

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

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● **The Rest You Deserve: A Gentle Sleep Support & Reflection Worksheet**

● **Introduction**

Sleep is one of the quiet foundations of wellbeing, yet it can also be one of the most tender places in a person's life. When rest becomes difficult — whether because of stress, pain, racing thoughts, emotional heaviness, or simply the unpredictability of being human — it can feel as though the nights stretch long and the days feel heavier than they should. This worksheet is here to offer a soft, steady companion as you explore your relationship with rest.

You are not expected to fix everything at once. You are not expected to force yourself into routines that don't fit your life or your body. Instead, this space invites you to notice, to reflect, and to experiment gently. Sleep is not a test you pass or fail; it is a rhythm your body learns over time. With kindness, patience, and small supportive steps, rest can become more accessible — not perfect, but softer, steadier, and more possible.

● **How to Use This Worksheet**

This worksheet is designed to be flexible and kind. You can move through it in order, choose the sections that speak to you, or return to certain parts whenever you need them. There is no right pace and no wrong way to use it.

Each section includes:

- **A gentle guide**
- **Open questions**
- **Sentence starters** (mirroring the open questions for when open space feels too big)
- **One mindfulness practice** (each one different, suitable for all abilities)
- **One sciency bit** (warm, accessible, grounded in psychology and neuropsychology)

● **A note about open questions and sentence starters**

Open questions can feel freeing — or overwhelming. Sentence starters are here for the moments when the blank page feels too wide. Both options are equally valid. You can switch between them, use both, or use neither. This is your space, and you get to shape it in the way that feels most supportive.

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SECTION 1

● Noticing Your Sleep as It Is

● Gentle Guide

Before exploring change, it can be grounding to gently notice what your sleep currently looks and feels like. This isn't about judging your habits or labelling them as good or bad. It's simply about observing with curiosity. Awareness creates room for choice, and choice creates room for compassion.

● Open Questions

1. What does a typical night of sleep look like for me at the moment?
2. How do I usually feel when I wake up?
3. What words describe the quality of my sleep lately?
4. What patterns do I notice across my nights?

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5. What feels predictable about my sleep, and what feels unpredictable?

6. When do I feel even slightly more rested?

● Sentence Starters

- A typical night for me looks like...
- When I wake up, I tend to feel...
- My sleep lately has felt...
- A pattern I've noticed is...
- My sleep feels predictable when...

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- I feel more rested when...

🕯 Mindfulness Practice: The 60-Second Body Scan

A simple, grounding practice.

1. Sit or lie comfortably.
2. Bring your attention to your feet.
3. Slowly move your awareness up through your legs, torso, arms, and face.
4. Notice sensations without trying to change them.
5. If your mind wanders, gently return to the next part of your body.

🧠 Sciency Bit

The brain and body work together to regulate sleep. When you observe your patterns without judgement, you activate the reflective parts of the brain that help reduce stress responses.

This softens the internal pressure that often makes sleep harder.

Noticing your sleep as it is — rather than how you think it “should” be — helps calm the nervous system. When the body feels observed with kindness rather than criticism, it becomes easier for the parasympathetic system (the “rest and digest” system) to activate, creating the conditions for deeper rest.

SECTION 2

🟡 Understanding How Sleep Shapes Your Days

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● Gentle Guide

Sleep affects more than the night; it shapes how you move through the day. Exploring this connection can help you understand what support you might need. This isn't about blaming yourself for tiredness — it's about honouring the impact that rest (or lack of it) has on your emotional and physical world.

● Open Questions

1. How does my sleep affect my mood during the day?
2. What changes do I notice in my focus or concentration?
3. How does tiredness show up in my body?
4. How does tiredness show up in my emotions?
5. What feels harder when I haven't slept well?

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6. What feels easier when I've had more rest?

● Sentence Starters

- When I'm tired, my mood tends to...
- My focus feels...
- In my body, tiredness feels like...
- Emotionally, tiredness shows up as...
- It's harder to...

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- It's easier to...

🔗 Mindfulness Practice: The “Name Three Things” Reset

A grounding practice for tired moments.

1. Pause and look around.
2. Name three things you can see.
3. Name three things you can hear.
4. Name three things you can feel (e.g., feet on the floor).

🧠 Sciency Bit

When sleep is disrupted, the brain's emotional regulation systems work harder. The amygdala becomes more reactive, meaning emotions can feel sharper or heavier. Meanwhile, the prefrontal cortex — responsible for planning and focus — becomes less efficient, which is why even small tasks can feel overwhelming.

Understanding this helps you respond with compassion rather than self-criticism. Your brain isn't failing; it's doing its best with limited resources. Recognising this connection allows you to adjust expectations and support yourself more gently.

SECTION 3

🟡 What Helps You Feel Safe Enough to Rest

🟣 Gentle Guide

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Rest often begins with a sense of safety — physical, emotional, or sensory. Identifying what helps you feel settled can create a foundation for more restful nights. These supports don't need to be big or elaborate; often, the smallest comforts make the biggest difference.

● Open Questions

1. What helps me feel safe and settled before bed?
2. What routines or rituals support rest for me?
3. What sensory experiences (light, sound, temperature) feel soothing?
4. What helps my mind slow down?
5. What helps my body soften?
6. What has supported my sleep in the past?

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● Sentence Starters

- I feel more settled when...
- A routine that supports me is...
- I sleep better when the room feels...
- My mind slows down when...
- My body softens when...
- Something that has helped before is...

