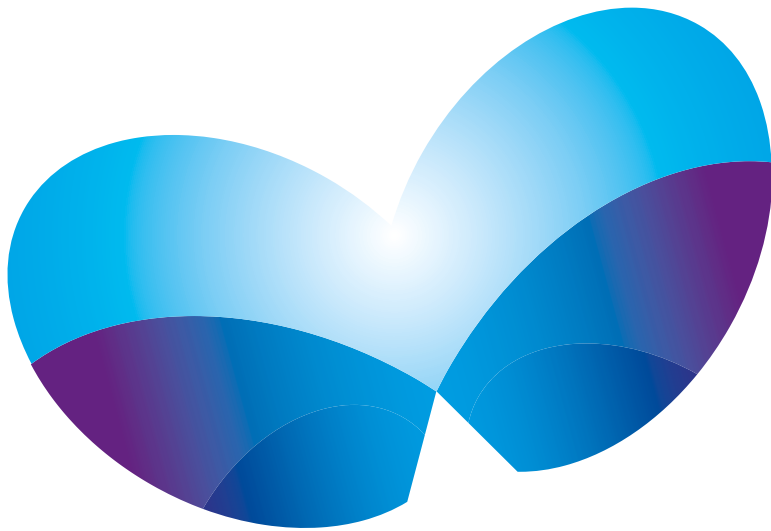


FABIC PUBLISHING CATALOGUE

2022



fabricpublishing.com

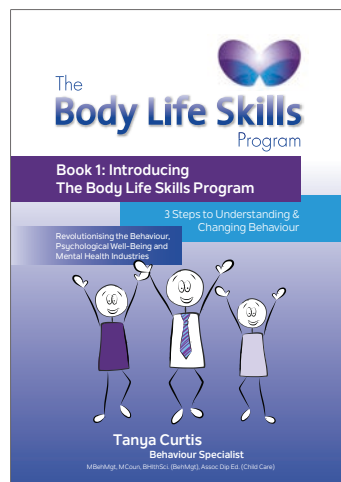
Books

Products

Fabic.Study

Posters

Fabic.tv

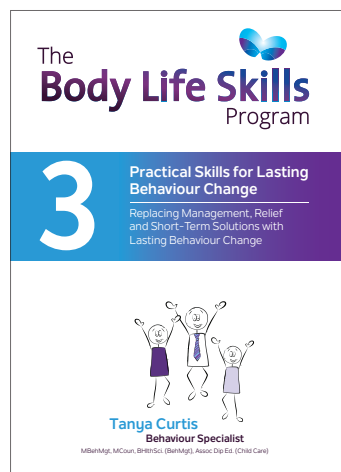


The Body Life Skills Program: Book 1 Introducing The Body Life Skills Program – 3 Steps to Understanding & Changing Behaviour

\$40.00 AUD (wholesale \$25.00 AUD)

A simple, practical, user friendly and life changing 3-step process that brings about lasting behaviour change. The Body Life Skills program, when implemented successfully, brings about positive and lasting change for individuals, families, groups, organisations and government departments, even in cases when other attempts have failed.

Available: Single and small orders at RRP. Bulk orders available at wholesale prices for on selling in your business. Available as an eBook from www.fabicipublishing.com

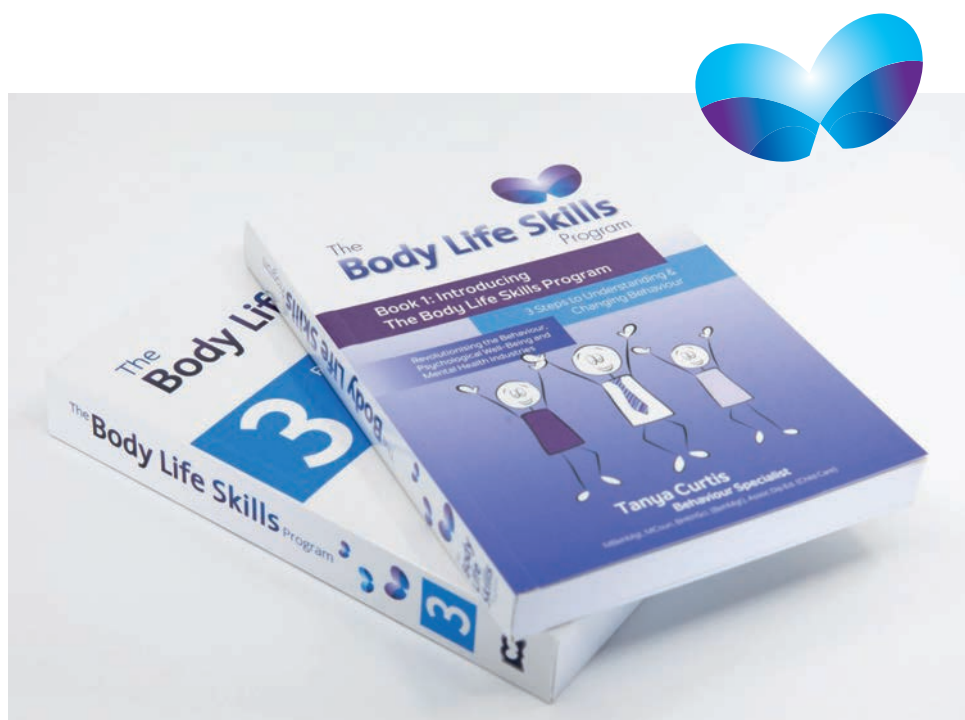


The Body Life Skills Program: Book 3 Practical Skills for Lasting Behaviour Change – Replacing Management, Relief and Short-Term Solutions with Lasting Behaviour Change

\$40.00 AUD (wholesale \$25.00 AUD)

This book offers a way forward to bring about Lasting Behaviour Change. This third book in the Body Life Skills series introduces simple, practical and effective ways that will support lasting behaviour change in both a personal and professional capacity.

Available: Single and small orders at RRP. Bulk orders available at wholesale prices for on selling in your business. Available as an eBook from www.fabicipublishing.com





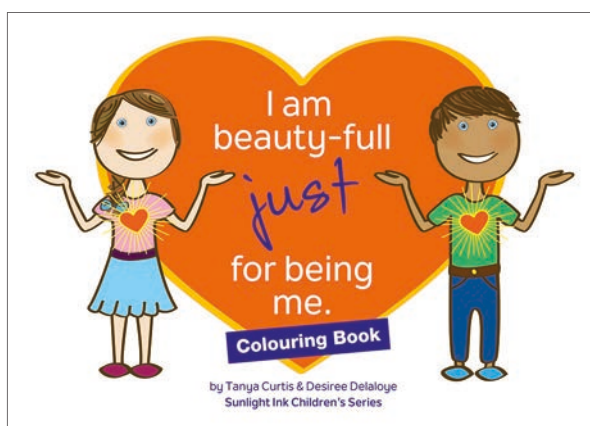
Sunlight Ink Children's Series: Book 1 I Am Beauty-full Just for Being Me

\$15.00 AUD (wholesale \$10.00 AUD)



A powerful message for children 0 to 100+, for everyone, to embrace early in life that nothing we do, nor the way we look determines our beauty as our TRUE BEAUTY was already there at our birth and will be in us forever, no matter what our life challenges are. Our true beauty comes from our innermost and is not based on what the world judges.

Available: Single and small orders at RRP. Bulk orders available at wholesale prices for on selling in your business. Available as an eBook from www.fabicingpublishing.com

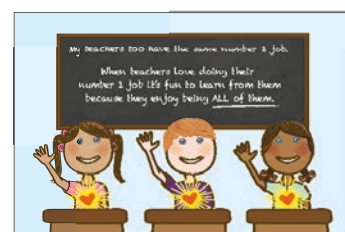
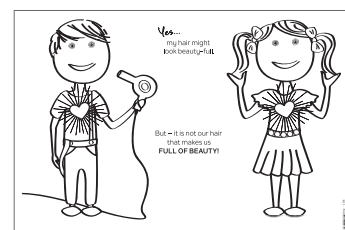
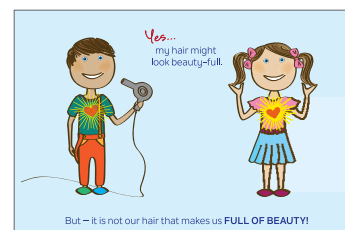
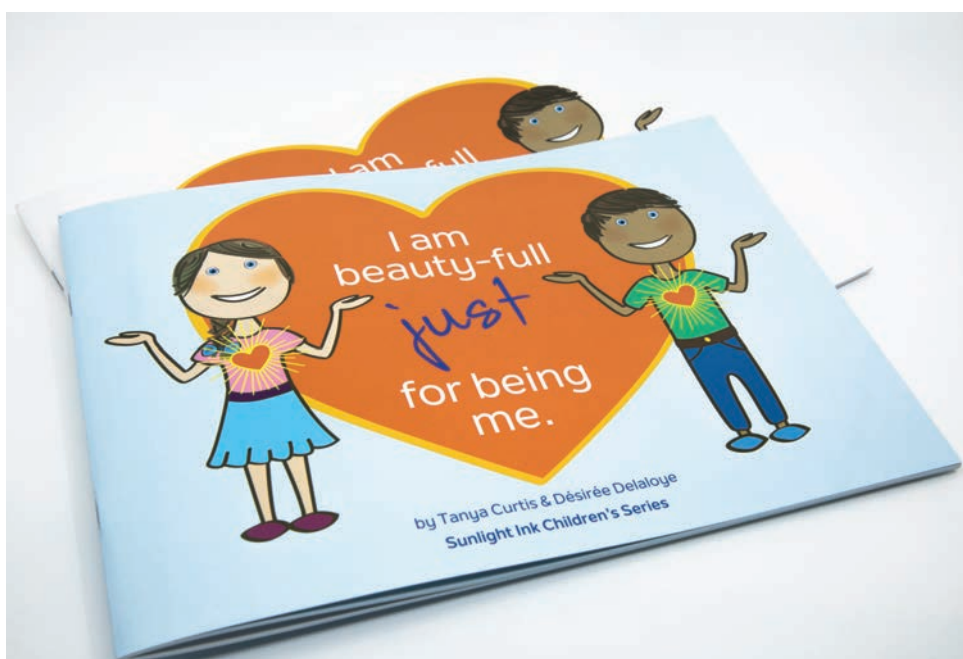


Sunlight Ink Children's Series: Book 2 I Am Beauty-full Just for Being Me – Creative Colouring Book

\$10.00 AUD (wholesale \$5.00 AUD)

The colouring book I Am Beauty-full Just for Being Me is available in black and white, allowing you to bring your own spark, flair, colours and design to each page.

Available: Single and small orders at RRP. Bulk orders available at wholesale prices for on selling in your business.





