

## **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://mensadviceline.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**
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# Compassionate Connection Therapy

## ■ Love Language Exploration & Connection

*A gentle guide to understanding how you give and receive care*

### ■ Introduction

Understanding how you give and receive love can offer a clearer window into your emotional world. It can help you recognise what makes you feel valued, what helps you feel safe, and what allows your relationships to feel nourishing rather than draining. Love languages are not rigid categories or personality labels — they are simply patterns that help you notice what feels meaningful to you.

This worksheet invites you to explore these patterns with curiosity rather than pressure. There is no “right” way to receive love, no “correct” way to express it, and no expectation to fit neatly into one box. Your love language is part of your emotional landscape — something that can evolve, expand, and adapt over time. Here, you are welcome to notice what feels true for you right now, knowing that your needs are allowed to shift as you grow.

### ■ How to Use This Worksheet

This resource is designed to be flexible, gentle, and supportive. You can move through it in order or choose the sections that feel most relevant today. Each section includes:

- A **soft guide**
- **Open questions**
- **Sentence starters**
- A **mindfulness practice** ●
- A **sciency bit** 🧠

Both the open questions and the sentence starters are equally valid. Some days you may want spacious reflection; other days you may prefer a gentler, more guided way in. There is no wrong choice — simply choose what feels kindest to you.

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### **■ Understanding the Love Languages**

*A gentle overview of the five commonly recognised ways people give and receive care*

Love languages are simply patterns — familiar ways people tend to express affection and recognise it from others. They are not fixed categories, and most people relate to more than one. Your preferences may shift depending on the relationship, the situation, or the season of your life. This section offers a soft introduction to each love language, with examples to help you notice what feels true for you.

#### **□ Words of Affirmation**

This love language centres on spoken or written expressions of care. For some people, kind words help them feel seen, appreciated, and emotionally safe. It isn't about grand declarations — often it's the small, sincere comments that land most deeply.

#### **Examples might include:**

- gentle encouragement
- appreciation for effort
- thoughtful messages
- acknowledging strengths or qualities
- expressing gratitude

#### **□ Acts of Service**

Acts of service involve doing something helpful, thoughtful, or supportive. For people who resonate with this love language, actions often speak louder than words. These gestures can create a sense of ease, partnership, or being looked after.

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### **Examples might include:**

- making a cup of tea
- helping with a task
- taking initiative without being asked
- offering practical support
- easing someone's load in small ways

### **□ Receiving Gifts**

This love language isn't about cost or extravagance — it's about meaning. A gift can be a symbol of thoughtfulness, attention, or emotional presence. For some, receiving something tangible helps them feel remembered and valued.

### **Examples might include:**

- a favourite snack
- a handwritten note
- a small keepsake
- something that shows you were thinking of them
- a meaningful object connected to a shared moment

### **□ Quality Time**

Quality time is about presence, attention, and shared experience. For people who value this love language, connection grows through undistracted moments together — whether quiet, playful, or reflective.

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### **Examples might include:**

- a long conversation
- a walk together
- shared hobbies or rituals
- planning a simple outing
- being fully present without distractions

### **□ Physical Touch**

Physical touch can be a powerful communicator of safety, affection, and closeness — when it is welcome and consensual. This love language is not limited to romantic relationships; it can include gentle, appropriate forms of contact that help someone feel connected.

### **Examples might include:**

- hugs
- holding hands
- a reassuring hand on the shoulder
- sitting close while talking
- gentle, grounding touch

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### **■ 1. How You Receive Love**

#### **□ Gentle Guide**

Receiving love is about noticing the gestures, words, and actions that help you feel emotionally safe, valued, and understood. This section invites you to explore what lands warmly for you — not what you think “should” matter, but what genuinely does.

#### **□ Open Questions**

1. When have you felt deeply cared for, and what made that moment meaningful?
2. What gestures help you feel grounded, safe, or appreciated?
3. Are there moments when you’ve felt overlooked? What was missing?
4. How does your body respond when care feels genuine?
5. What small, everyday actions make you feel valued?

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6. What helps you feel emotionally connected to someone?

### □ Sentence Starters

- “I feel most cared for when someone...”
- “A moment that made me feel truly seen was...”
- “I tend to feel overlooked when...”
- “My body tells me I’m safe when...”
- “A small gesture that means a lot to me is...”

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- “I feel connected when...”

### ● Mindfulness Practice

Sit comfortably and place one hand on your chest. Notice the rise and fall of your breath. As you breathe, gently recall a moment when you felt cared for. Notice any warmth, softening, or steadiness in your body. No need to analyse — simply observe. **Optional gentle movement:** Slowly roll your shoulders, releasing tension as you exhale.

### Sciency Bit

Humans are wired for connection. When we receive care in ways that align with our emotional needs, the nervous system often shifts into a state of safety — sometimes called the “rest and digest” state. This can slow the heart rate, soften muscle tension, and increase feelings of trust. Different people respond to different forms of care because our brains learn from past experiences. If certain gestures were comforting in childhood or adulthood, your brain may now associate them with safety. Noticing your patterns helps you understand what your body and mind recognise as supportive.

## ■ 2. How You Give Love

### □ Gentle Guide

Many people naturally express love in ways that feel intuitive or familiar. Sometimes this matches how they like to receive love; sometimes it doesn't. This section helps you notice your natural tendencies without judgement — simply observing the ways you show care.

### □ Open Questions



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- “When someone I care about is upset, I usually...”
  
