

## 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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# Compassionate Connection Therapy

## ◆ Relationship Grief

### ◆ Introduction

Grief after the end or change of a meaningful relationship is a tender, human experience. Whether the shift was sudden or gradual, chosen or unexpected, clear or ambiguous, it can stir emotions that feel confusing, overwhelming, or even contradictory. This worksheet is here to offer you a steady, compassionate space to explore what you're carrying. There is no right way to grieve, no timeline you must follow, and no emotion you "should" or "shouldn't" feel. Your experience is valid simply because it is yours.

As you move through these pages, you're invited to go gently. Some questions may feel too open or too much at certain moments—that's completely understandable. For those times, you'll find sentence starters that offer a softer way in. You can use the open questions, the sentence starters, or a mixture of both. There is no "better" option; both are equally meaningful. Take breaks whenever you need to, return when you feel ready, and allow yourself to move at a pace that feels safe and manageable.

### ◆ How to Use This Worksheet

This worksheet is designed to support you in exploring your grief with warmth, clarity, and self-compassion. You can complete it in one sitting or return to it over days or weeks. There is no expectation to finish everything—simply engage with what feels helpful.

Each section includes:

- **A gentle guide** – a grounding introduction to the theme
- **Open questions** – spacious prompts for reflection
- **Sentence starters** – softer, more guided ways to explore the same ideas
- **A mindfulness practice** – simple at first, gradually deepening across sections
- **A sciency bit** – warm, accessible insights from psychology and neuropsychology

If an open question feels too big, the sentence starters are there to hold you. If a sentence starter feels too narrow, the open question gives you room to wander. Both paths are equally valid.

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### **◆ Section 1: Naming the Loss**

#### **Gentle Guide**

When a relationship changes or ends, the mind and body often search for clarity. Naming what has shifted can help you understand the landscape of your grief. This isn't about analysing or justifying anything—it's simply about acknowledging what happened in a way that feels honest and kind. You might notice that the loss includes not only the relationship itself, but also routines, hopes, identity, or a sense of safety. All of this is part of the story.

#### **Open Questions**

1. What aspects of the relationship or connection have changed or ended?
2. How would you describe the loss in your own words?
3. What feels most significant about this change right now?
4. What parts of the story feel clear, and what parts feel uncertain?
5. How has this shift affected your daily life or sense of self?

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6. What do you wish you could express about this loss?

### **Sentence Starters**

- The change I'm noticing most is...
  
  
  
  
  
  
  
  
  
- If I were to describe this loss gently, I'd say...
  
  
  
  
  
  
  
  
  
- What feels most present for me right now is...
  
  
  
  
  
  
  
  
  
- The part that feels unclear or unfinished is...
  
  
  
  
  
  
  
  
  
- This shift has affected me by...

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- Something I wish I could say out loud is...

### ○ Mindfulness Practice: Naming What Is

Sit comfortably and place one hand on your chest or stomach. Slowly name three things you can feel in your body (warmth, tightness, movement, stillness). Then name three emotions present, even if they're faint or mixed. Let each one be acknowledged without trying to change it. **Body–mind connection:** Notice how naming sensations and emotions gently reduces internal tension, giving your nervous system a sense of being seen.

### ● Sciency Bit

When we name a loss, we activate parts of the brain involved in meaning-making and emotional regulation. This helps shift overwhelming feelings from the limbic system (the emotional centre) into areas of the brain that support reflection and understanding. It's not about "fixing" anything—it's about giving your experience a place to land.

Research in psychology shows that acknowledging a loss, even privately, reduces the intensity of emotional distress. This is because the brain responds to clarity and context; when we articulate what has happened, the body often softens its stress response. Naming the loss is a way of saying to yourself, "This matters, and I matter," which strengthens the connection between emotional awareness and self-compassion.