Sunlight Ink Children's Series: Book 3
Whoops! ... Is One of My Favourite Words
 \$15.00 AUD (wholesale \$10.00 AUD)

Making mistakes, being corrected, being told you're wrong, losing ... these are common triggers for increased anxiety and unwanted behaviour. The messages in this book share that we all are already perfect just for being us. We are offered that what we do will sometimes be perfect and sometimes not – and that every mistake we make is simply a learning opportunity!

Available: Single and small orders at RRP. Bulk order available at wholesale prices for on selling in your business. Available as an eBook from www.fabicingpublishing.com



Sunlight Ink Children's Series: Book 4
My Number 1 Job
 \$15.00 AUD (wholesale \$10.00 AUD)

We all have many jobs to do – keep our room clean, go to school, do our work, tidy up, feed our pets etc. But which one is our most important job? This book explores the value and practicalities of loving our self in the knowing that when we learn to love ourselves first we can then truly offer love and support to other people! Once we do our number 1 job, all our other jobs can be done joyfully and willingly.

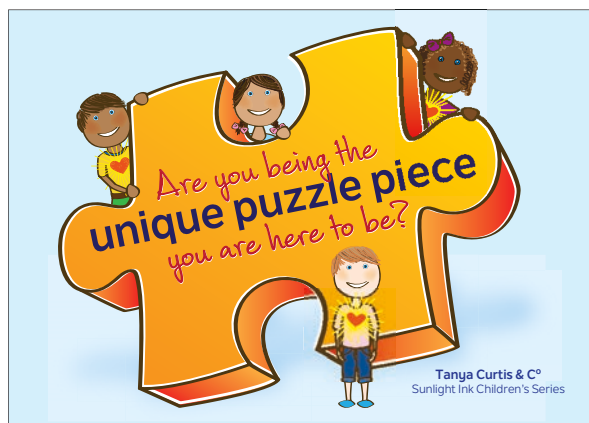
Available: Single and small orders at RRP. Bulk order available at wholesale prices for on selling in your business. Available as an eBook from www.fabicingpublishing.com



Sunlight Ink Children's Series: Book 5
We All Have a Beauty-full Essence
 \$15.00 AUD (wholesale \$10.00 AUD)

We are all born with a beauty-full essence ... a spark brighter than the stars and more precious than any gem. Yet, we live in a world where judgment of behaviour is free-flowing and feelings of rejection, low self-esteem, poor self-worth, self-loathing and hurt people hurting other people have become our norm. This book offers inspiration to stop hiding and instead embrace and let shine this beauty-full essence in each and every one of us.

Available: Single and small orders at RRP. Bulk order available at wholesale prices for on selling in your business. Available as an eBook from www.fabicingpublishing.com



Sunlight Ink Children's Series: Book 6
Are You Being the Unique Puzzle Piece You Are Here to Be?

\$15.00 AUD (wholesale \$10.00 AUD)

What if the world was one massive puzzle ... with you, me and all of us being one of the much-needed puzzle pieces required to complete it? Just like every puzzle piece, each and every one of us has our unique colour, size, shape, expression and purpose. What unique puzzle piece are you here to be?

Available: Single and small orders at RRP. Bulk order available at wholesale prices for on selling in your business. Available as an eBook from www.fabicipublishing.com



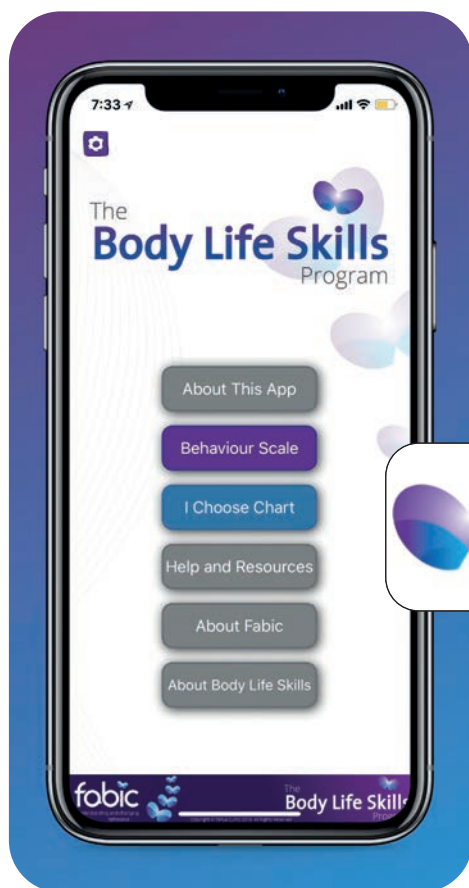
Sunlight Ink Children's Series: Book 7
Embracing My Life Lessons

\$15.00 AUD (wholesale \$10.00 AUD)

Hearing the word 'no', 'losing' or 'winning', not personalising rejection, expressing what you truly feel all of the time, not using controlling behaviours, not allowing self to be controlled, knowing when to say goodbye, making mistakes. ... Sometimes our life lessons can feel overwhelming and other times they feel simple. What if – we lived embracing that we are all forever students in this classroom of life, willing to respond to whatever life lessons come our way – every moment of every day.

Available: Single and small orders at RRP. Bulk order available at wholesale prices for on selling in your business. Available as an eBook from www.fabicipublishing.com

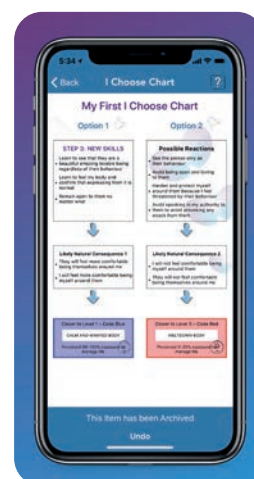




BLS App \$7.99 AUD

The app and website offer a practical application of the Fabic Body Life Skills program to bring about lasting behaviour change for people of all ages. We all use behaviours we would prefer not to use ... and thus, without exception we all use unwanted or non-preferred behaviours, albeit in varying forms and intensity.

Available for: iOS



The BLS app provides tools that allow you to –

1. Implement the Body Life Skills program in your own life, supporting lasting behaviour change for yourself and any other person.
2. Develop your understanding of your own and others' behaviours, words, thoughts and or feelings.
3. Learn and further develop skills to respond to situations in life you and others may not yet feel completely equipped to respond to. Once the new skills have been embraced, you will feel equipped to respond to these daily life challenges.
4. Develop skills to respond to life, offering the opportunity for lasting behaviour change.

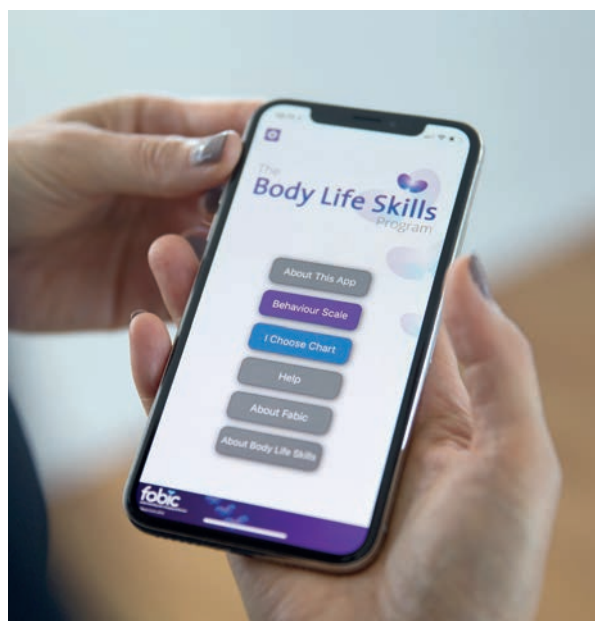
When utilising this app, you will have –

Your own completed library of personalised and completed Behaviour Scales for yourself and your family, your students, colleagues, clients and in many settings.

A Fabic library of completed Behaviour Scale examples to use as a guide when completing your own or others' Behaviour Scale.

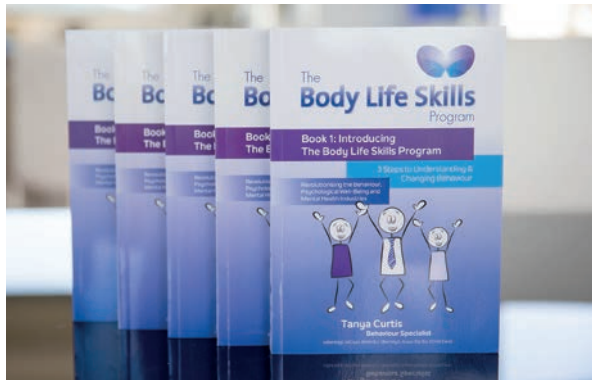
Your own library of completed I Choose Charts that will assist you to teach and/or learn new skills to respond to the parts of life that you have previously perceived you were not yet equipped to respond to.

The completed Fabic library also serves as a teaching tool in that it can assist when completing your own personalised I Choose Charts.



Fabic Methodology Introduction Pack – 1 Book, 1 DVD of choice, 5 Posters – by Tanya Curtis \$90.00 AUD

This pack offers foundational resources that support the practical application of the tools for understanding and implementing lasting behaviour change in everyday life.



1. The Body Life Skills Program: Book 1 – Introducing The Body Life Skills Program

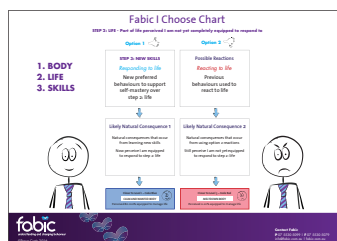
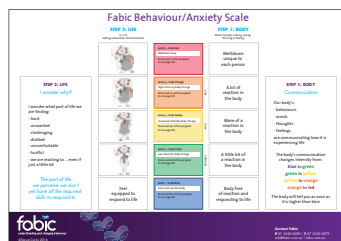
Book 1 introduces the program, laying out its foundations and core principles and offering a simple but equally comprehensive insight into how lasting behaviour change can be achieved in everyday life.



2. One Fabic DVD of Choice

All DVDs offer more insight and deeper understanding of our behaviour.

1. An Introduction to Understanding & Changing Behaviour
2. Understanding Bullying
3. An Introduction to Understanding Autism Spectrum Disorder



3. Set of 5 Fabic Posters

To support understanding and the application of true and lasting behaviour change.

Behaviour/Anxiety Scale

This chart serves as a form of communication, an assessment tool and an indicator of when to implement behaviour change.

I Choose Chart

The I Choose Chart offers a means for all to learn, develop and replace previous reactions with new preferred responses.

The Body Life Skills Program

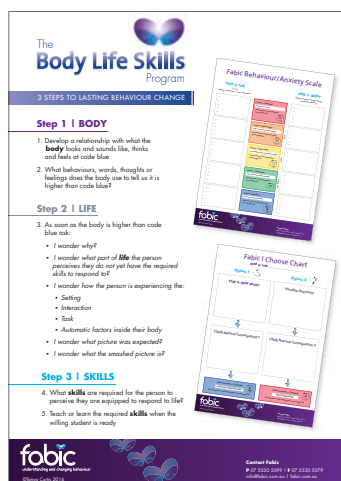
This simple 3-step process, when applied effectively, can support lasting behaviour change in all people.

