

CNCBT AARV(4)

COMPLETE FREE SAMPLE SKILLS TRAINING WORKBOOK

Movement-Based Emotional Regulation Education

Awareness

Active Listening

Acceptance

Accurate Reflection

Relaxation

Normalization

Problem-Solving

Prepare | Encode | Embody | Retrieve | Reflect | Internalize

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CNCBT AARV(4)

Complete Free Sample Skills Training Workbook

Movement-Based Emotional Regulation Education

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EDITION INFORMATION

Professional fillable PDF edition | CNCBT Academy | 2026

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CNCBT and AARV(4) identify educational concepts developed by Richard Sohn, PsyD.

IMPORTANT EDUCATIONAL BOUNDARY

CNCBT and AARV(4) are educational training concepts derived from a 36-month single-case longitudinal self-study and personal practice record. They are not presented as scientifically validated or peer-reviewed treatment protocols, psychotherapy, diagnosis, medical advice, fitness prescription, or a substitute for individualized professional care.

PHYSICAL SAFETY

The active movement phase may involve physical exertion. Choose only activities that fit your health status, age, physical ability, balance, joints, environment, and current fitness. Consult a qualified healthcare professional before beginning or increasing exercise, especially if you have medical concerns.

Stop immediately for chest pain, faintness, severe shortness of breath, unusual dizziness, or other concerning symptoms.

MENTAL HEALTH AND EMERGENCY LIMITS

This workbook is not a crisis service and is not monitored for emergencies. If distress, anger, anxiety, depression, trauma symptoms, relationship conflict, or safety concerns become unmanageable, contact an appropriate licensed professional or emergency resource in your area.

PRIVACY

Do not enter emergency, crisis, identifying, or highly sensitive information if this workbook will be stored on a shared or unsecured device. You are responsible for protecting your saved copy.

Five skill areas. One consistent learning loop.

This combined sample gives you a two-page practice experience for each AARV(4) training area. Choose one skill at a time, complete the 8-minute sequence, and repeat the same sample until the response becomes easier to retrieve and personalize.

PREPARE & SET INTENTION

0:30

Review the skill and choose one cue or response to practice.

ENCODE - EMBODY - RETRIEVE

4:30

Use safe movement to load, rehearse through action, and recall the skill.

REFLECT & INTERNALIZE

3:00

Review performance, identify corrections, and put the skill into your own words.

SAFE MOVEMENT OPTIONS

Stationary bike | Treadmill | Power walking | Trail walking | Elliptical | Other medically appropriate activity

IMPORTANT DISTINCTION

Learning Reflection means reviewing your own practice. Accurate Reflection is a V(4) communication skill used to reflect another person's message.

Your Free Sample Path

1

Awareness

Notice body, behavior, emotion, and thought cues.

2

Acceptance

Own activation before choosing the next response.

3

Relaxation

Regulate the body to support a skillful response.

4

Active Listening + Accurate Reflection

Listen to understand and reflect to confirm.

5

Normalization + Problem-Solving

Validate context, then build a workable next step.

SUGGESTED USE

Begin with Awareness, or select the skill that best fits your current practice goal. Repeat before moving to another skill.

A | AWARENESS TRAINING

FREE SAMPLE

NOTICE BEFORE YOU REACT

8 MIN

PURPOSE

Notice body, behavior, emotion, and thought before reacting.

1 PREPARE & SET INTENTION | 0:30

QUICK REVIEW

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

MY INTENTION

2 ENCODE - EMBODY - RETRIEVE | 4:30

AWARENESS TARGETS

1. Bodily - heart rate, tension, breathing
2. Behavioral - voice, posture, urges
3. Emotional - anger, hurt, resentment
4. Cognitive - interpretations, predictions

TRAINING CHECK

Encode /5

Embodiment /5

Retrieve /5

Repetitions

3 REFLECT & INTERNALIZE | 3:00

What did I notice first?

Which cue needs practice?

