

## **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**
- You do **not** alter the content in any way
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### ◆ The Boundary Setting and Self-Honouring Workbook

*A gentle, universal guide to understanding, expressing, and protecting your personal limits*

#### ◆ Introduction

Boundaries are not barriers or punishments. They are the quiet, steady agreements you make with yourself about what supports your wellbeing and what drains it. They help you move through the world with clarity, steadiness, and self-respect. When you set a boundary, you are not pushing others away — you are choosing to stay connected to yourself.

This workbook invites you to explore your limits with warmth and curiosity. There is no pressure to have perfect answers or to know exactly what you need straight away. Instead, you are encouraged to move gently, pausing whenever you need to, and returning when you feel ready. Each section offers open questions for deeper reflection, sentence starters for moments when the blank space feels too wide, and practices to help you reconnect with your body and mind.

You deserve relationships, environments, and routines that honour your energy. You deserve to feel safe, respected, and heard. This workbook is here to support you in building those foundations — slowly, compassionately, and in your own time.

#### ◆ How to Use This Workbook

This workbook is designed to meet you exactly where you are. Some days you may feel ready to explore the open questions in depth. Other days, you may prefer the softer guidance of the sentence starters. Both are equally valid. Both count. Both honour your pace.

Each section contains:

- **A gentle guide** — a grounding introduction to the theme
- **Six or more open questions** — spacious prompts for reflection
- **Six or more sentence starters** — a more supported way into the same themes
- **One mindfulness practice** — beginning simple and gradually deepening
- **One sciency bit** — warm, accessible psychology to help you understand what's happening internally

Move through the sections in order or dip into whichever feels most relevant. There is no “right” way to use this — only the way that feels kindest to you.

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### **◆ Examples of What Boundaries Can Look Like**

These examples are here to spark ideas — not to tell you what your boundaries *should* be. Everyone’s needs are different, and your boundaries will be shaped by your own values, energy, and circumstances.

#### **Time & Availability**

- “I’m available between \_\_\_ and \_\_\_, and outside those times I’ll respond when I can.”
- “I need advance notice before plans so I can prepare.”
- “I’m not able to take on extra tasks right now.”

#### **Emotional & Conversational Boundaries**

- “I’m not in the right headspace for this topic today.”
- “I’d like our conversations to stay respectful and calm.”
- “I’m happy to listen, but I can’t offer advice at the moment.”

#### **Work & Professional Boundaries**

- “I can take this on if we adjust another deadline.”
- “I prefer feedback privately rather than in group settings.”
- “I’m logging off now and will pick this up tomorrow.”

#### **Personal Space & Privacy**

- “I need some quiet time before I’m ready to talk.”
- “Please check with me before sharing my information.”
- “I’m not comfortable with physical touch right now.”

#### **Digital & Communication Boundaries**

- “I keep my phone on silent after \_\_\_ to rest.”
- “I don’t reply instantly, but I’ll get back to you when I can.”
- “I prefer voice notes/texts/emails for certain conversations.”

#### **Wellbeing & Self-Care Boundaries**



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5. What values feel important for me to protect in my daily life?

6. When have I ignored my limits in the past, and what happened as a result?

### **Sentence Starters**

1. I tend to feel overwhelmed when...

2. I notice tension in my body when...

3. I feel most myself when I'm in environments that...

4. A value I want to honour more consistently is...

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5. A sign I'm reaching my limit is...

6. I've learned from past experiences that I need to be mindful of...

### ○ Mindfulness Practice: “Name & Notice”

Sit comfortably. Let your shoulders soften. Gently scan your body from head to toe. Name three sensations you notice — warmth, tightness, heaviness, tingling, stillness. No need to change anything. Just notice. If you'd like, add a small movement: roll your shoulders, stretch your fingers, or gently sway. This helps you reconnect with your internal signals — the earliest indicators of your limits.

### ● Sciency Bit

Our limits are shaped by the nervous system — the part of the body that constantly monitors safety, energy, and emotional load. When something feels “too much,” it's often because the brain is signalling that resources are running low. This isn't weakness; it's biology. Your system is trying to protect you from overwhelm.

Noticing your limits early helps prevent the stress response from escalating. When you tune into bodily cues — a quickened heartbeat, shallow breathing, or a sense of heaviness — you're engaging interoception, the brain's ability to read internal signals. Strengthening this awareness supports emotional regulation and helps you make choices that align with your wellbeing.

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### **◆ Section 2: Clarifying What You Need**

#### **Gentle Guide**

Needs are not demands or burdens. They are the foundations that help you feel safe, connected, and steady. Many people were never taught to identify their needs, let alone express them. This section invites you to explore your needs with kindness, without judgement or pressure. Clarity makes communication easier — both with yourself and others.

#### **Open Questions**

1. What helps me feel emotionally safe in relationships?
2. What do I need to feel respected in conversations?
3. What supports my sense of balance during stressful times?
4. What helps me feel valued and understood?
5. What do I need more of in my daily life?

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6. What do I need less of?

### **Sentence Starters**

1. I feel emotionally safe when...
2. I feel respected when others...
3. During stressful times, it helps me when...
4. I feel valued when...
5. I could use more...

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6. I would benefit from less...

### ○ Mindfulness Practice: “Hand on Heart, Hand on Belly”

Place one hand on your chest and one on your abdomen. Breathe slowly, feeling both hands rise and fall. Ask yourself gently: *What do I need right now?* Let the answer come as a word, an image, or a sensation. If movement feels supportive, gently rock side to side or lean into the back of your chair.

