

Compassionate Connection Therapy

Welcome to Your Reflection Space

This worksheet was created with care—for anyone moving through something tender, uncertain, or important. Whether you're processing pain, seeking clarity, rebuilding trust, or simply needing space to breathe, you're welcome here.

These worksheets offer gentle tools for reflection—resources that meet you where you are, without pressure or expectation. They're designed to support emotional exploration at your own pace, in your own way.

The mission is simple: To make emotional support more available in a time when many are struggling. To offer free, compassionate resources with no hidden agenda. To help you reconnect with your own voice, in ways that feel safe and steady.

If this mission resonates, feel free to share it. Post it, print it, pass it along. Your share might be someone's first moment of feeling understood.

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. You don't need to have all the answers. Take what supports you. Leave what doesn't. Your pace, your process, your wellbeing—these come first.

You're not alone. Even if we've never met, this resource is offered with quiet solidarity—holding space, cheering you on, and believing in your capacity to heal.

A Gentle Note on Safety

These worksheets are designed for personal reflection. They are not a substitute for therapy or professional treatment.

If you're in therapy, consider sharing this resource with your therapist before exploring. If you're not in therapy, please 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.

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.

These worksheets are shared freely across platforms:

Website: <https://CompassionateConnectionTherapy.co.uk>

Facebook: Compassionate Connection Therapy

TikTok: @rosa.tomassi.bella

Instagram: @connectiontherapyrhl

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

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A Note on Contact

These worksheets are shared freely, but individual support cannot be offered through messages or comments. 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.

Copyright and Usage

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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 Gentle Roles: A Compassionate Reframing of the Drama Triangle

Human interactions can sometimes pull us into familiar emotional positions — places we learned to stand long before we realised we were doing it. The original Drama Triangle describes three roles people can slip into during moments of stress or emotional intensity:

- **Victim** — feeling powerless or overwhelmed
- **Persecutor** — feeling angry, critical, or controlling
- **Rescuer** — feeling responsible for fixing others

These roles are not identities. They are states of mind that arise when we feel unsafe, unheard, or unsure how to meet our needs. They are protective strategies — ways of coping, defending, or trying to stay connected when emotions run high.

This worksheet offers a softer, more human interpretation of these roles. Instead of viewing them as faults or fixed identities, it invites you to see them as understandable responses — shaped by past experiences, emotional needs, and the desire to stay connected or protected. These roles are not signs that something is wrong with you. They are protective strategies, and every protective strategy once made sense.

The aim here is not to “correct” yourself or strive for perfection. It’s to gently recognise where you are, understand what that place is trying to tell you, and explore other ways of responding when you feel ready. This worksheet invites awareness, not pressure; choice, not judgement; compassion, not criticism.

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◇ How to Use This Worksheet

This resource is meant to be taken slowly. There is no right pace and no expectation to complete it in one sitting. Let it meet you exactly where you are.

- You don't need to "fix" anything — simply notice what resonates.
- Move through each section with curiosity rather than evaluation.
- Try the tiny practices in moments that feel safe or low pressure.
- Return to any part of the worksheet whenever you need grounding or clarity.

The **open questions** help you explore your inner experience. Choose the ones that feel gentle and manageable. If a question feels too big, skip it or return later.

The **sentence starters** are for moments when the open questions feel overwhelming or difficult to put into words. They offer a softer way in — a beginning point for journalling, quiet reflection, or simply noticing what's happening inside you.

Use this worksheet in whatever way feels most supportive: reading it quietly, writing your reflections, speaking them aloud, or letting the ideas settle. This is a space for curiosity, not criticism — a place to meet yourself with gentleness as you explore the patterns that shape your interactions.

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◇ Section 1: Needing Support (Victim Role Reframed) ○

There are moments when life feels heavier than usual — when demands stack up, emotions swell, or clarity slips away. This role reflects the part of you that reaches for steadiness, comfort, or understanding. It isn't a flaw or a failing; it's a human response to feeling stretched or overwhelmed.

○ A Gentle Guide

When this role appears, you might notice a sense of being stuck, unsure, or unable to move forward in the way you usually would. You may find yourself wishing someone could step in, offer reassurance, or simply sit beside you in the difficulty. Instead of interpreting this as “not coping,” it can be seen as your inner world signalling that something needs attention — a quiet invitation to slow down, soften, and acknowledge what hurts or feels too much.

Sometimes this role shows up in subtle ways: a heaviness in your chest, a foggy mind, a sudden urge to withdraw, or a feeling that you're carrying more than you can comfortably hold. These experiences don't mean you're incapable; they mean you're human, and something inside you is asking for gentleness.

