what was lost. It's also about what was loved.

6. Grief Timeline

“This is how it’s changed...”

Grief is not a straight line. It loops, fades, returns, deepens, softens. It changes with time—but not always in ways we expect. Some days feel lighter. Some days feel heavier. Some years pass quietly. Others bring it all back.

This section is here to help you gently trace the shape of your grief. Not to measure progress. Not to compare. Just to notice how it’s evolved—and how you’ve evolved alongside it.

You don’t have to remember every detail. You don’t have to make sense of it all. Let this be a space to reflect, honour, and hold.

Open Questions for Reflection

- What were the early days of grief like for you—emotionally, physically, relationally?
- What shifted after one (?) year? After five (?) years? Now?
- Were there moments when grief felt more distant—or more present?
- What surprised you about how grief has changed over time?

- What rituals, practices, or milestones have helped you mark the passing of time?
- Have there been seasons or anniversaries that felt especially tender?
- How has your relationship with your loved one changed—even after their passing?
- What have you learned about yourself through the years of grieving?

You can reflect in words, images, or symbols. You can revisit this section over time. Let it be a living record—not a final answer.

 **Try to Finish These Sentences**

- In the beginning, my grief felt like...
- After one (?) year, I noticed...

- Five (?) years later, I began to...
- Now, my grief feels like...
- I didn't expect that...
- One moment that changed my grief was...
- I honour the passing of time by...
- I've grown around my grief by...



Optional: Sketch a timeline with key emotional moments, rituals, or memories. You might mark anniversaries, shifts in feeling, support systems, or turning points. Let it be gentle and incomplete.

 **Optional Pause**

Close your eyes. Breathe in slowly. Picture your grief—not as a wound, but as a thread woven through time. Notice how it's changed. Notice how you've changed.

You are allowed to evolve. You are allowed to return. You are allowed to carry your grief in new ways.

Grief doesn't end. But you are still growing.

7. ⚜ Rituals of Remembrance

“I honour them by...”

Grief doesn't always ask for words. Sometimes it asks for action. A candle lit in the quiet. A favourite song played on a rainy morning. A walk to the place where you used to sit together.

Rituals don't have to be grand or public. They can be private, quiet, even invisible to others. They are the ways we say: *You mattered. You still do.*

This section is here to gently explore how you honour your loved one—and how you might want to, if it feels right.

There is no “should.” Only what feels meaningful to you.

Open Questions for Reflection

- Do you have any rituals that help you feel close to them?
- Are there certain days, seasons, or moments when you feel called to honour them?
- What small acts—lighting a candle, cooking a favourite meal, visiting a place—bring them closer?
- Is there a new ritual you'd like to create or try?

- What helps you feel connected without becoming overwhelmed?
- Are there rituals you've let go of? Why?
- How do you carry their memory in your daily life—if at all?
- What would a ritual look like if it was just for you, with no one else watching?

You can reflect in writing, drawing, or simply imagining. Let this be a space to honour, not perform.

Try to Finish These Sentences

- I honour them by...
- One small act that brings them close is...

- I feel most connected to them when I...

- I've created a ritual that...

- I'd like to begin a new ritual that...

- I carry their memory by...

- I used to ___, but now I...

- My grief feels most sacred when...

§ *Even small acts—lighting a candle, making their favourite meal, wearing their jewellery, speaking their name—can be sacred. Let your rituals be yours.*

 **Optional Pause**

Close your eyes. Picture one small act of remembrance. Let it be simple. Let it be enough. Breathe into the space it opens.

You are allowed to honour them in your own way. You are allowed to do nothing at all. You are allowed to begin again.

Ritual is not about doing it right. It's about remembering with care.

8. 🎤 Speaking to the Silence

“If I could talk to them now...”

Grief often leaves us with conversations that never happened. Words we held back. Questions we never got to ask. Things we wish we’d said—just once, or one more time.

This section is here to hold those words. To offer a quiet space where you can speak to the silence. You don’t have to believe they’ll hear you. You don’t have to know what to say. You just have to begin.

Let this be a space for truth, tenderness, and unfinished sentences. Let it be yours.

🌿 Open Questions for Reflection

- What would you say if they could hear you—right now, in this moment?
- What do you wish they could say back?
- Is there anything you’ve never said out loud—because it felt too heavy, too tender, too complicated?
- Are there words you’ve repeated to them in your mind over the years?

- What do you miss about your conversations—tone, rhythm, honesty, humour?
- What do you wish they knew about your life now?
- What do you need to say to feel more at peace, even if just a little?

You can whisper, write, cry, or simply sit with the questions. There's no need to finish. There's only permission to begin.

 **Try to Finish These Sentences**

- If I could talk to you now, I'd say...
- I've never told you that...
- I wish you could see me...

- I still wonder why...
- I miss the way you used to...
- I carry this memory of you...
- I wish you'd told me...
- I'm learning to...
- I forgive you for...
- I hope you know that...

👉 *Optional: Write a letter. You don't have to finish it. You don't have to share it. Just begin. Let it be messy, emotional, quiet, honest. Let it be yours.*

🧘 **Optional Pause**

Place a hand on your heart. Close your eyes. Imagine them—not as they were, but as they felt. Let yourself speak, or feel, or simply breathe.

You are allowed to have unfinished conversations. You are allowed to carry words that never found their way out. You are allowed to speak to the silence.

Grief holds space for what was said—and what wasn't.

9. 🌟 Self-Compassion Check-In

“I’m allowed to grieve in my own way.”