- “A gesture I often offer is...”
  
- “I hope people feel \_\_\_ when I show care.”
  
- “It feels natural for me to...”
  
- “I express affection by...”

### ● Mindfulness Practice

Bring to mind someone you care about. Notice the first gesture that arises when you imagine supporting them — a word, an action, a presence. Let it come naturally. **Optional gentle**

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**movement:** Place your hands together, noticing the warmth and contact — a symbol of giving and receiving.

### **Sciency Bit**

Our giving style often reflects learned patterns — behaviours we've seen modelled, strategies that once helped us connect, or habits shaped by culture and environment. Behavioural psychology suggests that repeated actions become “default settings,” especially when they've been reinforced by positive outcomes. Understanding your giving style helps you recognise both your strengths and your blind spots. It can also highlight where you may be offering love in ways that feel natural to you but don't always land for others — a common and entirely human experience.

## ■ 3. Noticing Gaps or Mismatches

### □ **Gentle Guide**

It's normal for your giving and receiving styles to differ. You might offer acts of service but crave words of affirmation or give quality time but long for physical affection. These differences are not flaws — they're invitations to understand yourself and others more deeply.

### □ **Open Questions**

1. Do your giving and receiving styles match or differ?
  
  
  
  
  
  
  
  
  
  
2. How do these differences show up in your relationships?

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3. Have you ever felt misunderstood because of a mismatch?
  
  
  
  
  
  
  
  
  
  
4. What emotions arise when your needs aren't met?
  
  
  
  
  
  
  
  
  
  
5. How do you respond when someone expresses love differently from you?
  
  
  
  
  
  
  
  
  
  
6. What would help bridge any gaps?

### **□ Sentence Starters**

- “A difference I’ve noticed is…”
  
  
  
  
  
  
  
  
  
  
- “I sometimes feel misunderstood when…”

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- “A gap that affects my relationships is...”
- “I feel most supported when...”
- “It would help me if...”
- “I’m learning that...”

### ● Mindfulness Practice

Imagine two circles overlapping — one representing how you give love, the other how you receive it. Visualise the overlap gently widening with each breath. **Optional gentle movement:** Slowly open and close your hands, symbolising flexibility and openness.

### Sciency Bit

Neuropsychology shows that humans interpret care through personal filters shaped by memory, culture, and emotional learning. When someone expresses love in a way that doesn’t match your internal “template,” your brain may not register it as care — even when

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the intention is loving. Recognising mismatches helps reduce misunderstandings. It allows you to communicate your needs clearly and to appreciate the intentions behind others' actions, even when their style differs from yours.

### **■ 4. Communicating Your Needs**

#### **□ Gentle Guide**

Expressing your needs is an act of courage, not selfishness. This section helps you find language that feels natural, respectful, and grounded in self-worth.

#### **□ Open Questions**

1. What helps you feel safe when sharing your needs?
2. What makes it difficult to express what you need?
3. How do you prefer others to approach emotional conversations?
4. What phrases feel comfortable for you to use?



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- “Something I’d love to share with you is...”
  
- “A boundary that supports me is...”

### ● Mindfulness Practice

Place a hand on your chest and take a slow breath. On the exhale, quietly say a phrase like “I deserve care.” Repeat gently. **Optional gentle movement:** Stretch your neck slowly side to side, releasing tension around the throat — the centre of communication.

### Sciency Bit

Communicating needs activates areas of the brain linked to vulnerability and social connection. For many people, this can feel risky because past experiences may have taught them that expressing needs leads to rejection or conflict. Healthy communication strengthens relationships by creating clarity and reducing assumptions. When you express your needs calmly and clearly, you help others understand how to support you — and you reinforce your own sense of worthiness.

## ■ 5. Understanding Others

### □ Gentle Guide

Just as you have your own emotional landscape, so does everyone else. Learning how others give and receive love can deepen connection, reduce misunderstandings, and foster mutual respect. This section invites curiosity rather than assumption.

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### **□ Open Questions**

1. How do the people in your life tend to express care?
2. What helps you understand their emotional needs?
3. How do you respond when someone's love language differs from yours?
4. What helps you stay open and flexible?
5. How can you meet others where they are without losing yourself?
6. What shared rituals or gestures strengthen your relationships?

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### **□ Sentence Starters**

- “I’ve noticed they show love by...”
- “They seem to feel cared for when...”
- “A way I can adapt is...”
- “I can stay open by...”
- “A shared gesture that supports us is...”
- “I’m learning that their needs are...”

### **● Mindfulness Practice**

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Bring someone to mind. Imagine observing them with soft curiosity, noticing their gestures of care without judgement. **Optional gentle movement:** Place your hands over your heart, then extend them outward — symbolising compassion flowing both ways.

### **Sciency Bit**

Empathy involves both emotional resonance and cognitive understanding. When you try to understand someone else's love language, you engage brain networks linked to perspective-taking and compassion. This doesn't mean abandoning your own needs — rather, it creates a bridge between two emotional worlds. Healthy relationships balance self-awareness with curiosity about others, allowing both people to feel seen and valued.

### ■ **Closing**

Your love language is not a demand, a flaw, or a test — it is a map of what helps you feel safe, connected, and understood. You are allowed to ask for the kind of care that nourishes you. You are allowed to express your needs clearly. You are allowed to grow, change, and refine what feels right for you.

Relationships are living things — they evolve as you do. May this worksheet support you in building connections that feel gentle, mutual, and deeply human.