A | AWARENESS TRAINING

FREE SAMPLE

NOTICE BEFORE YOU REACT

REFLECTION CHECK

SELF-EVALUATE

 /5

IDENTIFY PATTERN

 /5

BELIEF RESTRUCTURE

 /5

PRACTICE TARGET

 /5**INTERNALIZATION CHECK**

OWN WORDS

 /5

PERSONAL CUE

 /5

REPLACEMENT RESPONSE

 /5

STABLE REPERTOIRE

 /5**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.

ONE SENTENCE I WANT TO CARRY FORWARD

AC | ACCEPTANCE TRAINING

FREE SAMPLE

OWN IT BEFORE YOU CHOOSE

8 MIN

PURPOSE

Own emotional activation without suppressing, avoiding, blaming, or immediately reacting.

1 PREPARE & SET INTENTION | 0:30

QUICK REVIEW

- ☐ Notice
- ☐ Own
- ☐ Allow
- ☐ Choose

MY INTENTION

2 ENCODE - EMBODY - RETRIEVE | 4:30

PRACTICE TARGETS

1. Notice - Name what is happening without arguing with it.
2. Own - Shift from blame to responsibility for regulation.
3. Allow - Make room for discomfort without suppression or avoidance.
4. Choose - Select the next response intentionally.

TRAINING CHECK

Encode /5

Embodiment /5

Retrieve /5

Repetitions

3 REFLECT & INTERNALIZE | 3:00

What am I resisting?

What response can I choose?

AC | ACCEPTANCE TRAINING

FREE SAMPLE

OWN IT BEFORE YOU CHOOSE

REFLECTION CHECK**SELF-EVALUATE** /5**IDENTIFY PATTERN** /5**BELIEF RESTRUCTURE** /5**PRACTICE TARGET** /5**INTERNALIZATION CHECK****OWN WORDS** /5**PERSONAL CUE** /5**REPLACEMENT RESPONSE** /5**STABLE REPERTOIRE** /5**MY PERSONAL CUE****MY REPLACEMENT RESPONSE****ONE SENTENCE I WANT TO CARRY FORWARD**

R | RELAXATION TRAINING

FREE SAMPLE

REGULATE THE BODY TO SUPPORT THE RESPONSE

8 MIN

PURPOSE

Reduce physiological activation through breathing, posture, grounding, and safe movement.

1 PREPARE & SET INTENTION | 0:30**QUICK REVIEW**

- ☐ Breath
- ☐ Posture
- ☐ Ground
- ☐ Pace

MY INTENTION**2 ENCODE - EMBODY - RETRIEVE | 4:30****PRACTICE TARGETS**

1. Breath - Use a slow, comfortable breathing rhythm.
2. Posture - Release unnecessary tension and stabilize the body.
3. Ground - Orient to the present environment and physical support.
4. Pace - Reduce urgency while maintaining safe movement.

TRAINING CHECK

Encode /5

Embodiment /5

Retrieve /5

Repetitions

3 REFLECT & INTERNALIZE | 3:00

What changed in my breathing?

Which calming cue helped?

R | RELAXATION TRAINING

FREE SAMPLE

REGULATE THE BODY TO SUPPORT THE RESPONSE

REFLECTION CHECK**SELF-EVALUATE** /5**IDENTIFY PATTERN** /5**BELIEF RESTRUCTURE** /5**PRACTICE TARGET** /5**INTERNALIZATION CHECK****OWN WORDS** /5**PERSONAL CUE** /5**REPLACEMENT RESPONSE** /5**STABLE REPERTOIRE** /5**MY PERSONAL CUE****MY REPLACEMENT RESPONSE****ONE SENTENCE I WANT TO CARRY FORWARD**

V1-V2 | ACTIVE LISTENING + ACCURATE REFLECTION

FREE SAMPLE

LISTEN TO UNDERSTAND - REFLECT TO CONFIRM

8 MIN

PURPOSE

Attend to the speaker and reflect the message accurately before defending, fixing, or arguing.

