

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

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◆ More Than What You Do

A gentle exploration of productivity, pressure, burnout, rest, and self-worth

◆ Introduction

We live in a world that often celebrates being busy. Productivity is praised, hard work is admired, and being constantly available can sometimes feel expected. Over time, it can become difficult to tell the difference between healthy dedication and carrying more than your mind and body were ever meant to hold.

Many people gradually become so accustomed to being busy that they stop noticing the cost. Rest begins to feel uncomfortable. Hobbies disappear. Relationships receive the leftovers of our energy. Even moments of stillness can feel unfamiliar. If any of this resonates with you, please know that you are not alone, and there is nothing wrong with you. These experiences are human responses to living in environments that often reward doing more rather than being well.

This worksheet is designed to help you gently explore your relationship with productivity, work, rest, achievement, and self-worth. It is not about diagnosing burnout, criticising ambition, or telling you to stop caring about what matters to you. Instead, it offers a compassionate space to pause, reflect, and reconnect with yourself beyond your responsibilities.

You do not need to complete this worksheet all at once. You can move through it slowly, return to sections later, or simply sit with the questions. Let this be an invitation rather than another task to complete.

◆ How to Use This Worksheet

Each section contains:

- A gentle guide

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- Open questions for reflection
- Sentence starters for when open questions feel too overwhelming or too open-ended
- A mindfulness, grounding, or reflective practice
- A warm and accessible psychology section

The open questions and sentence starters are equally valuable.

Some days you may want the freedom of reflecting openly. On other days, a blank page may feel too big, too demanding, or too difficult to approach. That is exactly why the sentence starters are included. They offer a softer way into the same themes.

There is no right way to complete this worksheet.

You can write, think, voice-record your reflections, discuss them with someone you trust, or simply read through the prompts and notice what stands out.

◆ Section 1: Your Relationship With Productivity

Gentle Guide

Many of us learn, often without realising it, that being productive is a sign of being valuable. We may receive praise for working hard, helping others, achieving goals, or staying busy. Over time, productivity can quietly become tied to identity, self-esteem, and belonging.

This section is an opportunity to explore your relationship with productivity. Not to judge it, but to understand it. Becoming aware of these patterns can help you recognise whether work serves your wellbeing or whether your wellbeing has gradually become dependent upon work.

Open Questions

1. What does productivity mean to you?

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2. How do you usually feel when you have completed a lot?

3. How do you feel when you have achieved very little?

4. What messages did you learn about hard work growing up?

5. Do you ever connect your worth to your productivity?

6. How much of your identity is linked to what you do?

7. What would remain true about you if productivity disappeared?

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Sentence Starters

- Productivity means...
- When I achieve a lot, I tend to feel...
- When I achieve less, I often feel...
- Growing up, I learned that hard work...
- Sometimes my worth feels connected to...

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- A big part of my identity is...
- Even without productivity, I would still be...

◇ Mindfulness Practice: Noticing the Inner Scorecard

Spend a few moments noticing any thoughts that arise when you imagine doing less.

Do any inner rules appear?

Perhaps thoughts such as:

- I should be doing something.
- I haven't done enough.
- I need to earn my rest.

Simply notice them.

You do not need to change them. You are only becoming aware of the scorecard you may be carrying.

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◇ Sciency Bit

Behavioural psychology tells us that behaviours which receive rewards tend to be repeated. If working hard has brought praise, success, approval, security, or a sense of achievement, it makes sense that productivity may become deeply important. This is not a flaw. It is how humans learn.

Personality psychology and social psychology also suggest that many people develop identities around being helpful, responsible, reliable, or successful. While these qualities can be strengths, difficulties sometimes arise when self-worth becomes dependent on maintaining them. The result can be feeling valuable only when producing, achieving, or helping, rather than recognising inherent worth simply for being human.

◆ Section 2: When Rest Feels Uncomfortable

Gentle Guide

For some people, rest feels restorative.

For others, it feels surprisingly difficult.

Perhaps guilt appears. Perhaps anxiety fills the empty space. Perhaps there is an urge to tidy something, answer an email, check a notification, or move onto the next task.