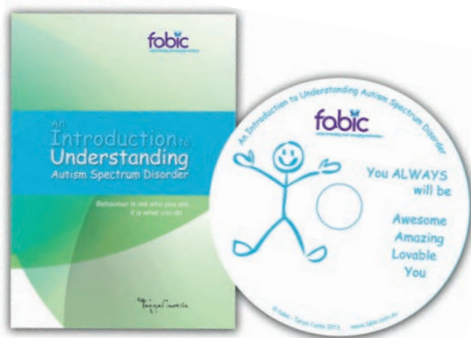
I Am an Awesome, Amazing and Lovable Being

If people were taught this message from the day they were born, there would be a lot less unwanted behaviours as they feel more complete just for being them and equipped to take this foundation to respond to life.

You and I Will Always Be Amazing

An offering to parents, teachers, students, adults and children which serves as a simple reminder that at the core of each and every person is always an awesome, amazing and lovable being.





An Introduction to Understanding & Changing Behaviour

\$35.00 AUD (wholesale \$20.00 AUD)

We all either know someone or have been that someone who has at times fallen into a 'blame, victim, helpless' mentality, turning to blame situations, people, activities or events as to why unwanted behaviours were used. The information on this DVD supports people when learning how to take responsibility for their own behaviours, which in turn can influence behaviour change in other people.

Available: Single DVD presentation or online via fabic.tv

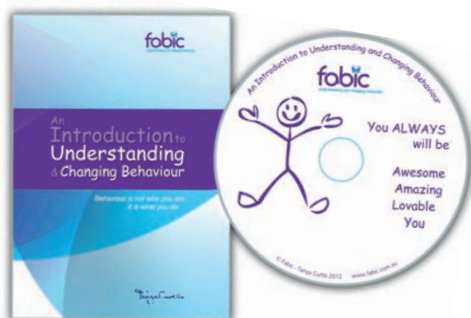


Understanding Bullying

\$35.00 AUD (wholesale \$20.00 AUD)

Bullying is an issue that is prominent in all areas of society today. Whether it be in a school setting, the workplace, the home or the wider community, many people find themselves either the victims or perpetrators of 'bullying' behaviour. This DVD is based on the principle that 'we are all responsible for our own behaviours and outcomes in life' and offers a way forward to understand and approach bullying.

Available: Single DVD presentation or online via fabic.tv



An Introduction to Understanding Autism Spectrum Disorder

\$35.00 AUD (wholesale \$20.00 AUD)

This DVD is a valuable resource for those supporting individuals with ASD. It suggests that they often feel as though they were living in a foreign country, confronted with abstract customs, norms, foods, language and gestures. These challenging situations are frequently the triggers for increased levels of anxiety and ensuing behavioural deterioration.

Available: Single DVD presentation or online via fabic.tv



Set of 3 DVDs

\$90.00 AUD

1. An Introduction to Understanding & Changing Behaviour
2. Understanding Bullying
3. An Introduction to Understanding Autism Spectrum Disorder



SunLight Ink Songs for Children 0 to 100+

\$25.00 AUD (wholesale \$15.00 AUD)

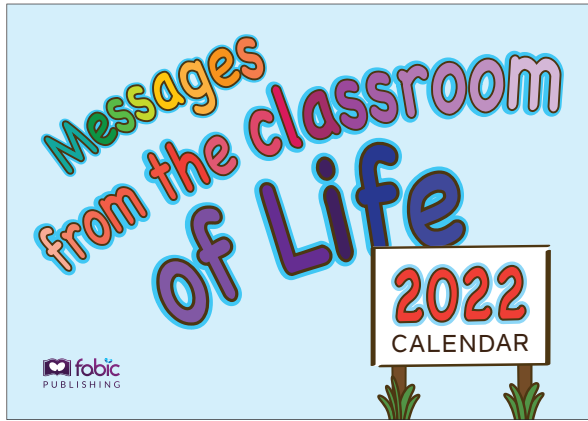
Light, engaging and easy to sing, these songs support children of all ages to express with ease, knowing how beautiful they truly are. Each song offers a foundation to experience that whoever and wherever they are – they shine! From 'How Precious I am' to 'Whoops! Is one of My Favourite Words' and 'I am Beauty-full for Being Me' – every song supports us to live our true potential.

Available: CD and MP3 digital download from www.fabicing.com

Tracks

1. I Shine
2. I am Beauty-full for Being Me
3. How Precious I Am
4. Whoops
5. I Listen To My Body
6. Pictures
7. What is My Number 1 Job?
8. The Cycle of Life
9. Who I Am
10. The Universe of You and Me



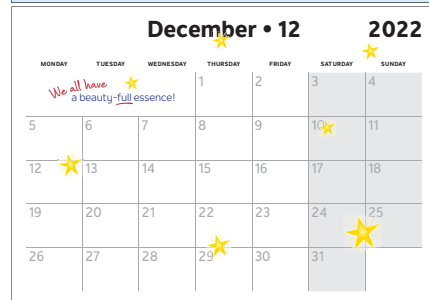
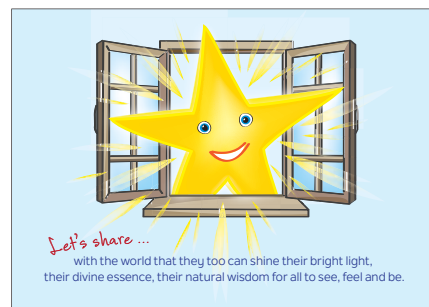
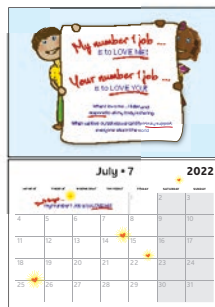
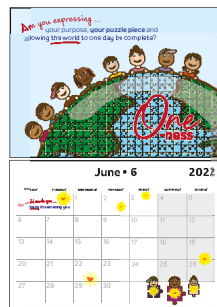


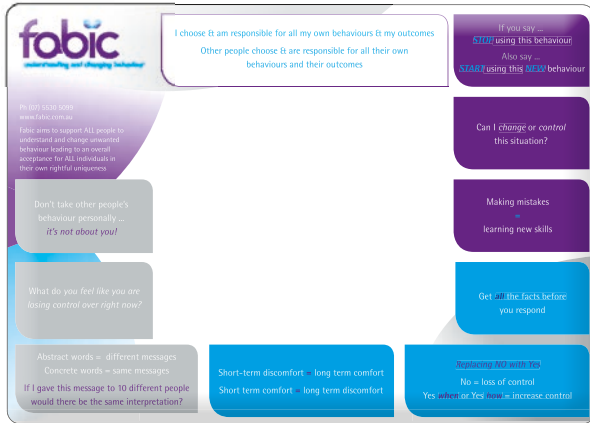
Messages from the Classroom of Life – 2022 Calendar

\$25.00 AUD (wholesale \$15.00 AUD)

From the message that we all are already everything we ever need to be – awesome, amazing and lovable – to being the unique puzzle piece we are here to be and letting our essence shine brightly, every month is a beauty-full reminder that every single one of us is needed for this world of ours to one day be complete.

Available: Single and small orders at RRP. Ten or more at wholesale price.

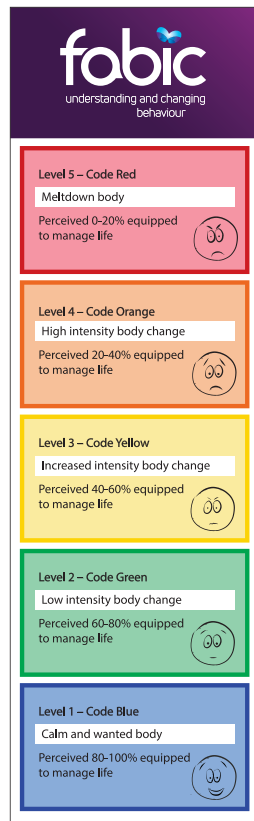
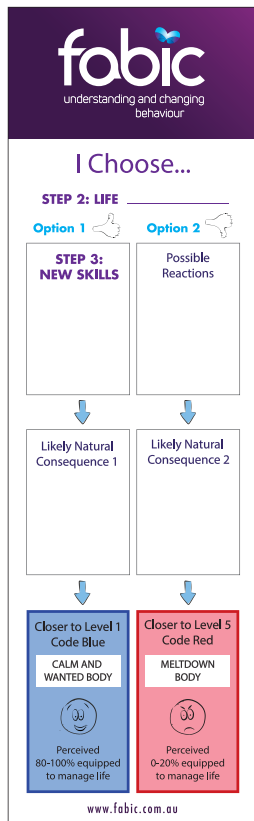




Fabir Magnet

\$10.00 AUD (wholesale \$5.00 AUD)

This fridge magnet/whiteboard displays frequently used quotes from Fabir to visually prompt you and others to remember and apply them throughout the day. This magnet is designed to allow room for notes, reminders or any text of your choice.



Fabir Bookmark

\$3.00 AUD (wholesale \$1.50 AUD)

Quick and handy Behaviour Scale and I Choose Chart bookmarks. For use in the car, to carry in your handbag, put on your desk ... often used by students to indicate and communicate how they are experiencing life in the classroom. A handy visual reminder to take with you wherever you go.



Communication Card Sets

At Fabci we understand the importance of communication and how many anxiety-inducing situations can occur from a breakdown in communication, either from a lack thereof or misunderstandings. Communication cards are a tool which can support the person wearing the card to let others know how they are experiencing life in any given moment. The cards support the person to support themselves i.e., reducing their own anxiety and connecting back to their body.

Available: single cards or a set of five with a lanyard and pouch plus spare sets of lanyards and pouches

Communication Card of Choice with Lanyard and Pouch

\$15.00 AUD

Great for those who want a specific card.

Full Set of Communication Cards with One Lanyard and Pouch

\$45.00 AUD

Great for those who want a full set of cards at a discount.

Individual Communication Cards

\$10.00 AUD per card

Purchased individually to assemble a set or add to an existing one.

One Lanyard and Pouch

\$6.00 AUD

A spare set for your cards – no need to swap and change them around and ready to go.



1.+2.

Fabci Behaviour & Anxiety Scale

(detailed and non-detailed)

Based on the Fabci Behaviour & Anxiety Scale, this card can assist with communicating how a person is experiencing life.

3. Connecting to My Body

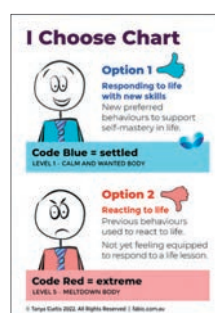
Based on the Fabci Finger, Toes, Nose and Heart poster, this card can assist to bring a person back to connection with their body.

