

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

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● The Happy Place Visualisation Workbook

A gentle guide for building inner safety, steadiness, and calm

● Introduction

There are moments in life — especially after night terrors, sleep paralysis, sudden fear, or overwhelming stress — when the body reacts long before the mind has time to understand what is happening. In those moments, it can feel as though safety has vanished. This workbook is designed to help you build an inner place that feels steady, warm, and grounding, even when your nervous system is still echoing with fear or confusion.

Your Happy Place is not an escape from reality. It is a supportive inner resource — a space you can return to when you need to settle, breathe, or reconnect with yourself. Some people imagine a real location; others create something entirely new. Some visualise clearly; others sense impressions, textures, or feelings. All of these are valid. There is no “correct” way to build your Happy Place.

Each section offers open questions for spacious exploration and sentence starters for moments when the blank page feels too open or overwhelming. Both options are equally valuable. You can move slowly, pause whenever needed, and return as often as you like. This is your space, built at your pace.

● How to Use This Workbook

Each section contains:

- A gentle guide
- Six or more open questions
- Six or more sentence starters
- One mindfulness practice
- One sciency bit (warm, accessible psychology and neuropsychology)

The sentence starters are here for moments when open questions feel too big or too demanding. They offer a softer way in, especially when your mind feels foggy, tired, or overloaded. You can switch between open questions and sentence starters at any time.

You may complete this workbook in order, or dip into whichever section feels most supportive. There is no rush and no expectation. This is a gentle companion, not a task list.

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● Section 1: Creating Your Safe Setting

Gentle Guide

Your Happy Place begins with a setting — a location that feels soothing, comforting, or simply less overwhelming. For some, this is a quiet room. For others, it's a forest, a beach, a childhood memory, or a place that has never existed before. You don't need to picture it perfectly. Even a vague sense of atmosphere is enough. Let your imagination move slowly and kindly.

Open Questions

- What kind of environment helps your body soften or loosen tension?
- Do you imagine being indoors, outdoors, or somewhere in between?
- What time of day feels most comforting in this place?
- What is the light like — soft, dim, bright, warm?
- Are you alone, or is someone/something comforting nearby?

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- “A detail that makes this place feel safe is...”

Mindfulness Practice

Soft Gaze Grounding Let your eyes rest on a neutral point. Without focusing sharply, allow your gaze to soften. Notice shapes, shadows, and light in your peripheral vision. Let your shoulders drop. This gentle widening of awareness mirrors the spaciousness of your Happy Place.

Sciency Bit

When you imagine a calming environment, your brain activates many of the same regions involved in real sensory experience. This includes the visual cortex and areas linked to spatial awareness. Even imagined safety can send signals to the nervous system that it is allowed to settle.

For people who experience night terrors or sleep paralysis, the body can remain in a state of alarm long after the episode ends. Visualising a safe setting helps counter this by engaging the parasympathetic nervous system — the system responsible for rest and recovery. Over time, your brain begins to associate this imagery with calm, making it easier to access during moments of distress.

● Section 2: Building Sensory Comfort

Gentle Guide

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Mindfulness Practice

Gentle Sensory Scan Bring awareness to one sense at a time. Notice one thing you can see, one thing you can hear, one thing you can feel, one thing you can smell, and one thing you can taste (or imagine tasting). Let each sense anchor you without pressure.

Sciency Bit

The brain uses sensory information to decide whether you are safe. When you intentionally focus on gentle, pleasant sensory cues — even imagined ones — your amygdala receives signals that the environment is not threatening. This helps reduce the intensity of stress responses.

Engaging multiple senses strengthens neural pathways associated with calm. For people recovering from night terrors or sleep paralysis, sensory grounding can help reorient the body after the disorientation of waking. It provides the brain with clear, steady information that supports regulation.

● Section 3: Exploring Emotional Safety

Gentle Guide

Your Happy Place is not just a location — it carries an emotional tone. This section helps you explore the feelings you want this space to hold. You might feel peaceful, warm, hopeful, steady, or simply “less afraid.” All feelings are welcome. Let yourself notice what arises without judgement.

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Open Questions

- What emotions come up when you imagine being in your Happy Place?
- How does your body respond when you picture yourself there?
- What emotional qualities feel soothing or supportive?
- What do you feel protected from in this place?
- What do you feel connected to here?
- What feeling would you like this place to hold for you?

