

Session Length: 8 Minutes | Purpose: Recognize early warning signs across body, behavior, emotion, and thought before reactions take over.

30 SECONDS: PREPARE & SET INTENTION

Quick Review

Practice noticing four cues before you react.

- ☐ Bodily signals
- ☐ Behavioral signals
- ☐ Emotional signals
- ☐ Cognitive signals



My Intention

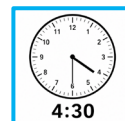
4 MINUTES 30 SECONDS: ENCODE - EMBODY - RETRIEVE

Awareness Targets

1. **Bodily:** Increased heart rate, Facial tension, Blurred vision
2. **Behavioral:** Clenched fists, Stomping, Raised voice
3. **Emotional:** Anger, Passive-aggressive anger, Feeling rejected or ignored
4. **Cognitive:** Negative thoughts, Hostile interpretations, Self-critical inner dialogue

Training Check

- Encode ____ /5
- Embody ____ /5
- Retrieve ____ /5
- Repetitions ____



- ☐ Encode: load the Awareness script into working memory.
- ☐ Embody: synchronize cues with movement, posture, and breath.
- ☐ Retrieve: recall the skill repeatedly to strengthen the circuit.

3 MINUTES: REFLECT & INTERNALIZE

Note: Here, "Reflect" means learning reflection—reviewing your own practice—not Accurate Reflection of speaker's message.

Reflection Prompts

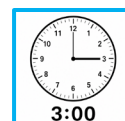
What did I notice first?

Which cue was easiest?

Which cue needs practice?

Internalization Check

- Self-evaluate ____ /5
- Belief restructure ____ /5
- Personalize ____ /5
- Stable repertoire ____ /5



CNCBT Reminder: "You cannot regulate what you do not first notice."

Reflection Check

Self-Evaluate	Identify Pattern	Belief Restructure	Practice Target
____ /5	____ /5	____ /5	____ /5

CNCBT Reminder: “Reflection reviews what happened so I can learn from it.”

Internalization Check

Own Words	Personal Cue	Replacement Response	Stable Repertoire
____ /5	____ /5	____ /5	____ /5

CNCBT Reminder: “Internalization turns what I learned into a response I can use next time.”

My personal cue:

“When I notice a trigger, body tension, emotional heat, or the urge to react quickly, I will pause and scan my cues.”

My replacement response:

“I will identify what is happening in my body, behavior, emotion, and thoughts before I respond.”

Write one sentence you want to carry forward:

A | ACCEPTANCE TRAINING - FREE SAMPLE PAGE*"Own the Activation. Choose Your Response."*

Session Length: 8 Minutes | Purpose: Acknowledge fight-or-flight activation and take responsibility for managing your own bodily response.

30 SECONDS: PREPARE & SET INTENTION**Quick Review**

Practice allowing activation without panic, blame, or denial.

- ☐ Fight-or-flight response
- ☐ Allow without panicking
- ☐ My SNS, my responsibility
- ☐ Acceptance over blame or denial

**My Intention**

4 MINUTES 30 SECONDS: ENCODE - EMBODY - RETRIEVE**Acceptance Targets**

1. Accept the fight-or-flight response.
2. Allow sensations without panicking.
3. Name this as my SNS activation.
4. Take responsibility for managing my own bodily reactions.
5. Choose acceptance over blame or denial.

Training Check

- Encode ____ /5
- Embody ____ /5
- Retrieve ____ /5
- Repetitions _____

- ☐ Encode: load the Acceptance script into working memory.
- ☐ Embody: pair acceptance phrases with movement and breath.
- ☐ Retrieve: repeat until the response feels available under stress.

**3 MINUTES: REFLECT & INTERNALIZE**

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Reflection Prompts

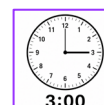
What sensation did I allow?

What did I stop blaming?

What phrase helped me take responsibility?

Internalization Check

- Self-evaluate ____ /5
- Belief restructure ____ /5
- Personalize ____ /5
- Stable repertoire ____ /5



CNCBT Reminder: "Acceptance is owning my activation before I choose my response."

Reflection Check

Self-Evaluate	Identify Pattern	Belief Restructure	Practice Target
____/5	____/5	____/5	____/5

CNCBT Reminder: “Reflection reviews what happened so I can learn from it.”