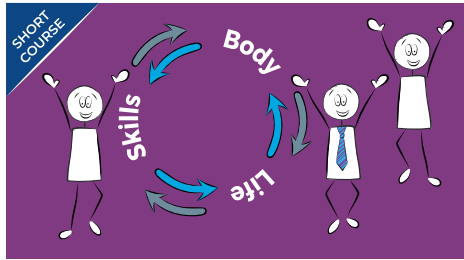
4. I Choose Chart

Based on the Fabci I Choose Chart, this card can assist a person to understand the consequences of their choices.

5. Settling My Body

Based on the Fabci Stop, Breathe, Squeeze, Communicate and Skills poster, this card can assist to bring a person back to a state of settlement in their body.



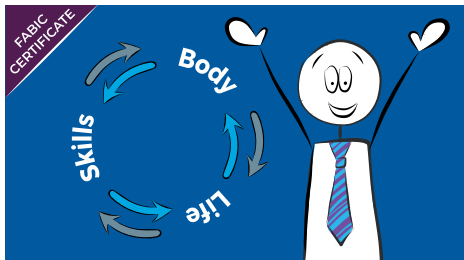


Short Course

An Introduction to the Body Life Skills Program

9 Lessons / \$130.00 AUD

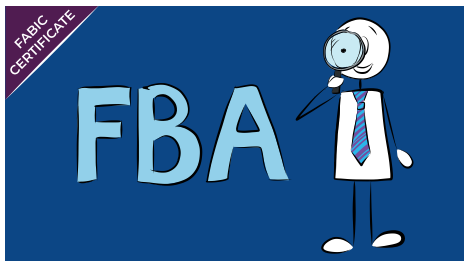
This course delivers the whole package in nine easy steps, including the 16 Guiding Principles to lasting behaviour change, the Fabic Behaviour/Anxiety Scale and the Fabic I Choose Chart. It comes with many tools for all learning styles, from video clips to text passages to reflective tasks, multiple choice questions and so much more.



Fabic Certificate of Fabic Behaviour Studies – Using the Body Life Skills Program

COMING SOON

A foundational course for those who are working or assisting with behaviour change, presenting a simple and practical approach that has stood the test of time. Suitable for professionals who are ready to embrace and learn about LASTING behaviour change.



Fabic Certificate of Functional Behaviour Assessment (FBA) – Practical Application

COMING SOON

FBA has long been recognised as an evidence-based practice for people with intellectual impairment, autism or other disability. This course offers a user-friendly practical application of FBA to support with clients experiencing any behaviour challenges, diagnosis or not!



Fabic Certificate of Building Skills to Support Lasting Behaviour Change

COMING SOON

Students will leave the course with an abundant array of tools and practical skills for behaviour-based strategies that, when applied effectively, support not only clients and colleagues but all people willing and ready for LASTING behaviour change.



Fabic Certificate of Autism Studies

COMING SOON

Ever more prevalent today, many if not most people know someone with Autism Spectrum Disorder (ASD), whether in their workplace or personal life. This course offers a wealth of insights and extensive skills building to support a person with ASD and those assisting them.

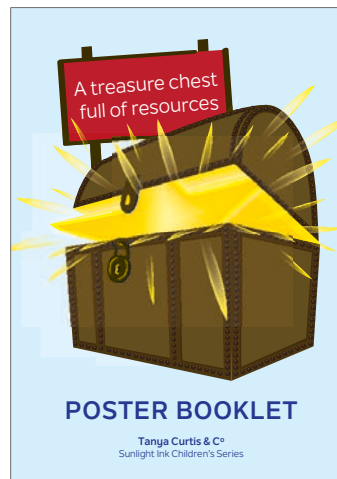


Sunlight Ink Posters

\$10.00 AUD (wholesale \$5.00 AUD) A4 each

28 single posters from Sunlight Ink designed to support people of all ages to have visual reminders in their natural setting/s. They are designed to support them and all others to live the beauty-full essence and thus the unique puzzle piece that we are all here to live and be.

Available as: single posters size A4

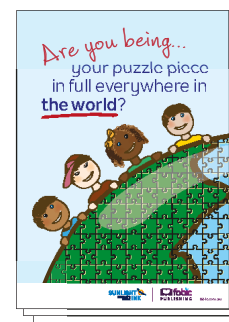
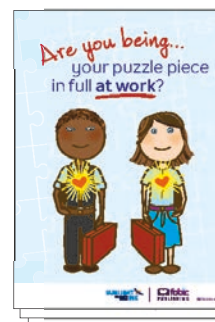
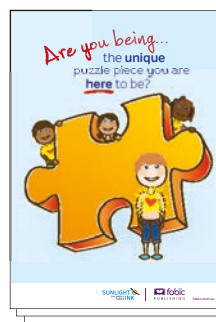
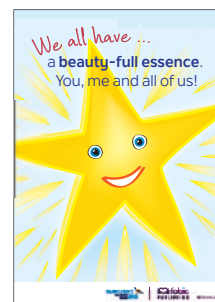
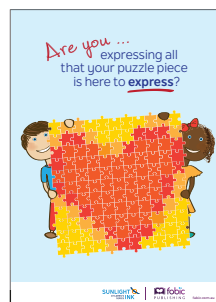
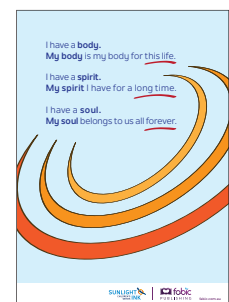
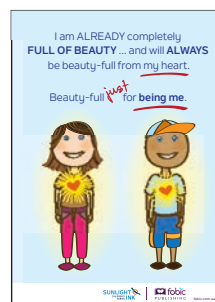
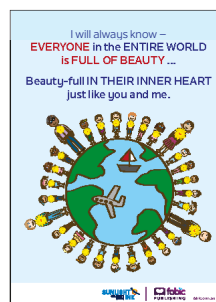
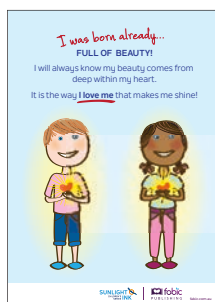


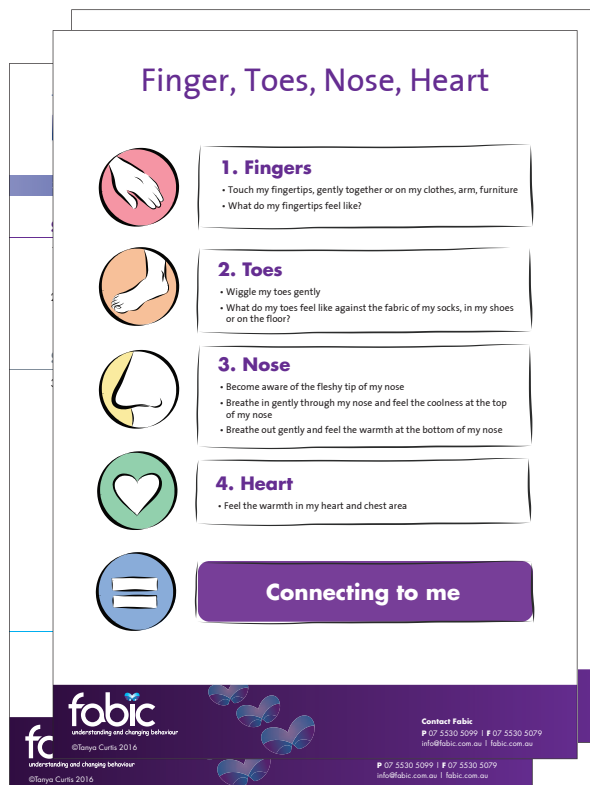
Poster Booklet – A treasure chest full of resources

\$180.00 AUD (wholesale \$100.00 AUD)

This poster booklet provides a collection of take-home messages from the 'Books for Our Being' series. It offers foundational principles that, when lived in full, support the development of quality well-being that can lead to increased mental wellness with decreased use of behaviours that don't support a person to live and reach their full potential. They can be used to simply read from the booklet or displayed in relevant settings. Below are some examples of the vibrant and colourful designs.

Available: incl. all 28 posters size A4





Fabric Posters

\$10.00 AUD (wholesale \$5.00 AUD) A4 each

\$15.00 AUD (wholesale \$7.50 AUD) A3 each

39 single posters supporting the integration of the Fabric Body Life Skills Program into the everyday settings of home, school, workplace – anywhere.

Available as: single posters size A4 and A3



Fabric Poster Book

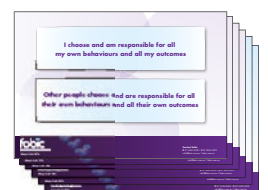
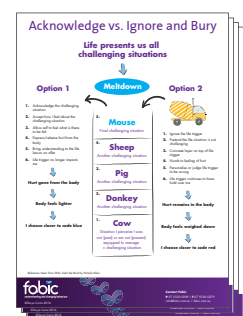
\$275.00 AUD (wholesale \$140.00 AUD)

This poster book provides a collection of valuable reminder messages from the Body Life Skills program. It offers foundational principles that, when applied, support the development of increased well-being and the potential for improved mental wellness with decreased use of behaviours that don't support a person to live and reach their full potential. They can be simply read in the book or displayed in relevant settings.