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🧘 Mindfulness Practice: Gentle Shoulder Roll Release

A simple movement suitable for all abilities.

1. Sit or stand comfortably.
2. Slowly roll your shoulders forward.
3. Then roll them backwards.
4. Let your breath move naturally.
5. Notice any softening in your neck or jaw.

🧠 Sciency Bit

The nervous system responds strongly to sensory cues. Soft lighting, steady breathing, gentle movement — these signal safety to the body. When the body feels safe, the parasympathetic system becomes more active, making rest more accessible.

Behavioural psychology also shows that consistent routines create “sleep cues.” Over time, even small rituals can become powerful signals that help the brain transition from wakefulness to rest.

SECTION 4

● Understanding What Makes Sleep More Difficult

● Gentle Guide

Sleep can be disrupted by many things — thoughts, emotions, physical sensations, environmental factors, or life circumstances. Naming these gently can help you understand what you’re working with. This isn’t about fixing everything; it’s about acknowledging the barriers with compassion.

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● Open Questions

1. What tends to make falling asleep harder for me?
2. What wakes me during the night?
3. What thoughts or worries often appear at bedtime?
4. What physical sensations make rest more difficult?
5. What environmental factors affect my sleep?
6. What patterns do I notice in nights when sleep feels harder?

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● Sentence Starters

- Falling asleep is harder when...
- I often wake up because...
- At bedtime, my mind tends to...
- My body feels...
- My sleep is affected by...
- I notice sleep is harder when...

§ Mindfulness Practice: “Set It Down” Visualisation

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A gentle practice for racing thoughts.

1. Imagine a small basket beside you.
2. Picture placing one thought or worry into it.
3. You're not discarding it — just setting it aside.
4. Repeat with as many thoughts as you like.
5. Close the basket gently.

Science Bit

When the mind perceives stress or uncertainty, the nervous system becomes more alert. This is protective — the brain is trying to keep you safe. Unfortunately, this alertness can make sleep more difficult.

Visualisation helps shift the brain from problem-solving mode into a calmer state. By imagining setting thoughts aside, you activate neural pathways associated with emotional regulation. This creates enough space for rest to become possible.

SECTION 5

Gentle Experiments for the Week Ahead

Gentle Guide

Small changes can create meaningful shifts over time. This section invites you to explore gentle experiments — not rules, not obligations — that support your sleep. Choose one or two that feel possible, not perfect.

Open Questions

1. What small change feels manageable this week?

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- My evenings might feel calmer if...
- I could prepare...
- My mind slows down when...
- My body feels more comfortable when...
- A gentle experiment for me is...

§ Mindfulness Practice: The “Evening Anchor” Breath

A slightly deeper practice.

1. Sit comfortably.
2. Inhale for a count of four.
3. Exhale for a count of six.

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4. Repeat for 1–2 minutes.
5. Let the longer exhale signal safety.

Sciency Bit

Small, consistent changes are more sustainable than large, sudden ones. When you choose experiments that feel manageable, you reduce internal resistance and increase the likelihood of forming supportive habits.

Longer exhales activate the vagus nerve, which helps calm the nervous system. Over time, these small practices can help retrain the body to recognise evening as a time for slowing down.

SECTION 6

Creating a Personal Wind-Down Ritual

Gentle Guide

A wind-down ritual is a set of calming actions that signal to your body and mind that rest is approaching. It doesn't need to be long or elaborate — even 10–20 minutes can make a difference. The aim is to create a sense of predictability and safety.

Open Questions

1. What helps me transition from “day mode” to “rest mode”?

2. What sensory experiences feel soothing in the evening?

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3. What helps me feel emotionally settled?

4. What helps my body soften?

5. What feels realistic to include in a nightly ritual?

6. What would make my wind-down feel nurturing?

● Sentence Starters

- I transition into rest more easily when...

- In the evening, I find it soothing when...

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- I feel more settled when...
- My body softens when...
- A realistic ritual for me includes...
- My wind-down feels nurturing when...

§ Mindfulness Practice: “Tracing the Day” Release

A more layered practice.

1. Close your eyes gently.
2. Imagine the day as a line drawn in front of you.
3. Slowly trace the line backwards, noticing moments without judgement.
4. When you reach the beginning, imagine placing the whole line into a soft box.
5. Close the lid gently.
6. Return to your breath.

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Sciency Bit

Wind-down rituals work because the brain thrives on cues. When you repeat a sequence of calming actions, your nervous system begins to associate them with rest. Over time, these cues become internal signals that help the body shift into a sleep-ready state.

Reflective practices like “tracing the day” help integrate experiences, reducing the mental load that often keeps people awake. When the brain feels that the day has been acknowledged, it becomes easier to let go.

Closing Reflection

Sleep is not something you earn. It is not a reward for productivity or a measure of worth. It is a basic human need — a form of care your body deserves simply because you exist.

Some nights will feel easier than others. Some weeks will feel steadier than others. This is not a sign of failure; it is simply the rhythm of being human. What matters is the way you keep showing up for yourself — with gentleness, curiosity, and compassion. Every small shift, every moment of awareness, every breath taken with intention is a step towards deeper rest.

You are not starting from nothing. You are building on every moment you’ve ever chosen care over pressure, softness over strain. Trust that these small acts accumulate. Trust that your body is capable of learning new rhythms. Trust that rest is possible for you — slowly, kindly, and in your own time.