Internalization Check

Own Words	Personal Cue	Replacement Response	Stable Repertoire
____/5	____/5	____/5	____/5

CNCBT Reminder: “Internalization turns what I learned into a response I can use next time.”

My personal cue:

“When I feel discomfort, resistance, blame, or the urge to push the emotion away, I will remind myself that this activation is happening inside me.”

My replacement response:

““I will accept that my fight-or-flight response is active, own my response, and choose my next step without blaming or reacting automatically.”

Write one sentence you want to carry forward:

R | RELAXATION TRAINING - FREE SAMPLE PAGE*"Calm the Body. Expand Your Choices."*

Session Length: 8 Minutes | Purpose: Reduce sympathetic arousal and restore balance through breathing, posture, gaze, and self-talk.

30 SECONDS: PREPARE & SET INTENTION**Quick Review**

Practice lowering arousal through body, breath, voice, and attention.

- ☐ Slow breathing
- ☐ Relaxed face and jaw
- ☐ Lower voice
- ☐ Calmer self-talk

**My Intention**

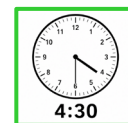
4 MINUTES 30 SECONDS: ENCODE - EMBODY - RETRIEVE**Relaxation Targets**

1. Loosen facial tension, tight lips, and fiery eyes.
2. Lower vocal volume and slow speech.
3. Slow heart rate through controlled breathing.
4. Deepen and slow breathing to about 6-7 breaths per minute.
5. Use posture, gaze, and self-talk to regain cognitive space.

Training Check

- Encode ____ /5
- Embody ____ /5
- Retrieve ____ /5
- Repetitions _____

- ☐ Encode: load the Relaxation script into working memory.
- ☐ Embody: practice breath rate, rhythm, posture, gaze, and voice.
- ☐ Retrieve: recall calming cues during exertion and recovery.

**3 MINUTES: REFLECT & INTERNALIZE**

Note: Here, "Reflect" means learning reflection—reviewing your own practice—not Accurate Reflection of speaker's message.

Reflection Prompts

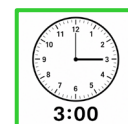
What changed in my body?

What calmed me most?

What cue will I use in conflict?

Internalization Check

- Self-evaluate ____ /5
- Belief restructure ____ /5
- Personalize ____ /5
- Stable repertoire ____ /5



CNCBT Reminder: "A calm body creates more room for wise action."

Reflection Check

Self-Evaluate	Identify Pattern	Belief Restructure	Practice Target
____ /5	____ /5	____ /5	____ /5

CNCBT Reminder: “Reflection reviews what happened so I can learn from it.”

Internalization Check

Own Words	Personal Cue	Replacement Response	Stable Repertoire
____ /5	____ /5	____ /5	____ /5

CNCBT Reminder: “Internalization turns what I learned into a response I can use next time.”

My Personal Cue:

“When I notice faster breathing, tight shoulders, clenched jaw, raised voice, or body tension, I will use it as a signal to regulate.”

My Replacement Response:

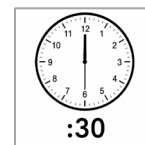
“I will slow my breathing, lengthen my exhale, release tension, ground my body, and stay steady before I speak or act.”

Write one sentence you want to carry forward:

ACTIVE LISTENING + ACCURATE REFLECTION

Hear Clearly. Reflect Accurately.

8 MIN
CNCBT AARV(4)



30 Seconds: Prepare & Set Intention

ACTIVE LISTENING

Goal: receive the message before defending, correcting, or solving.

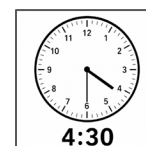
- **Validation begins with attention.**
- Focus on understanding both the content and the emotion.

ACCURATE REFLECTION

Goal: reflect the speaker's words and feelings accurately.

- Summarize and mirror back the speaker's thoughts and feelings without distortion.
- Check for accuracy before responding.

My Intention



4 Minutes 30 Seconds: Encode - Embody – Retrieve

Active Listening

- Listen attentively without interrupting.
- Do not cut in or interrupt.