## ◆ Section 2: Mapping Your Emotional Landscape

### Gentle Guide



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Grief rarely moves in a straight line. Emotions may rise and fall, overlap, or contradict each other. You might feel sadness one moment and relief the next, or numbness followed by longing. All of these experiences are natural. Mapping your emotional landscape helps you recognise patterns, honour your feelings, and understand what your body and mind are trying to communicate.

### **Open Questions**

1. What emotions have been showing up most often lately?
  
  
  
  
  
  
  
  
  
  
2. Which feelings surprise you, and which feel familiar?
  
  
  
  
  
  
  
  
  
  
3. How do different emotions show up in your body?
  
  
  
  
  
  
  
  
  
  
4. Are there emotions you find harder to acknowledge?
  
  
  
  
  
  
  
  
  
  
5. What emotions feel loud, and which feel quiet or hidden?

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6. How do your emotions shift throughout the day or week?

### **Sentence Starters**

- Lately, the emotions that visit me most are...
  
  
  
  
  
  
  
  
  
  
- A feeling that surprises me is...
  
  
  
  
  
  
  
  
  
  
- In my body, this emotion feels like...
  
  
  
  
  
  
  
  
  
  
- An emotion I find difficult to sit with is...
  
  
  
  
  
  
  
  
  
  
- The loudest feeling right now is...
  
  
  
  
  
  
  
  
  
  
- I've noticed my emotions shift when...

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### ○ Mindfulness Practice: Gentle Emotional Check-In

Close your eyes and imagine your emotions as weather patterns. Notice which ones feel stormy, cloudy, breezy, or calm. There is no need to change the weather—just observe.

**Body–mind connection:** Visual imagery helps the nervous system soften its grip on intense emotions, creating space for gentler awareness.

### ● Sciency Bit

Emotions are not just mental experiences—they are physiological events. When you feel sadness, anger, or fear, your body releases chemicals and activates neural pathways that prepare you to respond. By observing emotions with curiosity rather than judgement, you engage the prefrontal cortex, which helps regulate the intensity of these responses.

Behavioural psychology also shows that naming emotions reduces their power. This process, known as “affect labelling,” helps the brain shift from reactivity to reflection. When you map your emotional landscape, you’re strengthening neural pathways that support resilience, emotional literacy, and self-understanding.

## ◆ Section 3: Exploring What You Miss

### Gentle Guide

Missing someone—or something about a relationship—is a natural part of grief. You might miss shared routines, emotional closeness, companionship, or simply the idea of what could have been. Exploring what you miss isn’t about dwelling on the past; it’s about understanding the needs, values, and longings that still live within you.

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### **Open Questions**

1. What moments or qualities do you find yourself longing for?
2. What did this relationship bring into your life that you valued?
3. Which memories feel tender or bittersweet?
4. What parts of the connection felt grounding or comforting?
5. What do you miss about who you were within the relationship?
6. What do you wish you could experience again, even briefly?

### **Sentence Starters**

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- I find myself missing...
- Something this relationship brought into my life was...
- A memory that feels tender is...
- I used to feel grounded when...
- I miss the version of myself who...
- If I could revisit one moment, it would be...

### **○ Mindfulness Practice: Holding a Memory Gently**

Bring to mind a memory you miss. Imagine placing it in your hands as if it were something delicate. Notice its shape, weight, and texture. Hold it with kindness, then imagine setting it

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down somewhere safe. **Body–mind connection:** This practice helps the body release tension by transforming emotional weight into symbolic form.

### ● Sciency Bit

Longing activates neural circuits associated with attachment and reward. These circuits don't simply switch off when a relationship ends; they gradually recalibrate. Missing someone is a sign that your attachment system is adjusting, not failing.

Neuropsychology also shows that memories linked to emotional closeness trigger oxytocin pathways, which can create warmth, sadness, or both. By exploring what you miss, you're identifying the emotional needs that matter most to you—needs that can be honoured and met in new ways over time.