○ Open Questions

These questions are not meant to push you toward an answer — they simply offer a way to listen inwardly:

- What feels overwhelming for me in this moment, even if it seems small?
- What am I quietly hoping someone might notice or understand?

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- If I could name one need without worrying how it sounds, what might it be?
- What would “a little more support” look like today — in the simplest sense?
- How does my body show me it needs care or slowing down?
- Is there a feeling I’ve been trying to manage alone that might want acknowledgement?
- What would it be like to offer myself the same compassion I’d offer someone else?

○ Sentence Starters

These gentle beginnings help you ease into expressing what’s happening inside:

- “I’m finding it hard to manage...”

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- “I’m noticing that I’m feeling...”
- “I think I might need a bit more support with...”
- “A small thing that could help me right now is...”
- “I’m realising that part of me is struggling with...”

Tiny Practice

Rest your feet on the floor and imagine the ground quietly supporting your weight. Let your exhale lengthen by one second, as if you’re gently releasing some of what you’ve been holding. No forcing — just a small softening.

Sciency Bit

When the body senses overwhelm, the nervous system can shift into a protective “shutdown” mode. Naming what you feel or need — even silently — activates brain regions linked to emotional regulation, helping your system move from collapse toward steadiness.

◇ Section 2: Respectful Challenger (Persecutor Role Reframed) ○

There are times when something touches a deep value, feels unfair, or lands in a way that stirs a protective response. This role reflects the part of you that wants to stand up for what matters — your boundaries, your truth, your sense of integrity.

○ A Gentle Guide

In its grounded form, this role helps you speak clearly, name what feels off, and protect what matters to you. When the moment feels charged, this protective energy can become sharper — a firmer tone, a quicker reaction, or a sense of urgency to be understood. These responses are not signs of being “too much”; they’re signs that something in you feels threatened or unseen.

The aim here isn’t to quiet your truth. It’s to relate to it with clarity and care. Sometimes this role shows up as a tightening in your jaw, a rush of heat, or a feeling that you must respond immediately. These sensations can be gentle reminders to pause and notice what value or fear is being touched.

○ Open Questions

- What value of mine feels touched here — fairness, respect, honesty, something else?
- What am I trying to protect in myself or in the situation?

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- What feels important for me to acknowledge, even if only to myself?
- How do I feel in my body when I sense something “doesn’t sit right”?
- What outcome would feel grounding or constructive for me, even if nothing changes externally?
- What pace would help me think and feel more clearly rather than urgently?
- If I imagine responding gently, what shifts inside me?

○ Sentence Starters

These beginnings help you explore your truth with steadiness and care:

- “Something important to me in this situation is...”

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- “I see this differently because...”
- “I’m noticing a strong reaction in me when...”
- “I think what I’m trying to protect in myself is...”
- “This doesn’t sit right with me because...”
- “I’m realising that underneath my frustration, I feel...”
- “A kinder way of understanding my reaction is that...”

Tiny Practice

Before revisiting a situation, gently relax your shoulders and soften your jaw. Notice the shift. Let your breath settle and see how your thoughts feel when your body softens.

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◆ Sciency Bit

When something feels unjust or misaligned, the brain's threat system can activate. A brief pause helps re-engage the parts of the brain involved in perspective-taking and emotional regulation.

◇ Section 3: Supportive Partner (Rescuer Role Reframed) ○

There are moments when you sense someone else's discomfort — a shift in their tone, a heaviness in their expression, or a feeling that something isn't quite right. This role reflects the part of you that naturally leans in, wanting to soothe or steady another person. It comes from empathy and care but can sometimes tip into taking on more responsibility than is yours to hold.

○ A Gentle Guide

Your desire to support others is a meaningful strength. The gentle challenge is finding the balance between being present and taking over. Support doesn't always require action; sometimes the most powerful offering is your calm presence, your listening, or your willingness to sit alongside someone without trying to fix their experience.

○ Open Questions

- What am I hoping to ease for them — discomfort, confusion, sadness, something else?

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- What am I hoping to ease for myself — tension, worry, helplessness?
- Is this moment asking for action, or simply for presence?
- Is this mine to fix, or mine to witness with care?
- What would support look like if it were lighter and more spacious for me?
- How can I stay connected without stepping beyond my own boundaries?
- What helps me trust that others can navigate their own challenges?