### ● Sciency Bit

Needs are closely linked to emotional regulation. When needs go unmet for long periods, the brain shifts into protective modes — irritability, withdrawal, people-pleasing, or shutting down. These are adaptive responses, not personal failings. They’re the nervous system’s way of coping with unmet needs.

Identifying your needs helps the prefrontal cortex — the part of the brain responsible for decision-making — work more effectively. When you name what you need, you reduce internal ambiguity, which lowers stress and increases your sense of agency. This clarity supports healthier communication and more stable relationships.

## ◆ Section 3: Communicating Your Boundaries

### Gentle Guide

Expressing boundaries can feel vulnerable, especially if you’re used to prioritising others. Clear communication doesn’t require harshness; it simply requires honesty delivered with

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steadiness. This section helps you explore how you want to express your boundaries in ways that feel authentic and respectful.

### **Open Questions**

1. How do I want to sound when expressing a boundary?
2. What helps me stay calm during difficult conversations?
3. What makes boundary-setting feel challenging for me?
4. What makes it feel easier?
5. How do I want others to feel when I express a boundary?
6. What support might I need before or after boundary conversations?

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### Sentence Starters

1. When expressing a boundary, I want my tone to feel...
2. I stay calmer when I...
3. Boundary-setting feels challenging because...
4. It feels easier when...
5. I hope others feel...
6. Before or after a boundary conversation, I might need...

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### ○ **Mindfulness Practice: “The Ground Beneath You”**

Place both feet flat on the floor. Notice the support beneath you. Press your feet down gently and feel the rebound through your legs. Take a slow breath. If comfortable, add a small movement — lifting your heels, wiggling your toes, or shifting your weight. This helps anchor your body during conversations that feel emotionally charged.

### ● **Sciency Bit**

Boundary communication activates both emotional and cognitive systems. The amygdala may interpret boundary-setting as a threat if past experiences taught you that expressing needs leads to conflict or rejection. This can trigger anxiety or avoidance.

Grounding techniques help calm the amygdala, allowing the prefrontal cortex to stay online. When your body feels supported, your brain interprets the situation as safer. This makes it easier to speak clearly, listen fully, and stay connected to your intention rather than your fear.

## ◆ **Section 4: Holding Your Boundaries with Compassion**

### **Gentle Guide**

Setting a boundary is one step; holding it is another. People may forget, misunderstand, or test your limits — not always out of malice, but out of habit. Holding your boundary is an act of self-leadership, not confrontation. This section supports you in staying steady without becoming rigid or self-critical.

### **Open Questions**

1. What helps me stay consistent when my boundary is challenged?





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### ● Sciency Bit

Consistency strengthens neural pathways. Each time you hold a boundary, you reinforce a pattern that tells your brain: *My needs matter and I can protect them*. This builds self-trust, which is essential for emotional resilience.

When boundaries are challenged, the nervous system may shift into fight, flight, or fawn responses. Creating a pause interrupts this automatic pattern, giving your brain time to access more regulated states. Over time, this reduces reactivity and increases your sense of internal safety.

### ◆ Section 5: Adjusting, Evolving, and Reflecting

#### Gentle Guide

Boundaries are not fixed rules; they are living, breathing expressions of your current needs. As life changes, your boundaries may soften, strengthen, or shift entirely. This section helps you reflect on what's working, what isn't, and what might need gentle adjustment.

#### Open Questions

1. Which boundaries have supported me well recently?
2. Which ones feel too tight or too loose?
3. What have I learned about myself through this process?

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4. What changes might help me feel more balanced?
5. What new boundaries might I need to explore?
6. How can I celebrate the progress I've made?

### **Sentence Starters**

1. A boundary that has supported me is...
2. One that feels too tight or too loose is...
3. I've learned that I...

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4. A change that might help me feel more balanced is...

5. A new boundary I may need is...

6. I can celebrate my progress by...

### ○ Mindfulness Practice: “Future Self Check-In”

Close your eyes if comfortable. Imagine a future version of yourself who feels balanced and grounded. Notice their posture, their expression, their energy. Ask them gently: *What boundary helped you get here?* If movement feels supportive, stretch your arms or roll your neck slowly, imagining yourself growing into that steadiness.

### ● Sciency Bit

Reflection activates the brain’s default mode network — the system involved in meaning-making and self-understanding. When you reflect on your boundaries, you strengthen your sense of identity and agency.

Adjusting boundaries is a sign of psychological flexibility, a key component of wellbeing. Flexibility allows the brain to adapt to new information, shifting from rigid patterns to more

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responsive ones. This adaptability supports resilience, emotional balance, and healthier relationships.

### **◆ Closing Compassion**

You have moved through this workbook with courage, curiosity, and care. Whether you answered every question or simply paused to read a few lines, you have taken a meaningful step towards honouring yourself. Boundaries are not about perfection; they are about listening inwardly and responding with kindness.

As you continue to explore your limits, may you remember that your needs are valid, your voice is worthy, and your wellbeing matters. Each boundary you set is an act of self-respect. Each moment you hold your ground is a moment of self-leadership. And each time you adjust with compassion, you strengthen your connection to yourself.

You deserve relationships and environments that honour your energy. You deserve rest, clarity, and peace. May this workbook be a companion you can return to whenever you need grounding, reassurance, or a gentle reminder that you matter.