Sentence Starters

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- “When I imagine being here, I feel...”
- “My body softens when...”
- “The emotional tone of this place is...”
- “This place helps me feel less...”
- “This place helps me feel more...”
- “A word that captures this feeling is...”

Mindfulness Practice

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Hand-to-Heart Settling Place one hand on your chest and one on your abdomen. Breathe slowly. Feel the gentle rise and fall beneath your hands. Imagine your Happy Place filling the space around you with warmth or steadiness.

Sciency Bit 🧠

Emotional imagery activates the limbic system — the part of the brain involved in emotion, memory, and meaning. When you pair imagery with a sense of safety, your brain forms new associations that support emotional resilience.

For those who experience night terrors or sleep paralysis, emotional grounding is especially important. These episodes can leave the body flooded with fear even after waking.

Connecting emotions with physical sensations strengthens interoception — your ability to sense what’s happening inside your body — which helps you recognise early signs of distress and respond with care.

● Section 4: Choosing Supportive Cues

Gentle Guide

Support cues are small, grounding actions that help you access your Happy Place more easily. They act like gentle reminders to your nervous system. These cues can be physical, sensory, or symbolic. Choose something that feels natural and accessible, especially during moments of post-terror disorientation or stress.

Open Questions

- What small action helps you feel grounded?

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- Which movements or gestures feel comforting?
- Is there an object that brings steadiness?
- What cue feels easy to use when you're half-awake or overwhelmed?
- What action helps you reconnect with your breath?
- What gesture feels like a reminder of safety?

Sentence Starters

- “A grounding action that feels supportive is...”

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- “I feel steadier when I...”
- “A small gesture that helps me reconnect is...”
- “An object that brings comfort is...”
- “A cue I can use anywhere is...”
- “This action reminds me that I am safe when...”

Mindfulness Practice

Anchored Foot Press Press your feet gently into the floor or mattress. Notice the pressure, the contact, and the stability beneath you. Imagine your Happy Place rising up to meet your feet, offering support.

Sciency Bit

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Grounding cues work through associative learning. When you repeatedly pair a small action — like pressing your feet into the floor — with feelings of calm, your brain begins to link the two. Over time, the action alone can help trigger a sense of steadiness.

Proprioceptive input (awareness of your body's position) is deeply regulating. After night terrors or sleep paralysis, proprioception can feel disrupted. Gentle grounding cues help re-establish a sense of orientation and safety, supporting the nervous system as it recalibrates.

● Section 5: Strengthening Your Inner Pathway

Gentle Guide

Your Happy Place becomes more accessible with gentle repetition. You don't need long sessions — even 20–30 seconds can help. Think of it as building a familiar path in your mind. The more often you walk it, the easier it becomes to find your way back, especially after distressing awakenings or stressful moments.

Open Questions

- When during your day might a brief visit feel supportive?

- What helps you remember to practise?

- How does your body respond when you revisit your Happy Place regularly?

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- What changes when you practise during calm moments?

- What changes when you practise after distress?

- What would make this practice feel sustainable?

Sentence Starters

- “A moment in my day when this could help is...”

- “I tend to remember this practice when...”

- “My body feels different when I revisit this place because...”

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- “When I practise during calm moments, I notice...”
- “When I practise after stress, I notice...”
- “To make this sustainable, I could...”

Mindfulness Practice

Micro-Visit Visualisation Close your eyes for 10 seconds. Bring one detail of your Happy Place to mind — a colour, a sound, a texture, or a feeling. Let it settle gently. Open your eyes when ready.

Sciency Bit

Short, frequent visualisations strengthen neural pathways associated with calm and safety. This is similar to how the brain learns any skill — through repetition and gentle reinforcement. Each time you revisit your Happy Place, you reinforce the message: “This is available to me.”

Practising during calm moments is especially powerful. It teaches your nervous system to associate the imagery with steadiness rather than urgency. Then, when you use it after a night terror, sleep paralysis episode, or stressful moment, your brain already knows the route. This makes the practice more effective and easier to access when you need it most.

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● Closing

Your Happy Place is a companion you can return to whenever you need a moment of ease. It is not a test, and there is no expectation to feel a certain way. Some days the imagery will feel vivid; other days it may feel distant or foggy. Both are completely normal, especially when your body is recovering from disrupted sleep or stress.

What matters is the intention: offering yourself a moment of care, a breath of space, and a reminder that safety can be rebuilt gently from within. You are allowed to move slowly. You are allowed to rest. You are allowed to create a place that feels like home inside yourself.