

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: @connectiontherapyrhy1

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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❖ Understanding & Caring for Anger

A gentle, trauma-informed guide to recognising your responses, reclaiming your space, and honouring your boundaries.

Anger is a human emotion—one that often carries wisdom, protection, and unmet needs. For many people, anger has been misunderstood or mishandled in the environments they grew up in. Some learned to fear it. Some learned to silence it. Some learned to absorb the anger of others as if it were their responsibility to soothe, manage, or prevent it. And some learned to disconnect from their own anger entirely, believing it was unsafe or unwelcome.

This worksheet offers a different approach. It invites you to explore anger with compassion, curiosity, and safety. You are not asked to justify your feelings, explain your history, or fit into any particular narrative. Nothing here assumes your background, your culture, your relationships, or your experiences. You get to decide what resonates and what doesn't.

This resource is for anyone who has ever felt overwhelmed by someone else's intensity, unsure of their own feelings, or disconnected from their inner strength. It's for anyone who wants to understand their responses without shame, reconnect with their boundaries, or simply breathe a little easier around the topic of anger.

You deserve emotional clarity. You deserve safety. You deserve space to breathe and space to be.

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❖ How to Use This Worksheet

This worksheet is designed to be flexible and gentle. There is no correct pace, no required order, and no expectation that you complete every section. You can move through it slowly, revisit parts that feel meaningful, or skip anything that doesn't feel supportive right now.

You might choose to:

- Write your reflections in a journal
- Speak your answers aloud
- Pause between sections to check in with your body
- Return to certain prompts over several days
- Read through the worksheet once before engaging with it

The **open questions** are there to help you explore your experiences more deeply. They can guide you toward clarity, but they are not meant to pressure you. If a question feels too big, too vague, or too activating, you can set it aside.

The **sentence starters** are gentler entry points. They're especially helpful when the open questions feel overwhelming or when you're not sure where to begin. You can complete them with a single word, a short phrase, or a full reflection—whatever feels manageable.

There is no “right way” to use this resource. Your pace is enough. Your comfort matters. Your experience is valid exactly as it is.

If at any point you need to pause, breathe, or step away, that is part of the process—not a disruption to it.

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❖ Section 1: What Anger Feels Like in My Body

❖ Guide

Your body often recognises tension or danger before your mind has time to interpret it. When someone around you is angry—or when your own anger rises—your body may respond instantly. You might feel a shift in your breath, your muscles, your posture, or your energy. None of these reactions mean you’re “too sensitive” or “overreacting.” They are natural, protective responses shaped by your history, your environment, and what your nervous system has learned keeps you safe.

This section invites you to notice these cues with softness. Not to analyse or judge them, but to understand them as information—signals from a wise body doing its best to look after you.

Sometimes these sensations are loud and obvious. Sometimes they’re subtle, like a slight tightening in the throat or a quiet urge to leave the room. All of it is valid. All of it deserves gentle attention.

You don’t need to change anything you find here. Awareness itself is a form of care.

❖ Open Questions

- When someone is angry near me, what sensations show up in my body?
- Which parts of my body feel tight, heavy, warm, cold, or activated?
- Do I tend to freeze, shrink, speed up, or disconnect?

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- What happens to my breathing when tension rises?
- What helps my body feel safer after I've been around anger?
- How do different relationships (family, partner, colleague, stranger) affect my physical responses?
- Are there sensations I've learned to ignore or minimise?
- What physical cues tell me I'm reaching my limit?

*** Sentence Starters**

- “When anger is in the room, my body tends to...”

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- “I notice my breath becomes...”
- “My muscles respond by...”
- “My posture shifts into...”
- “Afterwards, I often feel...”
- “My body seems to be trying to tell me...”
- “A sensation I’m only now noticing is...”
- “When I feel overwhelmed, my body usually...”

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✿ Tiny Practice

Place one hand on your chest and one on your belly. Take a slow breath and simply name what you feel—warmth, tightness, numbness, fluttering, stillness, pressure, openness, or anything else that's present. There is nothing to fix. Just noticing is enough.

If it feels comfortable, whisper to yourself: **“My body is allowed to feel this.”**

✿ Sciency Bit

When the nervous system detects potential threat, it activates the **fight–flight–freeze–fawn** pathways. These responses are automatic and shaped by past experiences, especially those involving conflict or unpredictability. They are not choices—they are survival mechanisms designed to keep you safe. Over time, your body may learn to respond quickly, even in situations that aren't dangerous now. This isn't a flaw; it's evidence of a nervous system that has worked hard to protect you.

❖ Section 2: What My Anger Is Protecting

❖ Guide

Anger often shows up when something meaningful is touched—your dignity, your boundaries, your values, your sense of fairness, or your emotional safety. Even when anger is quiet, subtle, or hidden beneath other feelings, it often carries a protective intention. It may be trying to alert you to something that doesn't feel right, something that needs attention, or something that has been overlooked for too long.