Grief can be heavy. But so can the expectations we place on ourselves around it. To be okay by now. To cry more. Or less. To remember everything. To move on.

This section is here to offer you a pause. A moment to turn toward yourself with the same gentleness you might offer a friend. Not to fix anything. Just to soften the edges. To remind you that you are doing the best you can with something that has no map.

Let this be a space for kindness. For grace. For breathing room.

🌿 Open Questions for Reflection

- What would you say to a friend who felt the way you do now?
- Can you offer that same kindness to yourself?
- What do you need to hear right now—from someone else, or from within?
- What parts of your grief have you judged or tried to hide?

- What would it feel like to let go of those expectations, even briefly?
- What helps you feel safe, soothed, or grounded when grief feels sharp—or silent?
- What does compassion look like for you today?
- How can you remind yourself that you are allowed to grieve in your own way?

You don't have to be soft or strong. You don't have to be anything but honest. Let this be a space to meet yourself with care.

Try to Finish These Sentences

- If I were speaking to a friend, I'd say...
- I'm learning that it's okay to...

- I don't have to...
- I'm allowed to...
- What I need most right now is...
- I forgive myself for...
- I honour my grief by...
- I'm doing the best I can, and...

💡 Write a short affirmation or reminder to yourself. Keep it somewhere visible—a post-it, a phone note, a whisper in your pocket. Let it be a thread of kindness you can return to.

Examples:

- “I am allowed to feel what I feel.”
- “There is no timeline for healing.”
- “Even in silence, I am still grieving. And that’s okay.”
- “I am not broken. I am becoming.”

 **Optional Pause**

Place both hands over your heart. Close your eyes. Breathe in gently. Let your shoulders drop. Let your jaw soften. Let yourself be held—by breath, by memory, by this moment.

You are allowed to grieve in your own way. You are allowed to be exactly where you are. You are allowed to be kind to yourself.

Grief is not a test. You don’t have to pass. You only have to be.

10. Integration & Forward Motion

“I carry them with me by...”

Grief doesn't ask us to let go. It asks us to keep going—with love in our pocket. With memory in our breath. With tenderness in our steps.

This section is here to gently explore what you're carrying forward. Not as a burden, but as a thread. Not as a task, but as a quiet truth.

You don't have to be "healed." You don't have to be "done." You only have to notice what still matters—and how it lives in you now.

Open Questions for Reflection

- What do you want to carry forward from this reflection?
- What helps you feel like you’re honouring them while still living your life?
- What does “healing” mean to you now—if anything?
- Are there parts of your grief that feel integrated into who you are?

- What have you learned about love, loss, or yourself through this journey?
- How do you want to show up in the world with this grief—not despite it, but alongside it?
- What would it look like to live with your grief, not against it?

You can reflect slowly or revisit this section over time. Let it be a space for quiet clarity.

 **Try to Finish These Sentences**

- I carry them with me by...
- I honour them through...
- Healing, to me, means...

- I've learned that grief...
- I'm still growing around...
- I want to live in a way that...
- I'm not letting go—I'm...
- I feel most connected to them when I...

💡 *You don't have to let go. You just have to keep going—with love in your pocket.*

Optional Sharing

“Grief doesn’t have to be private.”

Some grief is quiet. Some is shared. Some is held in community, and some is held in solitude. There’s no right way to share. Only what feels safe, true, and supportive.

This section is here to gently explore what sharing might look like—if and when you’re ready.

Open Questions for Reflection

- Is there someone you’d feel safe sharing this with—a friend, therapist, sibling, partner?
- What would you want them to know—not just about your grief, but about what you’ve discovered?
- What kind of response would feel supportive: listening, holding space, reflecting, silence?
- Are there parts of your grief you’ve never shared before?

- What would it feel like to be witnessed in your grief—without needing to explain or justify?

You don't have to share everything. You don't have to share anything. Even one sentence can be enough.

 **Try to Finish These Sentences**

- I'd feel safe sharing this with...
- I'd want them to know that...
- What I need most from them is...
- I've never told anyone that...
- I'm ready to say...

- I'm not asking for advice—I'm asking for...

 You can share one section, one sentence, or just the fact that you're grieving. That's enough.

Optional Pause

Place a hand on your heart. Breathe in gently. Let yourself feel the weight—and the warmth—of what you carry.

You are allowed to keep going. You are allowed to stay still. You are allowed to carry love, memory, and grief—all at once.

Grief doesn't end. But you are still here. And that matters.

💛 Closing Reflection

Grief doesn't expire. Memory doesn't always stay sharp. But love—love finds ways to remain.

You've spent time with your grief today. Not to fix it. Not to finish it. But to sit beside it. To listen. To remember. To feel—whatever came or didn't.

Grief is not a task. It's not a timeline. It's not a measure of how much you loved or how well you've healed. It's a companion. Sometimes quiet. Sometimes loud. Sometimes tender. Sometimes numb.

You are allowed to grieve in your own way. You are allowed to carry your grief in pieces, in pauses, in rituals, in silence. You are allowed to return to it, again and again, without shame.

“You are allowed to remember. You are allowed to forget. You are allowed to feel, or not feel, or feel too much. You are allowed to carry your grief in whatever way feels true.”

Let this reflection be a reminder: You are still growing. You are still becoming. And they are still with you—in ways that words may never fully hold.

Go gently. You don't have to be okay. You only have to be honest. You only have to be here.

💛 *You are not alone in this. You are held—in memory, in love, in the quiet truth of what remains.*