○ Sentence Starters

These beginnings help you explore your caring instinct without slipping into over-responsibility:

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- “I’m noticing a part of me wanting to help by...”
- “I’m feeling a pull to step in because...”
- “I’m aware that I start to feel uneasy when...”
- “I’m realising I might be taking on too much when I...”
- “I’m trying to understand what feels difficult for me about...”
- “I’m noticing an urge to fix things when...”
- “A gentler way of supporting myself here might be to...”

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Tiny Practice

Before offering help, place one hand on your chest and pause. Ask softly: “Is this support, or is this rescuing?” Let the answer arrive without pressure.

Sciency Bit

Humans naturally co-regulate — our nervous systems respond to the emotional states of others. Pausing helps separate empathy from responsibility.

◇ Section 4: Recognising the Triangle — Awareness Without Blame ○

The Drama Triangle isn’t a label or a verdict — it’s simply a map of three familiar places we can find ourselves standing in when emotions run high. These roles are part of being human. Recognising them isn’t about fault; it’s about understanding the patterns that shape our reactions.

○ A Gentle Guide

Noticing your patterns is an act of self-kindness. It allows you to pause long enough to understand what your body, emotions, or history might be trying to communicate. Awareness gives you space to choose a different response when you’re ready.

○ Open Questions

- Which role do I tend to slip into most often, especially when I’m stressed or unsure?

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- What situations or dynamics seem to pull me there?
- What does this role protect me from — discomfort, conflict, vulnerability, feeling unseen?
- What does it cost me — energy, clarity, connection, my own needs?
- What might a gentler alternative look like in a similar moment?
- How do I know, in my body, when I'm shifting into one of these roles?
- What would it be like to pause before reacting and check in with myself?

○ Sentence Starters

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These beginnings help you reflect with compassion:

- “I’m beginning to notice that I often...”
- “This pattern makes sense because...”
- “A kinder interpretation of my behaviour is that...”
- “I can see how this once helped me by...”
- “I’m learning to choose differently by...”
- “I’m noticing the early signs that I’m slipping into this role when...”
- “I’m trying to meet myself with more patience as I...”

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📄 Tiny Practice

Write one sentence of self-understanding, not self-criticism. Let it be enough.

📌 Sciency Bit

Self-awareness activates neural networks involved in emotional regulation. When we observe our patterns without shame, the brain becomes more flexible and less reactive.

◇ Section 5: Moving Toward the Empowerment Triangle ○

Each role in the Drama Triangle has a steadier, more grounded counterpart — not a “better” version of you, but a gentler expression of the same instinct.

- Needing Support → **Self-Advocate**
- Respectful Challenger → **Open Questioner**
- Supportive Partner → **Quiet Listener**

These shifts are small, human, and entirely possible.

○ A Gentle Guide

Moving toward the Empowerment Triangle isn’t a dramatic transformation — it’s a soft turning. It’s the moment you pause long enough to ask yourself, “What do I truly need here?” or “How can I relate to this with more care?”

○ Open Questions

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- Which shift feels most accessible to me right now, even if only slightly?
- What would a 5% change look like — something small, doable, and kind?
- How can I stay connected to myself while staying connected to others?
- What helps me pause before reacting — a breath, a grounding phrase, a moment of silence?
- What would “gentle” look like in this moment, for me?
- What intention do I want to bring into this reflection?
- How might I express myself inwardly in a way that feels steady rather than pressured?

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○ Sentence Starters

These beginnings help you practise the shift inwardly:

- “I’m going to try a slightly different approach by...”
- “Let me take a moment before I...”
- “I want to stay more connected to myself as I...”
- “I’m practising expressing this more clearly to myself by...”
- “I’m learning to listen to my feelings without immediately trying to fix them by...”
- “I want to understand my experience more fully by...”

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- “I’m trying to stay connected to what matters to me here by...”

Tiny Practice

Choose one phrase from above and use it in a low-stakes moment this week — perhaps in your journal or during a quiet reflection.

Sciency Bit

Small behavioural shifts create new neural pathways through repetition. Each intentional pause strengthens these pathways, making grounded responses more accessible over time.

Closing — A Soft Landing

You are not defined by any role you step into. These roles are simply places you visit when something inside you feels stretched, uncertain, or in need of protection.

This worksheet is an invitation to meet yourself with gentleness — to notice your patterns without turning them into faults, to recognise your needs without apology, and to choose connection over self-criticism when you’re able.

Every small moment of awareness is progress. Every pause is a quiet act of courage. Every bit of kindness you offer yourself helps create steadier, more authentic interactions — with others and with your own inner world.

You’re learning. You’re growing. And you’re allowed to take your time.