This section isn't about judging your anger or assuming what it “should” mean. Instead, it gently invites you to explore what your anger might be guarding. For some people, anger

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protects vulnerability. For others, it protects time, energy, identity, or the right to be treated with respect. There is no single correct interpretation.

You're not asked to act on your anger—only to listen to it with curiosity. Sometimes simply acknowledging its presence can bring clarity, grounding, and a sense of inner steadiness.

♦ Open Questions

- What situations reliably spark anger in me?
- What values or boundaries feel threatened in those moments?
- What does my anger wish I could express or name?
- What parts of me feel vulnerable when I'm angry?
- What would my anger say if it trusted it would be heard?

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- When I look beneath the anger, what emotions or needs do I notice?
- Are there patterns in when my anger appears—timing, tone, context, people?
- What feels important for me to protect right now in my life?

*** Sentence Starters**

- “My anger tends to show up when...”
- “It feels like it’s protecting...”
- “I often silence my anger because...”
- “If my anger had a voice, it might say...”

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- “My anger is asking me to...”
- “A boundary that feels important to honour is...”
- “When I feel angry, a deeper need underneath might be...”
- “My anger becomes clearer when I remember that...”

✿ Tiny Practice

Write one sentence beginning with: “**My anger is trying to protect...**” Let the rest flow without editing, correcting, or analysing. Allow whatever comes up to exist without needing to justify it.

If it feels supportive, place a hand over your heart or your stomach as you write, offering yourself a moment of steadiness.

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⌘ Sciency Bit

Anger activates the **amygdala**, the brain's threat-detection centre. This activation signals that something feels unsafe, unfair, or misaligned with your values. When acknowledged rather than suppressed, anger can help clarify boundaries, highlight unmet needs, and support healthier communication. It is not inherently destructive—its purpose is often protective.

❖ Section 3: Anger vs. Aggression

❖ Guide

Anger is a natural, human emotion. It can arise when something feels unfair, when a boundary is crossed, or when a need goes unmet. Aggression, however, is a behaviour—something someone *does*. These two things often get tangled together, especially for people who grew up around unpredictable or unsafe expressions of anger.

Many people learn to fear anger because they've only seen it expressed through shouting, threats, silence used as punishment, or other forms of control. When that happens, even gentle or healthy anger can feel frightening. This section offers space to gently separate the emotion from the behaviour, so anger can be understood rather than feared.

You don't have to like anger. You don't have to express it loudly. You don't have to express it at all. But you are allowed to recognise it as something human—not dangerous on its own. When you can distinguish anger from aggression, it becomes easier to honour your feelings while also protecting your safety.

❖ Open Questions

- How was anger expressed in the environments I grew up in?

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- Have I ever been punished or shamed for calm anger?
- What does safe anger look like to me—tone, volume, body language, pace?
- What behaviours cross into aggression for me?
- How do I know when someone's behaviour is no longer safe?
- Are there forms of aggression I used to normalise but now recognise as harmful?
- What helps me feel grounded when anger (mine or someone else's) is present?
- How do I want anger to be expressed in my relationships?

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*** Sentence Starters**

- “Anger feels like...”
- “Aggression looks like...”
- “I sometimes confuse anger with danger because...”
- “Safe anger, to me, means...”
- “I feel unsafe when...”
- “A behaviour that crosses a line for me is...”

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- “When anger is expressed respectfully, I notice...”
- “I’m learning that anger can also be...”

⌘ Tiny Practice

Draw two circles: One labelled **Anger**, one labelled **Aggression**. In the **Anger** circle, list feelings or sensations (e.g., heat, frustration, tightness, clarity). In the **Aggression** circle, list behaviours (e.g., shouting, slamming doors, threats, intimidation).

If it feels supportive, add a third small circle labelled **Safety**, and write one or two things that help you stay grounded when anger is present.

⌘ Sciency Bit

Research shows that anger itself is not harmful; it becomes risky only when paired with **aggressive behaviours**. Anger activates the body’s arousal systems, increasing energy and focus. When expressed respectfully, anger can support problem-solving, assertiveness, and emotional repair. Separating the emotion from the behaviour helps the nervous system distinguish between discomfort and danger, which can reduce fear and increase clarity.

❖ Section 4: My Triggers & Patterns

❖ Guide

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Triggers are not flaws or signs of weakness—they are signals. They often point toward past pain, unmet needs, or moments when your nervous system learned it had to protect you quickly. A trigger can be a tone of voice, a facial expression, a sudden noise, a particular phrase, or even a shift in someone’s mood. Sometimes triggers are obvious; sometimes they’re subtle and hard to name.

Understanding your triggers isn’t about blaming yourself or analysing every reaction. It’s about gently noticing what overwhelms you so you can respond with more clarity and less self-criticism. When you recognise your patterns, you create space for choice—space to pause, breathe, or step back instead of feeling swept away.

This section invites you to explore your triggers with compassion. You’re not expected to “fix” anything. You’re simply learning the language of your nervous system, one small cue at a time.

◆ Open Questions

- What situations make me feel overwhelmed, unsafe, or suddenly tense?
- How do I usually respond when I’m triggered—emotionally, physically, or behaviourally?
- Which responses feel protective, and which feel draining or costly?

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- What do I wish I could do instead, even if it feels difficult right now?
- What helps me return to myself after being triggered?
- Are there specific tones, expressions, or dynamics that activate old feelings?
- Do certain people or environments make my reactions stronger or quicker?
- What boundaries feel harder to hold when I'm triggered?

*** Sentence Starters**

- “I feel triggered when...”
- “My usual response is...”

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- “I wish I could...”
- “A more supportive response might be...”
- “When I’m overwhelmed, I need...”
- “A pattern I’m beginning to notice is...”
- “My body often reacts by...”
- “I feel more grounded when...”

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⌘ Tiny Practice

Choose one trigger—just one—and write a **Preferred Response** you'd like to try next time. Keep it simple, gentle, and realistic. For example:

- “When voices get loud, I will take one slow breath before responding.”
- “When I feel dismissed, I will pause and place a hand on my chest.”
- “When I feel overwhelmed, I will give myself permission to step away.”

Let it be a small act of care, not a demand for perfection.

⌘ Sciency Bit

Triggers activate the **implicit memory system**, which stores emotional experiences without conscious recall. This means your body may react to reminders of past events even when your mind doesn't recognise the connection. These reactions are automatic, protective, and shaped by lived experience. With awareness and gentleness, the nervous system can learn new patterns over time.

❖ Section 5: Releasing & Reframing Anger

❖ Guide

Anger doesn't make you “too much.” It makes you human. It shows up when something matters—your boundaries, your dignity, your energy, your sense of fairness. But many people learn to swallow their anger, minimise it, or turn it inward because they were taught that anger is dangerous, shameful, or disruptive.

This section gently supports you in shifting from absorbing other people's emotions to honouring your own. Reframing anger doesn't mean ignoring it or acting on it impulsively. It means recognising it as a signal rather than a threat. When you allow anger to be

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acknowledged—not feared, not suppressed—it can create space for empowerment, clarity, and self-respect.

Releasing anger isn’t about “letting it go” instantly. It’s about giving yourself permission to feel it without drowning in it. It’s about choosing responses that protect your peace rather than repeating old patterns. And it’s about remembering that someone else’s anger is not your responsibility to manage, soothe, or carry.

You are allowed to feel. You are allowed to take up space. You are allowed to choose what supports your wellbeing.

♦ Open Questions

- When am I allowed to feel angry, and who taught me those rules?
- What helps me release tension without suppressing myself or harming my body?
- How can I remind myself that someone else’s anger isn’t mine to carry or fix?
- What boundaries support my peace, even in small ways?

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- What does emotional safety look like in my life—internally and externally?
- When I think about expressing anger, what fears or beliefs come up?
- What would it feel like to respond from clarity rather than collapse or urgency?
- What helps me reconnect with myself after a difficult interaction?

*** Sentence Starters**

- “I’m allowed to feel angry when...”
- “Instead of absorbing someone else’s anger, I can...”
- “I don’t have to earn safety—I can create it by...”

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- “A phrase that helps me stay grounded is...”
- “Peace, for me, means...”
- “When I honour my anger, I notice...”
- “A boundary that supports my calm is...”
- “I’m learning that releasing anger can look like...”

✿ Tiny Practice

Choose one grounding phrase and repeat it slowly while exhaling. You might use the one offered or choose your own. For example:

- “This feeling is allowed. I am safe in myself.”

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- “My anger is valid, and I can move gently.”
- “I don’t have to hold what isn’t mine.”
- “I can pause. I can breathe. I can choose.”

Let the phrase settle into your body. Let your exhale be long and unhurried.

✳️ Sciency Bit

Slow exhalation activates the **parasympathetic nervous system**, the part of the body responsible for rest, grounding, and recovery. This helps reduce physiological arousal—racing heart, tight muscles, shallow breathing—and supports emotional regulation after conflict or tension. Over time, repeated gentle grounding practices can help the nervous system feel safer, even in moments that once felt overwhelming.

❖ Closing

Anger is not a flaw. It is a signal, a boundary, a messenger, and sometimes a quiet protector that steps forward when something matters. You are allowed to feel it. You are allowed to listen to it. You are allowed to set limits that honour your wellbeing, even if those limits are new, small, or still taking shape.

As you move forward, take what resonates and leave the rest. There is no pressure to transform anything all at once. Your emotional landscape is yours to explore gently, at your own pace, in ways that feel steady and supportive. You deserve safety. You deserve clarity. You deserve peace—without apology, without justification, without shrinking yourself to make others comfortable.