Available: all 39 posters incl. in an A4 size folder

List of Posters available

1. I AM AN AWESOME, AMAZING AND LOVABLE BEING
2. YOU AND I WILL ALWAYS BE AMAZING
3. BEHAVIOUR IS NOT WHO YOU ARE ... IT IS WHAT YOU DO
4. THE BODY LIFE SKILLS CYCLE
5. THE BODY LIFE SKILLS PROGRAM
6. BEHAVIOUR/ANXIETY SCALE WITH FACES
7. BEHAVIOUR/ANXIETY SCALE WITHOUT FACES
8. BEHAVIOUR/ANXIETY SCALE – A VISUAL DESCRIPTION
9. BEHAVIOUR SCALE EXAMPLE 1: JOHN
10. BEHAVIOUR SCALE EXAMPLE 2: MARY
11. I CHOOSE CHART
12. I CHOOSE CHART – A VISUAL DESCRIPTION
13. BEHAVIOUR RATING SCALE
14. PRINCIPLES FOR UNDERSTANDING BEHAVIOUR
15. PRINCIPLES FOR CHANGING BEHAVIOUR
16. SEQUENCE OF BEHAVIOURS
17. COMMON CHALLENGES FOR A PERSON WITH AN AUTISM SPECTRUM DISORDER
18. RULES, PICTURES AND SMASHED PICTURES
19. FINGERS ,TOES, NOSE, HEART
20. STOP, BREATHE, SQUEEZE, COMMUNICATE, SKILLS
21. EVERYTHING IS ENERGY
22. ACKNOWLEDGE VS. IGNORE AND BURY
23. CAN I CHANGE THIS LIFE SITUATION?
24. PLANNING AND ORGANISATION
25. VOICE VOLUME
26. UNDERSTANDING AND JUDGMENT CANNOT EXIST TOGETHER
27. ALL UNWANTED AND NON-PREFERRED BEHAVIOUR IS PRECEDED BY ANXIETY
28. EVERY SINGLE PERSON IS AN AWESOME, AMAZING, LOVABLE BEING
29. CHOOSING AND BEING RESPONSIBLE
30. PRACTISING AND MAKING MISTAKES
31. OUR NUMBER 1 JOB
32. PARENTING TIPS
33. LASTING BEHAVIOUR CHANGE IS NOT A QUICK FIX
34. SOCIAL SKILLS: ABSTRACT VS. CONCRETE WORDS
35. SOCIAL SKILLS: QUESTIONS & ANSWERS
36. SOCIAL SKILLS: INTENDED VS. INTERPRETED MESSAGES
37. SOCIAL SKILLS: 50:50
38. SOCIAL SKILLS: WHEN I SAY HELLO
39. SOCIAL SKILLS: WHEN I SAY GOODBYE



FabI Choose Chart

STEP 2: LIFE When I am teaching or learning new behaviours

Option 1 

Option 2 

STEP 3: NEW SKILLS

Before teaching new behaviours, first **understand the reason** for unwanted behaviour. Based on this understanding, teach new behaviours using the following guidelines:

1. Say **Stop and Start**
Know that new behaviours must be taught and are not to be expected
2. Use **concrete words** to ensure all people have **exactly** the same message
3. Teach **new skills** to respond to life. Teach new behaviours that support self-mastery over what the individual perceives they are not yet equipped to manage
4. **Teach and celebrate each step**
 - i. Teach each new behaviour step-by-step so that the student feels equipped to try out and practise it
 - ii. Celebrate all steps and attempts, no matter how small

Possible Reactions

Not bringing understanding to the reason/s for the old unwanted behaviour/s means that any strategies are likely to fail:

1. Only say **No and Stop**
New behaviours are expected without being taught first
2. Use **abstract words** that are likely to be interpreted differently by different people
3. Use strategies that do not equip the person with new skills; do not support self-mastery and only suggest the behaviours **you've** want to be used
4. **Do not teach and celebrate each step**
 - i. Teach new behaviours in steps that the person perceives are too big to achieve
 - ii. Emphasise how far the person is from achieving the goal rather than appreciating the progress that has already been made

Likely Natural Consequence 1

Use of old unwanted/non-preferred behaviours will decrease
Use of new wanted/preferred behaviours will increase

Likely Natural Consequence 2

Use of old unwanted/non-preferred behaviours continues and will remain high
Use of new wanted/preferred behaviours will remain low

Closer to Level 1 – Code Blue

CALM AND WANTED BODY

Perceived 80-100% equipped to manage life

Closer to Level 5 – Code Red

MELTDOWN BODY

Perceived 0-20% equipped to manage life

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I Choose Charts

\$10.00 AUD (wholesale \$5.00 AUD) A4 each

\$15.00 AUD (wholesale \$7.50 AUD) A3 each

Life is filled with endless LIFE lessons, each minute of each day. Whether we respond (option 1) or react (option 2) will influence how we experience the next moment of life (i.e., feeling settled or further reaction).

I Choose Charts can be used as both a teaching and/or learning tool to support people to navigate their own unique classroom of life.

Available as: single posters size A4, A3

fobic understanding and changing behaviour **I CHOOSE CHARTS** Completed Examples



Teaching and learning skills to –
respond to common life challenges

Completed I Choose Charts support the integration of
Fobic's Body Life Skills program and the development and
application of skills in everyday life

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I Choose Chart Book

\$165.00 AUD (wholesale \$85.00 AUD)

A series of completed Fabic I Choose Charts is also available as a booklet, encompassing many aspects of life for people of all ages and with different life experiences. The simplicity of the Fabic I Choose Chart supports us all to know that it is never life itself that determines whether a person is at code blue, green, yellow, orange or red; rather, it is how we choose to respond to life. A more detailed explanation can be found in the Body Life Skills program books and the BLS app.

Available: all 34 charts in size A4 in one book

List of I Choose Charts available

1. WHEN I AM TEACHING OR LEARNING NEW BEHAVIOURS
2. WHEN PEOPLE USE NON-PREFERRED BEHAVIOURS
3. TAKING RESPONSIBILITY VS BLAME AND VICTIM
4. SELF-LOVE VS SELF-HARM
5. HOW I TREAT MY BODY
6. WHEN SOMETHING HURTS AND I AM FEELING EMOTIONAL
7. WHEN I FEEL DISAPPOINTED
8. WHEN I AM HIGHER THAN CODE BLUE
9. WHEN SOMETHING IS DIFFICULT OR I AM ANXIOUS ABOUT TRYING SOMETHING NEW
10. WHEN I FIND SOMETHING DIFFICULT
11. WHEN MAKING A MISTAKE
12. WHEN I AM CORRECTED
13. WHEN I THINK PEOPLE ARE LAUGHING AT ME
14. WHEN OTHER PEOPLE MAKE MISTAKES
15. WHEN I THINK ABOUT THE FUTURE
16. WHEN I DON'T HAVE ALL THE FACTS
17. THE WAY I TREAT OTHER PEOPLE
18. WHEN I SPEND TIME WITH OTHER PEOPLE
19. WHEN I SPEND TIME WITH OTHER PEOPLE (50:50)
20. SPENDING TIME WITH FRIENDS
21. WHEN I FEEL REJECTED
22. WHEN PEOPLE MAKE JUDGMENTAL COMMENTS ABOUT ME
23. WHEN OTHER PEOPLE USE BEHAVIOURS I DON'T LIKE
24. WHEN OTHER PEOPLE BREAK RULES OR DO SOMETHING I DON'T LIKE
25. WHEN I AM GOING SOMEWHERE FOR THE FIRST TIME
26. WHEN PEOPLE SAY OR DO SOMETHING I DO NOT AGREE WITH
27. WHEN OTHER PEOPLE ARE TEASING OR BULLYING ME
28. WHEN PEOPLE SAY 'NO' TO MY REQUEST
29. WHEN I WIN
30. WHEN I LOSE
31. WHEN I AM SITTING AT MY DESK
32. WHEN I WANT TO TOUCH SOMETHING
33. WHEN OTHER PEOPLE ARE TALKING
34. WHEN I WANT TO SEND A MESSAGE THAT I AM LISTENING



Fabic TV
Body Life Skills Series
 Episode price \$77.00 AUD
 Bundle price \$770.00 AUD

Welcome to the Body Life Skills series, where LASTING behaviour change supersedes short-term behaviour change and relief-based strategies.

Available as: single episodes or in a bundle via www.fabic.tv



Episode 1
Introducing the Body Life Skills Program
 Welcome to an overview of the Body Life Skills program where the whole model is presented before we further flesh out the finer details.



Episode 2
Control vs Self-Mastery
A Key to Lasting Behaviour Change
 Introducing two different models to approach life; we explore the difference between attempting to control life and embracing self-mastery.



Episode 3
Sequence of Behaviour
Functional Behaviour Assessment at a Glance
 Behaviour has a set sequence that helps isolate the reason for the behaviour. This step presents a founding principle of Functional Behaviour Assessment.



Episode 4
Building Foundations to Support Lasting Behaviour Change
 Introducing and exploring some essential ingredients that aid in building solid foundations to support lasting behaviour change.



Episode 5
Guiding Principles to Support Understanding & Lasting Behaviour Change
 Introducing 17 foundational principles that, when applied, will assist in understanding and implementing skills for lasting behaviour change.



Episode 6
Step 1: BODY
Behaviour Is a Form of Communication
 Our body as a vehicle of communication let's us know when it is no longer at baseline but triggered by anxiety which precedes non-preferred or unwanted behaviour. What are the signs?



Episode 7
Step 2: LIFE
Identifying Life Triggers
 Every behaviour happens for a reason and without fail because of a life trigger. Here we explore many life triggers that precede unwanted behaviours.



Episode 8
Step 3: SKILLS
Developing Skills to Support Lasting Behaviour Change
 Lasting behaviour change will only occur when a person perceives they have the skills to respond to life. What skills do we use and when?



Episode 9
Behaviour Scale
How to Develop and Use the Fabic Behaviour Scale
 This scale is one of two key charts in the Body Life Skills program. Learn how to develop and use it to support lasting behaviour change.



Episode 10
I Choose Chart
How to Develop and Use the Fabic I Choose Chart
 I Choose Charts are used to assist in developing the skills to respond to life. Here we focus on how to apply and use them in everyday life.



Episode 11
Practically Using the Body Life Skills Program in Everyday Life
 Using the BLS program for lasting behaviour change so they become our lived way in all aspects of life: relationships, family, work and school.



Fabic TV

Fabic Foundations 101

Episode prices from \$35.00 to \$77.00 AUD (see below)

Fabic Foundations 101 offers an array of stand-alone behaviour courses to support ALL OF US to enrich ours and other people's **quality** of life.

Available as: single episodes via www.fabic.tv



Behaviour Is not WHO You Are – It Is WHAT You Do

\$66.00 AUD

Learn foundational behaviour change techniques that support us to look beyond labels, diagnoses and judgments to reveal our awesome essence.



The Harming Cycle of Seeking Feedback

\$66.00 AUD

Can seeking recognition or feedback be harmful? This episode supports understanding and breaking the harming cycle we have been exposed to.



Perfectionism – A Hidden Epidemic Impacting Our Quality of Life

\$77.00 AUD

Perfectionism is a hidden epidemic that significantly increases anxiety and reduces our quality of life. Here we discuss what we can do about it.



Building Relationships That Will Support and not Harm

\$77.00 AUD

Have our relationships been healing or harming? Let's explore a living way where we can have relationships that truly support us and all others.



An Introduction to Understanding and Changing Behaviour

\$35.00 AUD

This foundational video supports people when learning to take responsibility for their own behaviours, which in turn influences change in others.



Understanding Bullying

\$35.00 AUD

This presentation is aimed at equipping people with the tools to understand bullying behaviours and claim responsibility over their own life.



An Introduction to Understanding Autism Spectrum Disorder

\$35.00 AUD

Insight into understanding how a person with an Autism Spectrum Disorder experiences the world – different yes, but different never means wrong.



Fabic TV
Sunlight Ink Children's Series
Episode price \$22.00 AUD
Bundle price \$110.00 AUD

Tanya Curtis of the Sunlight Ink Children's Series reads these powerful children's books that explore how to reach and live our full potential.

Available as: single episodes or in a bundle via www.fabic.tv



Book 1
I am Beauty-full just for Being Me
The key take-home message of Book 1 supports young and old alike to embrace their inner-beauty and connect to their sense of self-worth.



Book 3
Whoops! ... Is One of My Favourite Words
Book 3 supports us to do away with perfectionism by using and emphasising the word 'Whoops' and shows how we can all learn from our mistakes.