If rest feels difficult, it doesn't necessarily mean you are doing it wrong. Sometimes it simply means your mind and body have become more familiar with doing than being.

Open Questions

1. What happens when you try to rest?
2. What emotions arise during downtime?

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3. Do you experience guilt when resting?
4. What thoughts tend to appear when you stop?
5. How easily do you allow yourself time off?
6. What makes rest feel difficult?
7. What would restful time look like if guilt wasn't involved?

Sentence Starters

- When I try to rest...

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- During downtime, I often feel...

- Guilt appears when...

- A common thought I have is...

- Taking time off feels...

- Rest becomes difficult because...

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- If guilt was not present, rest might look like...

◇ Mindfulness Practice: Permission Without Earning

Gently repeat:

"I do not need to earn this moment."

Notice what happens inside when you hear those words.

Do you believe them?

Do you resist them?

Do you wish they felt true?

Approach whatever arises with curiosity rather than judgement.

◇ Sciency Bit

Health psychology shows that chronic stress can become familiar to both the mind and body. When people spend long periods in high-alert states, slowing down can initially feel uncomfortable rather than calming.

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Neuropsychology suggests that the brain adapts to repeated experiences. When constant activity becomes the norm, stillness may feel unfamiliar. This does not mean rest is wrong for you. It often means your system needs time, safety, and practice to reconnect with it.

◆ Section 3: Early Signs You Are Running Low

Gentle Guide

Burnout rarely arrives all at once. More often, it develops gradually.

The signs can be easy to dismiss. A shorter temper. Less patience. Difficulties concentrating. Increased exhaustion. Feeling detached from things that once mattered.

This section invites you to explore the early signals your mind and body may be sending before overwhelm becomes impossible to ignore.

Open Questions

1. What tells you that you are becoming overwhelmed?

2. What emotional signs do you notice first?

3. What mental signs do you notice first?

4. What physical signs do you notice first?

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5. How do your relationships change when you are running low?

6. What happens when you ignore the early signs?

7. What support do you wish you offered yourself sooner?

Sentence Starters

- One early sign for me is...

- Emotionally, I notice...

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- Mentally, I notice...

- Physically, I notice...

- My relationships tend to...

- When I ignore these signs...

- I wish I gave myself permission to...

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◇ Mindfulness Practice: Checking the Internal Fuel Gauge

Imagine your energy as a fuel gauge.

Without judging it, notice where your gauge feels today.

Empty?

Quarter full?

Half full?

Three-quarters?

Completely full?

You are not trying to change the answer. You are simply noticing where you are.

◇ Sciency Bit

Health psychology and burnout research consistently show that exhaustion is often preceded by warning signs. Unfortunately, many people only recognise these signs in hindsight because they have become accustomed to pushing through discomfort.

Biological psychology highlights the close relationship between mental and physical wellbeing. Long-term stress can affect concentration, sleep, mood, memory, energy, and physical health. Learning to recognise early signs of depletion allows for intervention before overwhelm becomes more severe.

◆ Section 4: Who Are You Beyond Your To-Do List?

Gentle Guide

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When work, responsibilities, and obligations take up most of our attention, it can become difficult to remember who we are outside of them.

Many people moving towards burnout discover that they can easily answer the question:

"What do you do?"

but struggle with:

"Who are you?"

This section is an invitation to reconnect with parts of yourself that exist beyond achievement.

Open Questions

1. What brings you genuine enjoyment?
2. What activities help you feel most like yourself?
3. What interests have you put aside?
4. What matters deeply to you outside of work?

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5. What qualities do you value in yourself?

6. Who are you when nobody needs anything from you?

7. What would you like more space for?

Sentence Starters

- I genuinely enjoy...

- I feel most like myself when...

- An interest I miss is...

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- Outside of work, what matters to me is...

- A quality I value in myself is...

- When nobody needs anything from me...

- I would like more space for...

◇ **Mindfulness Practice: Remembering Yourself**

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Think of a moment when you felt fully yourself.

Not productive.

Not useful.

Not successful.

Simply yourself.