## ◆ Section 4: Understanding Your Needs

### Gentle Guide

Every relationship meets some needs and leaves others unmet. Reflecting on your needs is not about blaming yourself or anyone else—it's about understanding what helps you feel safe, valued, and connected. When you identify unmet needs, you gain clarity about what you want to nurture in future relationships, including the one you have with yourself.

### Open Questions

1. Which emotional needs felt supported, and which felt overlooked?
2. When did you feel most understood or misunderstood?

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3. What moments left you longing for more connection or space?
4. How did your body respond when your needs weren't met?
5. What needs feel especially important to you now?
6. How might you begin meeting these needs in gentle ways?

### **Sentence Starters**

- A need that often went unmet was...
- I felt understood when...

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- I longed for more...
- My body reacted to unmet needs by...
- A need that feels important now is...
- I can begin meeting this need by...

### ○ Mindfulness Practice: Listening to the Body

Sit quietly and scan your body from head to toe. Notice any areas that feel tight, heavy, or tired. Place a hand on one area that calls for attention and breathe into it slowly. **Body–mind connection:** The body often signals unmet needs before the mind can articulate them.

### ● Sciency Bit

Human needs—such as safety, belonging, autonomy, and validation—are rooted in our neurobiology. When these needs are met, the nervous system feels regulated and secure. When they're unmet, the body may respond with tension, fatigue, or emotional overwhelm.



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Behavioural psychology highlights that unmet needs often shape our patterns in relationships. By identifying these needs with compassion, you're strengthening your ability to recognise them early and respond in healthier, more supportive ways. This awareness builds emotional resilience and fosters more balanced connections in the future.

### **◆ Section 5: Supporting Yourself Through Grief**

#### **Gentle Guide**

Grief asks a lot of the heart and body. Supporting yourself doesn't mean "moving on" or forcing yourself to feel better—it means offering yourself small, steady acts of care. These can be practical, emotional, creative, or restful. What matters is that they help you feel grounded and held, even in small ways.

#### **Open Questions**

1. What helps you feel soothed or steady during difficult moments?
2. Which activities bring you a sense of comfort or relief?
3. What support do you wish you could receive right now?
4. How do you know when you need rest, connection, or space?

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5. What gentle routines could help you feel anchored?

6. What would caring for yourself look like this week?

### **Sentence Starters**

- I feel steadier when...
- An activity that brings me comfort is...
- I wish I could receive support in the form of...
- I know I need rest when...

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- A routine that could help me is...
- Caring for myself this week might look like...

### ○ Mindfulness Practice: Grounding Through Movement

Stand or sit comfortably. Slowly roll your shoulders, then gently sway side to side. Feel your feet or seat supporting you. Let the movement be small and soothing. **Body–mind**

**connection:** Gentle movement signals safety to the nervous system, helping reduce emotional intensity.

### ● Sciency Bit

Self-soothing practices activate the parasympathetic nervous system—the part responsible for rest, digestion, and emotional regulation. When you engage in grounding activities, your body releases calming neurotransmitters that help reduce stress and anxiety.

From a psychological perspective, small acts of care reinforce your sense of agency. They remind your brain that you can influence your internal state, even during grief. Over time, these practices strengthen neural pathways associated with resilience, self-trust, and emotional balance.

### ◆ Compassionate Closing

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Grief is not a sign of weakness—it is a reflection of your capacity to care deeply. As you move through this worksheet, you've shown courage simply by turning toward your experience rather than away from it. Every moment of honesty, every pause, every breath you've taken is part of your healing.

There is no finish line you must reach. Healing unfolds in its own time, often in quiet, subtle ways. Trust that your heart knows how to mend, and that you are allowed to seek comfort, connection, and joy again. May you continue to meet yourself with gentleness, honour your needs with compassion, and carry forward the wisdom you've gained from this chapter of your life.

You deserve tenderness, understanding, and care—especially from yourself.