Book 4
My Number 1 Job
Book 4 explores the value and practicalities of loving ourselves so that we then have full capacity to truly love and support others.



Book 5
We All Have a Beauty-Full Essence
This book will support you to treasure and embrace the beauty-full essence in yourself and all others around you in everyday life.



Book 6
Are You Being the Unique Puzzle Piece You Are Here to Be?
This book supports all to connect to the fact that each person has a unique and important part to play for the world to one day be complete.



Book 7
Embracing My Life Lessons
Book 7 is an exploration of what it means to embrace our life lessons so that we are equipped to respond to life and enjoy living in mental wellness.



Fabic TV

Functional Behaviour Assessment (FBA) Series

Bundle price \$990.00 AUD

Learn the process of evidence-based Functional Behaviour Assessment to bring focus to identifying and addressing why behaviour occurs.

Available as: a bundle via www.fabic.tv



Episode 1 Introducing Fabic's Functional Behaviour Assessment

What is Functional Behaviour Assessment (FBA) and how do we use it? Explore the who, what, when, why and how of FBA.



Episode 2 Glossary – Understanding Common Words when Conducting a Functional Behaviour Assessment

Like any culture, the behaviour industry comes with unfamiliar words and its own language which are here explained.



Episode 3 Functional Behaviour Assessment – Summary of the Full Process

Experience the complete model of Functional Behaviour Assessment concisely presented before each step is further detailed in future episodes.



Episode 4 Step 1 – Interviews

Interviewing significant parties about unwanted behaviours is key. Who, when, what, why – all the details of interviewing for FBA are unpacked.



Episode 5 Step 2 – Report Review

Reviewing written reports provides much needed information for understanding behaviour. What reports do we review and why – all is answered here.



Episode 6 Step 3 – Data Collection and Review of Previous Data Collection

Data collection is an essential step to gain insight into the client's experience of their natural environment; the method is here unpacked.



Episode 7 Step 4 – Hypothesis of Functions

From the information gathered thus far, a hypothesis about the reason for behaviour is created. What are these hypotheses and how to use them?



Episode 8 Step 5 – Intervention Planning

Hypothesis statements have provided possible reasons why the behaviour has occurred. Intervention planning now addresses these reasons.



Episode 9 Step 6 – Review, Evaluation, Modification, Review

FBA doesn't stop at intervention implementation. To remain effective, behaviours and interventions need to be reviewed, evaluated and modified.



Fabic TV
Building Skills to Support Lasting Behaviour Change Series
 Episode price \$77.00 AUD
 Bundle price \$770.00 AUD

A series of 11 episodes that bring focus to skills building with a combination of theory and the practical skills for lasting behaviour change.

Available as: single episodes or in a bundle via www.fabic.tv



Episode 1
Introduction to Building Skills for Lasting Behaviour Change

Only when we teach and learn new behaviours will lasting behaviour change occur. Explore the ins and outs of the skills needed to support.



Episode 2
Types of Behaviour Change Interventions

There are many types of behaviour change strategies; some offer solutions and relief while others offer skills for lasting behaviour change.



Episode 3
Preparing Yourself to Support Behaviour Change in Others

Our own behaviour to life lessons can influence other people's behaviour choices positively or negatively; how can we ensure they are supportive?



Episode 4
Get the Facts before I React

Getting the complete set of facts rather than jumping to conclusions based on minimal information can and does impact our level of anxiety.



Episode 5
Acknowledge and Heal vs Ignore and Bury

Life lessons may make us feel sad or emotional in some way. What are the impacts of acknowledging how we feel versus ignoring and burying it all?



Episode 6
Can I Change or Control This Situation?

Life presents many life lessons not yet mastered. How do we approach them and what is the impact when we try to change what cannot be changed?



Episode 7
Fabic Behaviour Rating Scale

Behaviour rating scales are a tool to support ALL involved to have the same message as to what behaviours are expected in a specific situation.



Episode 8
Token Economy

Going to work, collecting tokens and exchange them for valuable reinforcers. Learn to apply this tool to support lasting behaviour change.



Episode 9
Visual Schedules to Support with Focus, Organisation, Commitment to Life and Embracing the Classroom of Life

How to create visual schedules for daily living to support a reduction of anxiety and increased sense of purpose, independence and capacity.



Episode 10
Social, Relationship & Interactional Skills

This presentation explores social skills development – how do we build quality social interactions and relationships that support us and all others?



Episode 11
Integrating Skills into Our Everyday Life

Getting ready to make skills building for lasting behaviour change our lived way every single day, for ourselves and all others.



Autism Series

Episode price \$77.00 AUD

Bundle price \$990.00 AUD

15 episodes which focus on increasing understanding, awareness and capacity to support a person with an Autism Spectrum Disorder towards their full potential.

Available as: single episodes or in a bundle via www.fobic.tv



Episode 1 – Introduction to Supporting Autism Spectrum Disorder through the Body Life Skills Program ASD is not a curse, rather a description of some people's unique lessons in their classroom of life which can be embraced via the BLS program.



Episode 2 – What Is Autism Spectrum Disorder? Dispelling some of the myths and assumptions about Autism Spectrum Disorder and embracing a deeper insight into what ASD in fact is.



Episode 3 – Senses – Common Life Lessons for a Person with an Autism Spectrum Disorder Gain insight into how a person's senses of sight, sound, taste, touch and feeling can influence anxiety and how they experience the world.



Episode 4 – Settings – Common Life Lessons for a Person with an Autism Spectrum Disorder We are never not in a setting, place or location. How does this influence anxiety and thus a person's experience of the world?



Episode 5 – Socialisation – Interactions (Part 1) – Common Life Lessons for a Person with an Autism Spectrum Disorder Interactions = time spent with other people. Generally, what are the challenges for a person with an ASD when with others?



Episode 6 – Expressive Communication – Interactions (Part 2) – Common Life Lessons for a Person with an Autism Spectrum Disorder All behaviour, all words, thoughts and feelings are a form of communication – what is being communicated and what is received?



Episode 7 – Receptive Communication – Interactions (Part 3) – Common Life Lessons for a Person with an Autism Spectrum Disorder All behaviours, words, thoughts and feelings influence how a person will likely interpret an intended message. What is the life lesson here?



Episode 8 – Tasks – Common Life Lessons for a Person with an Autism Spectrum Disorder We are always completing a task or activity. Each task has many micro-components that can impact anxiety and a person's everyday experience.



Episode 9 – Automatic/Internal Factors – Common Life Lessons for a Person with an Autism Spectrum Disorder Tiredness, hormones, foods, pain etc. affect the body from within and impact on anxiety levels and how a person experiences their day.



Episode 10 – Focus on Supporting a Person with an ASD to Increase Their Commitment to Life Is a person withdrawing and thus delaying their life lessons or embracing them fully by committing to life and all that it presents?



Episode 11 – Common Questions from a Carer's Perspective when Supporting a Person with an ASD In the clinical setting we get many questions from carers; here is a broad selection of FAQs from those supporting a person with an ASD.



Episode 12 – Common Questions from a Practitioner's Perspective when Supporting a Person with an ASD In supervision and training we get many questions from professionals; a broad selection of FAQs from those supporting a person with an ASD.



Episode 13 – Common Questions from a School's Perspective when Supporting a Person with an ASD Presenting an extensive array of FAQs from school personnel supporting someone with an ASD in a school or any other educational setting.



Episode 14 – Common Questions from the Perspective of a Person with an ASD What better way to learn about ASD than from a person experiencing ASD themselves? Some common FAQs from people diagnosed with ASD.



Episode 15 – Autism Spectrum Disorder Series Wrap Up Bringing all episodes together to offer a practical way forward to support a person with ASD to embrace their classroom of life.



Mental Wellness Series

Episode price \$77.00 AUD

Bundle price \$880.00 AUD

13 episodes that bring focus to living a level of solid mental wellness, the opposite of what is commonly labeled as mental illness.

Available as: single episodes or in a bundle via www.fabic.tv



Episode 1 Mental Wellness vs Mental Illness Building Foundations to Support Mental Wellness for Ourselves and Others

Embracing the difference between mental illness and mental wellness and building foundations to support mental wellness to become our norm.



Episode 2 Embracing the Classroom of Life vs Withdrawal from Life Lessons

The world we see is a forever classroom of life presenting life lessons all the time – do we embrace them and advance or withdraw and delay?



Episode 3 Blockages that Hinder Our Mental Wellness

In this episode we highlight many of the common blockages experienced that delay the livingness of full mental wellness in everyday life.



Episode 4 Hurt People Hurting People – Understanding People, Relationships and Family

Why are people who are lovable and know love capable of hurting themselves and others? Gain insight into the mechanisms behind the outplay.



Episode 5 Changing the Blame and Victim Mentality to Bring Lasting Change

In a world filled with challenges it is only too common to blame life, situations, people and events for our anxiety. There is another way!



Episode 6 The Way I Treat Me = The Quality of how I Allow Others to Treat Me

It's not what we do, rather the quality we bring to our doing and every moment that impacts on our state of mental wellness or mental illness.



Episode 7 Emotions and how They Impact the Body

Emotions can be like a poison that infiltrates our body, our experiences and approach to life and thus directly impacts on our mental state.



Episode 8 Addictions – Do They Need to Be Part of My Life?

Addictions are often associated with drugs, alcohol, gambling etc. Explore the spectrum of addictions and see how they impact us all.



Episode 9 Depression, Sadness, Grief and Loss – I Don't Need to Live with This!

Loss is experienced by all, it's guaranteed but do we have the skills to respond to it without depression, sadness and grief being the norm?



Episode 10 Bullying and Controlling Patterns – How Do I Allow Myself to NOT Be Impacted by Them?

Bullying behaviour has become the accepted norm. Explore how to live without using and/or being the recipient of controlling and bullying.



Episode 11 Eating Disorders or Disordered Eating – How Do They Impact on My Mental Wellness?

Mental health professionals focus on eating disorders but do we bring focus to how the way we eat impacts on our mental wellness or mental illness?



Episode 12 Anger and Frustration – Finding a More Supportive Way to Express How do we express our experiences of life?

With anger and frustration? Or is there another way that supports a state of solid mental wellness?



Episode 13 Commitment to Life, Purpose and Our Mental Wellness

Mental illness is often experienced when withdrawing from a life lesson while mental wellness follows when we embrace purpose and commit to life.