Spend a few moments with that memory and notice what it reveals about what matters most to you.

◇ Sciency Bit

Positive psychology suggests that wellbeing comes from more than achievement. Meaning, connection, enjoyment, creativity, and belonging all contribute to psychological health.

Identity research also shows that having multiple sources of meaning helps build resilience. When all self-worth rests upon one role, such as work, any difficulty in that area can feel overwhelming. A broader sense of identity creates greater emotional flexibility and stability.

◆ Section 5: Reclaiming Rest Without Permission

Gentle Guide

Many people treat rest as something that must be earned.

Only after the work is done.

Only after everyone else is cared for.

Only after one more task.

The difficulty is that the finish line often moves.

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This section invites you to explore what might change if rest became a legitimate need rather than a reward.

Open Questions

1. What have you been postponing because of work?
2. What does rest mean to you?
3. What makes you feel guilty about stopping?
4. Where did those messages come from?
5. What would compassionate rest look like?
6. What would you tell a friend in your position?

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7. What permission do you need right now?

Sentence Starters

- I have postponed...

- Rest means...

- I feel guilty when...

- I learned these messages from...

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- Compassionate rest would look like...
- If a friend felt this way, I would tell them...
- Right now, I need permission to...

◇ Mindfulness Practice: Offering Yourself the Same Compassion

Imagine someone you care about explaining exactly what you have written in this section.

Notice your response.

What understanding would you offer them?

What kindness?

What permission?

Gently consider whether any of those responses deserve to be extended towards yourself.

◇ Sciency Bit

Self-compassion research consistently finds that kindness towards oneself supports wellbeing far more effectively than self-criticism. Contrary to popular belief, compassion does not make people lazy. It often improves motivation by reducing fear and shame.

Counselling psychology suggests that responding to ourselves with warmth during difficult periods can increase resilience, emotional regulation, and sustainable functioning. Rest becomes easier when it is viewed as part of wellbeing rather than evidence of failure.

◆ Section 6: Creating a Sustainable Future

Gentle Guide

Creating a healthier relationship with work rarely requires a dramatic life overhaul.

Instead, meaningful change often starts with small, intentional adjustments that are realistic enough to maintain.

The goal is not perfection.

The goal is sustainability.

Open Questions

1. What is one thing you would like to change?

2. What is one small step towards that change?

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3. What support might help?
4. What obstacles might appear?
5. How can you respond compassionately if progress is slow?
6. What would a more sustainable life feel like?
7. What would your future self thank you for?

Sentence Starters

- One thing I would like to change is...

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- A small first step could be...

- Helpful support might include...

- A challenge I may encounter is...

- If progress feels slow, I can...

- A more sustainable life would feel...

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- My future self might thank me for...

◇ Mindfulness Practice: A Conversation With Your Future Self

Imagine yourself one year from now.

Not perfect.

Not endlessly productive.

Simply well.

What would that version of you want you to know?

Listen carefully.

Write down whatever comes.

◇ Sciency Bit

Behavioural psychology shows that sustainable change is more likely when actions are small, realistic, and repeatable. Tiny adjustments may seem insignificant, but over time they often create meaningful change.

Health psychology also reminds us that wellbeing is not a destination. It is an ongoing process of noticing, responding, adapting, and caring for ourselves. Sustainable wellbeing grows through consistency, not perfection.

◆ Closing

If this worksheet has highlighted signs of exhaustion, pressure, or burnout, please remember that recognising these experiences is not a failure. Awareness is often the first step towards change. You have taken time to pause, reflect, and listen to yourself, and that in itself is meaningful.

You are more than your productivity. More than your achievements. More than your responsibilities.

Your value does not increase when you do more, and it does not decrease when you rest.

There will always be tasks waiting to be completed, responsibilities asking for attention, and expectations competing for space. The challenge is not learning how to do everything. It is learning how to remain connected to yourself while life unfolds around you.

As you leave this worksheet, consider carrying forward one small act of self-respect, one moment of rest, or one reminder that your wellbeing matters too.

You do not need to earn your humanity.

You do not need to justify your need for rest.

You are already enough.