1 PREPARE & SET INTENTION | 0:30

QUICK REVIEW

- ☐ Pause
- ☐ Attend
- ☐ Reflect
- ☐ Check

MY INTENTION

2 ENCODE - EMBODY - RETRIEVE | 4:30

PRACTICE TARGETS

1. Pause - Interrupt the urge to dismiss, defend, fix, or argue.
2. Attend - Notice words, tone, emotion, and meaning.
3. Reflect - Restate the message without adding my position.
4. Check - Ask whether the reflection is accurate.

TRAINING CHECK

Encode /5

Embody /5

Retrieve /5

Repetitions

3 REFLECT & INTERNALIZE | 3:00

What did the speaker say?

How can I check accuracy?

V1-V2 | ACTIVE LISTENING + ACCURATE REFLECTION

FREE SAMPLE

LISTEN TO UNDERSTAND - REFLECT TO CONFIRM

REFLECTION CHECK**SELF-EVALUATE** /5**IDENTIFY PATTERN** /5**BELIEF RESTRUCTURE** /5**PRACTICE TARGET** /5**INTERNALIZATION CHECK****OWN WORDS** /5**PERSONAL CUE** /5**REPLACEMENT RESPONSE** /5**STABLE REPERTOIRE** /5**MY PERSONAL CUE****MY REPLACEMENT RESPONSE****ONE SENTENCE I WANT TO CARRY FORWARD**

V3-V4 | NORMALIZATION + PROBLEM-SOLVING

FREE SAMPLE

VALIDATE FIRST - SOLVE COLLABORATIVELY

8 MIN

PURPOSE

Communicate that a response makes sense in context, then collaborate on a workable next step.

1 PREPARE & SET INTENTION | 0:30

QUICK REVIEW

- ☐ Context
- ☐ Validate
- ☐ Ask
- ☐ Solve

MY INTENTION

2 ENCODE - EMBODY - RETRIEVE | 4:30

PRACTICE TARGETS

1. Context - Identify why the response may be understandable.
2. Validate - Communicate understanding without forced agreement.
3. Ask - Clarify whether listening, support, or solutions are wanted.
4. Solve - Generate and choose a realistic next step together.

TRAINING CHECK

Encode /5

Embody /5

Retrieve /5

Repetitions

3 REFLECT & INTERNALIZE | 3:00

What makes this understandable?

What solution can we build together?

V3-V4 | NORMALIZATION + PROBLEM-SOLVING

FREE SAMPLE

VALIDATE FIRST - SOLVE COLLABORATIVELY

REFLECTION CHECK**SELF-EVALUATE** /5**IDENTIFY PATTERN** /5**BELIEF RESTRUCTURE** /5**PRACTICE TARGET** /5**INTERNALIZATION CHECK****OWN WORDS** /5**PERSONAL CUE** /5**REPLACEMENT RESPONSE** /5**STABLE REPERTOIRE** /5**MY PERSONAL CUE****MY REPLACEMENT RESPONSE****ONE SENTENCE I WANT TO CARRY FORWARD**

Continue with deliberate practice.

Use this sample to identify which skill needs more repetition, structure, or personalization.

AFTER COMPLETING A SAMPLE

- 1 Repeat the same two-page session until the cues and script feel familiar.
- 2 Write the response in your own words rather than memorizing mechanically.
- 3 Use the Comprehensive Workbook when you want expanded preparation, movement practice, reflection, integration, and tracking pages.

TRAINING SOURCES AND ATTRIBUTION

Awareness, Acceptance, and Relaxation

Adapted from the SAMHSA Anger Management group treatment materials.

Active Listening, Accurate Reflection, and Normalization

Adapted from validation principles associated with Marsha Linehan's DBT work.

Problem-Solving

Adapted from problem-solving methods associated with Donald Meichenbaum.

LEARN MORE

Visit www.cncbt.academy for the CNCBT learning model, training resources, workbook information, and educational safety guidance.

REWIRE EMOTIONS IN MOTION

**Begin with one skill.
Practice it through movement.
Reflect. Personalize. Repeat.**

Awareness

Acceptance

Relaxation

Active Listening + Accurate Reflection

Normalization + Problem-Solving

CNCBT Academy

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