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| Description | Price* (inc. GST) | Qty | Total |
|---|---------------------------------------|-----|-------|
| Books | | | |
| The Body Life Skills Program | | | |
| Book 1 Introducing The Body Life Skills Program – 3 Steps to Understanding & Changing Behaviour | \$40.00 (wholesale \$25.00) | | |
| Book 3 Practical Skills for Lasting Behaviour Change – Replacing Management, Relief and Short-Term Solutions with Lasting Behaviour Change | \$40.00 (wholesale \$25.00) | | |
| Sunlight Ink Children's Series | | | |
| Book 1 I Am Beauty-full Just for Being Me | \$15.00 (wholesale \$10.00) | | |
| Book 2 I Am Beauty-full Just for Being Me – Creative Colouring Book | \$10.00 (wholesale \$5.00) | | |
| Book 3 Whoops! ... Is One of My Favourite Words | \$15.00 (wholesale \$10.00) | | |
| Book 4 My Number 1 Job | \$15.00 (wholesale \$10.00) | | |
| Book 5 We All Have a Beauty-full Essence | \$15.00 (wholesale \$10.00) | | |
| Book 6 Are You Being the Unique Puzzle Piece You Are Here to Be? | \$15.00 (wholesale \$10.00) | | |
| Book 7 Embracing My Life Lessons | \$15.00 (wholesale \$10.00) | | |
| Products | | | |
| BLS App (Body Life Skills Program) | \$7.99 (wholesale N/A) | | |
| Fabic Methodology Introduction Pack – 1 Book, 1 DVD of choice, 5 Posters | \$90.00 (wholesale N/A) | | |
| DVD 1 An Introduction to Understanding & Changing Behaviour | \$35.00 (wholesale \$20.00) | | |
| DVD 2 Understanding Bullying | \$35.00 (wholesale \$20.00) | | |
| DVD 3 An Introduction to Understanding Autism Spectrum Disorder | \$35.00 (wholesale \$20.00) | | |
| Set of 3 DVDs – 1. An Introduction to Understanding & Changing Behaviour, 2. Understanding Bullying, 3. An Introduction to Understanding Autism Spectrum Disorder | \$90.00 (wholesale N/A) | | |
| SunLight Ink CD Songs for Children 0 to 100+ | \$25.00 (wholesale \$15.00) | | |
| Yearly Calender – Messages from the Classroom of Life | \$25.00 (wholesale \$15.00) | | |
| Fabic Magnet | \$10.00 (wholesale \$5.00) | | |
| Fabic Bookmark | \$3.00 (wholesale \$1.50) | | |
| Communication Card with lanyard and pouch | \$15.00 (wholesale N/A) | | |
| Communication Card per individual card | \$10.00 (wholesale \$6.00) | | |
| Communication Cards Set full set of 5 cards with one lanyard and pouch | \$45.00 (wholesale N/A) | | |
| One Lanyard and Pouch | \$6.00 (wholesale N/A) | | |

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| Fabic.Study | | | |
| Fabic.Study discount/corporate or group rates Corporate prices and discounts for groups upon request, please contact info@fabic.com.au for more information | Discounts for multiple users 1 to 9 = 0% 10 to 30 = 10% discount off total price 31 to 60 = 15% discount off total price 61 to 90 = 20% discount off total price 90+ = 30% discount off total price | | |
| Short Course An Introduction to the Body Life Skills Program | \$130.00 (wholesale N/A) | | |
| Fabic Certificate of Fabic Behaviour Studies – Using the Body Life Skills Program | coming soon | | |
| Fabic Certificate of Functional Behaviour Assessment (FBA) – Practical Application | coming soon | | |
| Fabic Certificate of Building Skills to Support Lasting Behaviour Change | coming soon | | |
| Fabic Certificate of Autism Studies | coming soon | | |
| Posters | | | |
| Sunlight Ink Poster Collection | | | |
| Poster Booklet (A4) – A treasure chest full of resources (28 posters) | \$180.00 (wholesale \$100.00) | | |
| I am beauty-full just for being me. (A4) | \$10.00 (wholesale \$5.00) | | |
| I was born already full of beauty! I will always know my beauty comes from deep within my heart. It is the way I love me that makes me shine! (A4) | \$10.00 (wholesale \$5.00) | | |
| I will always know – everyone in the entire world is full of beauty ... Beauty-full in their inner heart just like you and me. (A4) | \$10.00 (wholesale \$5.00) | | |
| I am already completely full of beauty ... and will always be beauty-full from my heart. Beauty-full just for being me. (A4) | \$10.00 (wholesale \$5.00) | | |
| Whoops! What can we learn here? (A4) | \$10.00 (wholesale \$5.00) | | |
| Sometimes what I do is thumbs up ...and sometimes what I do is thumbs down. But me being me and you being you is always thumbs up. (A4) | \$10.00 (wholesale \$5.00) | | |
| I am perfect just for being me. As you are perfect just for being you. (A4) | \$10.00 (wholesale \$5.00) | | |
| My number 1 job is to love me! When I love me I can be all of me. Being me – allows me to know me. (A4) | \$10.00 (wholesale \$5.00) | | |
| Every single person in the entire world has the same number 1 job! To love ourselves is our number 1 job. (A4) | \$10.00 (wholesale \$5.00) | | |
| My number 1 job ... is to love me! Your number 1 job ... is to love you. When we love ourselves we truly support everyone else in the world. Doing my number 1 job allows everyone to be who they truly are. (A4) | \$10.00 (wholesale \$5.00) | | |
| We all have ... a beauty-full essence. You, me and all of us! (A4) | \$10.00 (wholesale \$5.00) | | |
| Our essence is ... our best friend for us and an awesome friend for all others. (A4) | \$10.00 (wholesale \$5.00) | | |
| Our essence ... never rejects and always accepts, never is mean but always loving, never lies and always is truth-full, never is anxious but instead enjoys being settled, never is at war but always in harmony, always is full of joy! (A4) | \$10.00 (wholesale \$5.00) | | |
| Let's show everyone ... that they too can shine their bright divine essence for all to see, feel and be. (A4) | \$10.00 (wholesale \$5.00) | | |
| Our spark is brighter than any sun! Are you being the bright spark you are here to be? ... and thus showing everyone they are a bright spark too! (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you being the unique puzzle piece you are here to be? (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you ... expressing all that your puzzle piece is here to express? (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you being ... your own unique colour, size, expression and purpose that only you can be? (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you expressing ... your purpose and allowing the world to one day be complete? (A4) | \$10.00 (wholesale \$5.00) | | |

*Wholesale = 10 or more of the same product

| Description | Price* (inc. GST) | Qty | Total |
|--|------------------------------------|-----|-------|
| Are you being ... your puzzle piece in full at home? (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you being ... your puzzle piece in full with your family? (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you being ... your puzzle piece in full with your friends? (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you being ... your puzzle piece in full with all people? (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you being ... your puzzle piece in full at school? (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you being ... your puzzle piece in full at work? (A4) | \$10.00 (wholesale \$5.00) | | |
| Are you being ... your puzzle piece in full everywhere in the world? (A4) | \$10.00 (wholesale \$5.00) | | |
| I have a body. My body is my body for this life. I have a spirit. My spirit I have for a long time. I have a soul. My soul belongs to us all forever. (A4) | \$10.00 (wholesale \$5.00) | | |
| How many life lessons do we want to embrace this life? (A4) | \$10.00 (wholesale \$5.00) | | |
| Fabic Posters | | | |
| Fabic Poster Book (A4) – includes 39 posters with descriptions | \$275.00 (wholesale \$140.00) | | |
| I AM AN AWESOME, AMAZING AND LOVABLE BEING | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| YOU AND I WILL ALWAYS BE AMAZING | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| BEHAVIOUR IS NOT WHO YOU ARE ... IT IS WHAT YOU DO | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| THE BODY LIFE SKILLS CYCLE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| THE BODY LIFE SKILLS PROGRAM | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| BEHAVIOUR/ANXIETY SCALE WITH FACES | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| BEHAVIOUR/ANXIETY SCALE WITHOUT FACES | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| BEHAVIOUR/ANXIETY SCALE – A VISUAL DESCRIPTION | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| BEHAVIOUR SCALE EXAMPLE 1: JOHN | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| BEHAVIOUR SCALE EXAMPLE 2: MARY | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| I CHOOSE CHART | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |

*Wholesale = 10 or more of the same product

| Description | Price* (inc. GST) | Qty | Total |
|---|---|-----|-------|
| I CHOOSE CHART – A VISUAL DESCRIPTION | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| BEHAVIOUR RATING SCALE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| PRINCIPLES FOR UNDERSTANDING BEHAVIOUR | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| PRINCIPLES FOR CHANGING BEHAVIOUR | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| SEQUENCE OF BEHAVIOURS | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| COMMON CHALLENGES FOR A PERSON WITH AN AUTISM SPECTRUM DISORDER | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| RULES, PICTURES AND SMASHED PICTURES | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| FINGERS ,TOES, NOSE, HEART | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| STOP, BREATHE, SQUEEZE, COMMUNICATE, SKILLS | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| EVERYTHING IS ENERGY | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| ACKNOWLEDGE VS IGNORE AND BURY | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| CAN I CHANGE THIS LIFE SITUATION? | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| PLANNING AND ORGANISATION | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| VOICE VOLUME | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| UNDERSTANDING AND JUDGMENT CANNOT EXIST TOGETHER | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| ALL UNWANTED AND NON-PREFERRED BEHAVIOUR IS PRECEDED BY ANXIETY | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| EVERY SINGLE PERSON IS AN AWESOME, AMAZING, LOVABLE BEING | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |

*Wholesale = 10 or more of the same product

| Description | Price* (inc. GST) | Qty | Total |
|--|---|-----|-------|
| CHOOSING AND BEING RESPONSIBLE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| PRACTISING AND MAKING MISTAKES | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| OUR NUMBER 1 JOB | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| PARENTING TIPS | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| LASTING BEHAVIOUR CHANGE IS NOT A QUICK FIX | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| SOCIAL SKILLS: ABSTRACT VS CONCRETE WORDS | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| SOCIAL SKILLS: QUESTIONS & ANSWERS | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| SOCIAL SKILLS: INTENDED VS INTERPRETED MESSAGES | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| SOCIAL SKILLS: 50:50 | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| SOCIAL SKILLS: WHEN I SAY HELLO | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| SOCIAL SKILLS: WHEN I SAY GOODBYE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| Fablic I Choose Charts | | | |
| I Choose Chart Book (A4) – includes 34 completed charts | \$165.00 (wholesale \$85.00) | | |
| WHEN I AM TEACHING OR LEARNING NEW BEHAVIOURS | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN PEOPLE USE NON-PREFERRED BEHAVIOURS | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| TAKING RESPONSIBILITY VS BLAME AND VICTIM | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| SELF-LOVE VS SELF-HARM | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| HOW I TREAT MY BODY | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |

*Wholesale = 10 or more of the same product

| Description | Price* (inc. GST) | Qty | Total |
|--|---|-----|-------|
| WHEN SOMETHING HURTS AND I AM FEELING EMOTIONAL | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I FEEL DISAPPOINTED | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I AM HIGHER THAN CODE BLUE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN SOMETHING IS DIFFICULT OR I AM ANXIOUS ABOUT TRYING SOMETHING NEW | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I FIND SOMETHING DIFFICULT | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN MAKING A MISTAKE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I AM CORRECTED | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I THINK PEOPLE ARE LAUGHING AT ME | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN OTHER PEOPLE MAKE MISTAKES | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I THINK ABOUT THE FUTURE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I DON'T HAVE ALL THE FACTS | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| THE WAY I TREAT OTHER PEOPLE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I SPEND TIME WITH OTHER PEOPLE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I SPEND TIME WITH OTHER PEOPLE (50:50) | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| SPENDING TIME WITH FRIENDS | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I FEEL REJECTED | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN PEOPLE MAKE JUDGMENTAL COMMENTS ABOUT ME | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |

*Wholesale = 10 or more of the same product

| Description | Price* (inc. GST) | Qty | Total |
|--|--|-----|-------|
| WHEN OTHER PEOPLE USE BEHAVIOURS I DON'T LIKE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN OTHER PEOPLE BREAK RULES OR DO SOMETHING I DON'T LIKE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I AM GOING SOMEWHERE FOR THE FIRST TIME | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN PEOPLE SAY OR DO SOMETHING I DO NOT AGREE WITH | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN OTHER PEOPLE ARE TEASING OR BULLYING ME | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN PEOPLE SAY 'NO' TO MY REQUEST | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I WIN | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I LOSE | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I AM SITTING AT MY DESK | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I WANT TO TOUCH SOMETHING | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN OTHER PEOPLE ARE TALKING | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| WHEN I WANT TO SEND A MESSAGE THAT I AM LISTENING | A4 = \$10.00 (wholesale \$5.00) | | |
| | A3 = \$15.00 (wholesale \$7.50) | | |
| Fabic.TV | | | |
| Fabic.TV Body Life Skills series discount/corporate or group rates Corporate prices and discounts for groups upon request, please contact info@fabic.com.au for more information | Discounts for multiple users 1 to 9 = 0% 10 to 30 = 10% discount off total price 31 to 60 = 15% discount off total price 61 to 90 = 20% discount off total price 90+ = 30% discount off total price | | |
| Body Life Skills Series | | | |
| Bundle – inclusive of all 11 episodes | \$770.00 | | |
| Episode 1 – Introducing the Body Life Skills Program | \$77.00 | | |
| Episode 2 – Control vs Self-Mastery A Key to Lasting Behaviour Change | \$77.00 | | |
| Episode 3 – Sequence of Behaviour Functional Behaviour Assessment at a Glance | \$77.00 | | |
| Episode 4 – Building Foundations to Support Lasting Behaviour Change | \$77.00 | | |
| Episode 5 – Guiding Principles to Support Understanding & Lasting Behaviour Change | \$77.00 | | |

*Wholesale = 10 or more of the same product

| Description | Price* (inc. GST) | Qty | Total |
|--|----------------------|-----|-------|
| Episode 6 – Step 1: BODY Behaviour Is a Form of Communication | \$77.00 | | |
| Episode 7 – Step 2: LIFE Identifying Life Triggers | \$77.00 | | |
| Episode 8 – Step 3: SKILLS Developing Skills to Support Lasting Behaviour Change | \$77.00 | | |
| Episode 9 – Behaviour Scale How to Develop and Use the Fabic Behaviour Scale | \$77.00 | | |
| Episode 10 – I Choose Chart How to Develop and Use the Fabic I Choose Chart | \$77.00 | | |
| Episode 11 – Practically Using the Body Life Skills Program in Everyday Life | \$77.00 | | |
| Fabic Foundations 101 | | | |
| Behaviour Is not WHO You Are – It Is WHAT You Do | \$66.00 | | |
| The Harming Cycle of Seeking Feedback | \$66.00 | | |
| Perfectionism – A Hidden Epidemic Impacting Our Quality of Life | \$77.00 | | |
| Building Relationships That Will Support and Not Harm | \$77.00 | | |
| An Introduction to Understanding and Changing Behaviour | \$35.00 | | |
| Understanding Bullying | \$35.00 | | |
| An Introduction to Understanding Autism Spectrum Disorder | \$35.00 | | |
| Sunlight Ink Children's Series | | | |
| Bundle – inclusive of 6 books | \$110.00 | | |
| Book 1 – I am Beauty-full just for Being Me | \$22.00 | | |
| Book 3 – Whoops! ... Is One of My Favourite Words | \$22.00 | | |
| Book 4 – My Number 1 Job | \$22.00 | | |
| Book 5 – We All Have a Beauty-Full Essence | \$22.00 | | |
| Book 6 – Are You Being the Unique Puzzle Piece You Are Here to Be? | \$22.00 | | |
| Book 7 – Embracing My Life Lessons | \$22.00 | | |
| Functional Behaviour Assessment (FBA) Series | | | |
| Bundle – inclusive of 9 episodes (single episodes not for sale) Episode 1 – Introducing Fabic's Functional Behaviour Assessment Episode 2 – Glossary – Understanding Common Words when Conducting a Functional Behaviour Assessment Episode 3 – Functional Behaviour Assessment – Summary of the Full Process Episode 4 – Step 1 – Interviews Episode 5 – Step 2 – Report Review Episode 6 – Step 3 – Data Collection and Review of Previous Data Collection Episode 7 – Step 4 – Hypothesis of Functions Episode 8 – Step 5 – Intervention Planning Episode 9 – Step 6 – Review, Evaluation, Modification, Review | \$990.00 | | |
| Building Skills to Support Lasting Behaviour Change Series | | | |
| Bundle – inclusive of 11 episodes | \$770.00 | | |
| Episode 1 – Introduction to Building Skills for Lasting Behaviour Change | \$77.00 | | |
| Episode 2 – Types of Behaviour Change Interventions | \$77.00 | | |
| Episode 3 – Preparing Yourself to Support Behaviour Change in Others | \$77.00 | | |
| Episode 4 – Get the Facts before I React | \$77.00 | | |
| Episode 5 – Acknowledge and Heal vs Ignore and Bury | \$77.00 | | |
| Episode 6 – Can I Change or Control This Situation? | \$77.00 | | |
| Episode 7 – Fabic Behaviour Rating Scale | \$77.00 | | |

*Wholesale = 10 or more of the same product

| Description | Price* (inc. GST) | Qty | Total |
|--|----------------------|-----|-------|
| Episode 8 – Token Economy | \$77.00 | | |
| Episode 9 – Visual Schedules to Support with Focus, Organisation, Commitment to Life and Embracing the Classroom of Life | \$77.00 | | |
| Episode 10 – Social, Relationship & Interactional Skills | \$77.00 | | |
| Episode 11 – Integrating Skills into Our Everyday Life | \$77.00 | | |
| Autism Series | | | |
| Bundle – inclusive of 15 episodes | \$990.00 | | |
| Episode 1 – Introduction to Supporting Autism Spectrum Disorder through the Body Life Skills Program | \$77.00 | | |
| Episode 2 – What Is Autism Spectrum Disorder? | \$77.00 | | |
| Episode 3 – Senses – Common Life Lessons for a Person with an Autism Spectrum Disorder | \$77.00 | | |
| Episode 4 – Settings – Common Life Lessons for a Person with an Autism Spectrum Disorder | \$77.00 | | |
| Episode 5 – Socialisation – Interactions (Part 1) Common Life Lessons for a Person with an Autism Spectrum Disorder | \$77.00 | | |
| Episode 6 – Expressive Communication – Interactions (Part 2) Common Life Lessons for a Person with an Autism Spectrum Disorder | \$77.00 | | |
| Episode 7 – Receptive Communication – Interactions (Part 3) Common Life Lessons for a Person with an Autism Spectrum Disorder | \$77.00 | | |
| Episode 8 – Tasks – Common Life Lessons for a Person with an Autism Spectrum Disorder | \$77.00 | | |
| Episode 9 – Automatic/Internal Factors – Common Life Lessons for a Person with an Autism Spectrum Disorder | \$77.00 | | |
| Episode 10 – Focus on Supporting a Person with an ASD to Increase Their Commitment to Life | \$77.00 | | |
| Episode 11 – Common Questions from a Carer's Perspective when Supporting a Person with an ASD | \$77.00 | | |
| Episode 12 – Common Questions from a Practitioner's Perspective when Supporting a Person with an ASD | \$77.00 | | |
| Episode 13 – Common Questions from a School's Perspective when Supporting a Person with an ASD | \$77.00 | | |
| Episode 14 – Common Questions from the Perspective of a Person with an ASD | \$77.00 | | |
| Episode 15 – Autism Spectrum Disorder Series Wrap Up | \$77.00 | | |
| Mental Wellness Series | | | |
| Bundle – inclusive of 13 episodes | \$880.00 | | |
| Episode 1 – Mental Wellness vs Mental Illness Building Foundations to Support Mental Wellness for Ourselves and Others | \$77.00 | | |
| Episode 2 – Embracing the Classroom of Life vs Withdrawal from Life Lessons | \$77.00 | | |
| Episode 3 – Blockages that Hinder Our Mental Wellness | \$77.00 | | |
| Episode 4 – Hurt People Hurting People – Understanding People, Relationships and Family | \$77.00 | | |
| Episode 5 – Changing the Blame and Victim Mentality to Bring Lasting Change | \$77.00 | | |
| Episode 6 – The Way I Treat Me = The Quality of how I Allow Others to Treat Me | \$77.00 | | |
| Episode 7 – Emotions and how They Impact the Body | \$77.00 | | |
| Episode 8 – Addictions – Do They Need to Be Part of My Life? | \$77.00 | | |
| Episode 9 – Depression, Sadness, Grief and Loss – I Don't Need to Live with This! | \$77.00 | | |
| Episode 10 – Bullying and Controlling Patterns – How Do I Allow Myself to NOT Be Impacted by Them? | \$77.00 | | |
| Episode 11 – Eating Disorders or Disordered Eating – How Do They Impact on My Mental Wellness? | \$77.00 | | |
| Episode 12 – Anger and Frustration – Finding a More Supportive Way to Express | \$77.00 | | |
| Episode 13 – Commitment to Life, Purpose and Our Mental Wellness | \$77.00 | | |
| Postage (see next page) | | | |
| Total (in \$AUD) | | | |

– Please fill out all other order details on the following page

FABIC ORDER FORM

– Page 10 –

Name _____

Address _____ Postcode _____

Phone _____ E-mail _____

☐ Please Post **OR** ☐ I will collect from Fabic Gold Coast or Brisbane office by prior arrangement

Total (in \$AUD) Australia Post rates based on weight and destination will be added as required

\$AUD

Please record receipt no.

☐ NDIS

☐ Visa ☐ Mastercard ☐ Bankcard

☐ Cheque
Please make all cheques payable to FABIC

Card Number

☐ Direct Transfer (EFT)
Account Name: FABIC Pty Ltd
Bank: Westpac
BSB: 034-610
Account: 213 340

Expiry Date / Security Code

Name of Card Holder _____

☐ Other

Please note: Products will be posted upon receipt of payment

Signature *x*