Active Listening Checklist:

- ☐ Stop what I am doing.
- ☐ Face the speaker and make eye contact.
- ☐ Stay fully present.
- ☐ Focus on content and emotion.
- ☐ Open posture.

Accurate Reflection

Formula: Content + Emotion + Verification:

"When ____ happened, it affected ____, and you felt _____. Did I understand correctly?"

- "When I forgot to call, you felt unimportant and disappointed. Did I understand correctly?"
- "When I raised my voice, you felt criticized and hurt. Did I understand correctly?"

Accurate Reflection Checklist:

- ☐ Content: reflect words clearly.
- ☐ Emotion: mirror the emotion.
- ☐ Verification: do not twist or add.

Training Check

Encode	Embody	Retrieve	Repetitions
____ /5	____ /5	____ /5	_____



3 Minutes: Reflect & Internalize

Note: Here, “Reflect” means learning reflection—reviewing your own practice—not Accurate Reflection of speaker’s message.

What did I learn? _____ _____ _____	What phrase do I want to remember? _____ _____ _____
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Reflection Check

Self-Evaluate	Identify Pattern	Belief Restructure	Practice Target
____ /5	____ /5	____ /5	____ /5

CNCBT Reminder: “Reflection reviews what happened so I can learn from it.”

Internalization Check

Own Words	Personal Cue	Replacement Response	Stable Repertoire
____ /5	____ /5	____ /5	____ /5

CNCBT Reminder: “Internalization turns what I learned into a response I can use next time.”

My personal cue:

“When I feel the urge to interrupt, explain, defend, or fix, I will pause and return to listening.”

My replacement response:

“I will first summarize the other person’s words and feelings as accurately as I can, then check whether I understood them correctly.”

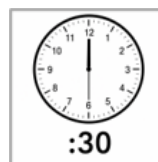
Write one sentence you want to carry forward:

NORMALIZATION + PROBLEM-SOLVING

Validate First. Problem-Solve Second.

8 MIN

CNCBT AARV(4)



30 Seconds: Prepare & Set Intention

NORMALIZATION

Goal: reduce shame, defensiveness, and isolation.

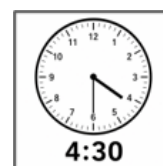
- Affirm that their response makes sense in context.
- Name the context before moving to solutions.

PROBLEM-SOLVING

Goal: move from emotional understanding to practical cooperation.

- Define a shared goal and discuss concrete next steps.
- Move from validation to practical action.

My Intention



4 Minutes 30 Seconds: Encode - Embody – Retrieve

Normalization Examples

- "Anyone would worry if they saw an unfamiliar withdrawal from a joint account."
- "That makes sense."
- "Given the situation, I can understand why you felt that way."

Normalization Checklist:

- ☐ Name the context.
- ☐ Show it makes sense.
- ☐ Avoid sarcasm, blaming, or shaming.
- ☐ **Pause before solving.**

Problem-Solving Examples

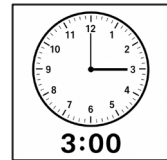
- "What would be a good solution?"
- "What should we do next?"
- "Can we agree on a shared goal?"

Problem-Solving Checklist:

- ☐ Agree on a shared goal.
- ☐ Choose one next step.
- ☐ Clarify who will do what.
- ☐ Work together.

Training Check

Encode	Embody	Retrieve	Repetitions
___ /5	___ /5	___ /5	___



3 Minutes: Reflect & Internalize

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What did I learn? _____ _____ _____	What phrase will I use next time? _____ _____ _____
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Reflection Check

Self-Evaluate	Identify Pattern	Belief Restructure	Practice Target
___ /5	___ /5	___ /5	___ /5

CNCBT Reminder: “Reflection reviews what happened so I can learn from it.”

Internalization Check

Own Words	Personal Cue	Replacement Response	Stable Repertoire
___ /5	___ /5	___ /5	___ /5

CNCBT Reminder: “Internalization turns what I learned into a response I can use next time.”

My personal cue:

“When I notice myself wanting to dismiss, defend, fix, or argue, *I will pause.*”

My replacement response:

“I will first acknowledge what makes sense in the other person’s reaction, then ask what would help next.”

Write one sentence you want to carry forward:
