

## SOCIAL SKILLS



### **Social Skills – Building Relationships that Will Support and Not Harm**

In this Fobic newsletter we explore the topic of Social Skills, reflecting on how hugely important they are in life.

As we get settled into the new year, many will be making connections with new peers in school or at university; some may have begun or are beginning new jobs or projects and others will continue to work and spend time with old colleagues or friends. The aspect of social interactions and the quality of our relationships and how we are in them is therefore ever more highlighted.

**Fobic are specialists in supporting anyone of any age with not only improving but also mastering their social skills and abilities with day to day interactions. After all, what tends to trigger**

**anxiety and unwanted behaviour stems in a lot of cases from how we interact with each other and society as a whole.**

Among the many tools and support services on offer at Fabic, the following are key tools when it comes to supporting with social skills:

- [Social, Relationship & Interactional Skills \(Fabic.tv\)](#)
- [Hurt People Hurt People – Understanding People, Relationships and Family \(Fabic.tv\)](#)
- [Building Relationships that Will Support and not Harm \(Fabic.tv\)](#)
- [Fabic Blogs on Social Skills](#)
- [Fabic YouTube on Social Skills](#)
- [Fabic Products to support with Social Skills](#)



## **Group Supervision with Senior Behaviour Specialist Tanya Curtis**

**If you are working (Counselling, Psychology, Mental Health, Disability Support Worker, Teacher) or living in a field associated with behaviour change (and who isn't?), you can bring your questions and observations on Social Skills and how to develop them – plus more – to this weekly group.**

The number of participants is limited to six. Each week requires a new booking and is complete in itself.

*Due to the confidential nature of this material, there are no recordings.*

[Book Now](#)

---



## **Social, Relationship & Interational Skills (Fobic.tv)**

Senior Behaviour Specialist Tanya Curtis explains that this episode of the SKILLS Series is about supporting people to feel equipped to respond to any element of a relationship, knowing that a relationship is always about connecting, to another/others, whether that be peers, siblings, colleagues, etc.

Tanya makes us aware that everything we do or don't do, all behaviours, words, thoughts and feelings, have an impact on the quality of relationships we have. Every time we project a picture onto a person, we are in fact imposing a life lesson on them. We attempt to bypass self-responsibility and insist that they need to change to change our own experience of life. And thus, self-mastery goes out the window and control gains the upper hand.

But there is another way.

[Go to Video](#)

---



## **Hurt People Hurt People – Understanding People, Relationships and Family (Fobic.tv)**

This episode extensively covers the damage that our pictures of how life and people should be causes, including rules that pertain to culture, gender, religious and political beliefs; our many shoulds, wants, needs, expectations and attachments.

Senior Behaviour Specialist Tanya Curtis also talks about judgment and understanding and that they can never co-exist. Judgment points an invisible finger; judgment makes one person seemingly superior or better than another, an untruth that belies the fact that at the core of every single one of us, there is always an awesome, amazing and lovable being.

[Go to Video](#)



## Building Relationships that Will Support and Not Harm (Fabic.tv)

This presentation explores how we can have social interactions and build relationships that support ourselves and everybody else, rather than causing harm and leading to disappointment in the process.

Relationships are part of the classroom of life and, when truly understood for what they bring, offer an amazing opportunity for all involved to develop, advance and embrace an endless supply of life lessons.

[Go to Video](#)



### Fabic Blogs on Social Skills

Our ability to interact socially is super important in everyday life because everything we do in life requires social interaction. It also is an area of life which tends to affect us the most, as many hurts and issues involve another person.

*In the articles below we make social skills normal, simple and relatable with lots of examples, sharing the importance of social skills and how to support another with developing them.*

**Articles that are particularly worth reading:**



## Why Choose a Social Skills Group?

Social skills groups are an excellent support for children who find social classroom interactions with peers challenging; the groups are an opportunity to develop these skills in a safe and supportive environment.

[Read](#)



## Parties Make Great Classrooms

Parties can range from being settling and fun to being full of emotions of varying intensity. Why the extremes, why have these polar opposites?

[Read](#)



## Love Is an Observation

Valentine's Day is full of pictures and ideals – but do we know what the day actually means? Is it a day to show love or is it another day to simply be love?

[Read](#)



## Q & A with Fabic

We answer – How do I handle it when others make me feel like a bad mum? And how to be in a friendship with someone whose parenting ideals differ from mine?

[Read](#)

[View More Blogs](#)



## Fabic YouTube – Social Skills

Fabic offers a wide range of free videos on YouTube for viewing at any time, including quite a few related to social skills.



### What Are Social Skills?

Social skills form the basis of how we interact with others. Often, what lets us down are the very interactions we have with others, especially a negative experience, but we are not quite sure why or how it happened. In this clip, Senior Behaviour Specialist Tanya Curtis explains more about social skills, what they are and how important they are in everyday life.

[Watch](#)



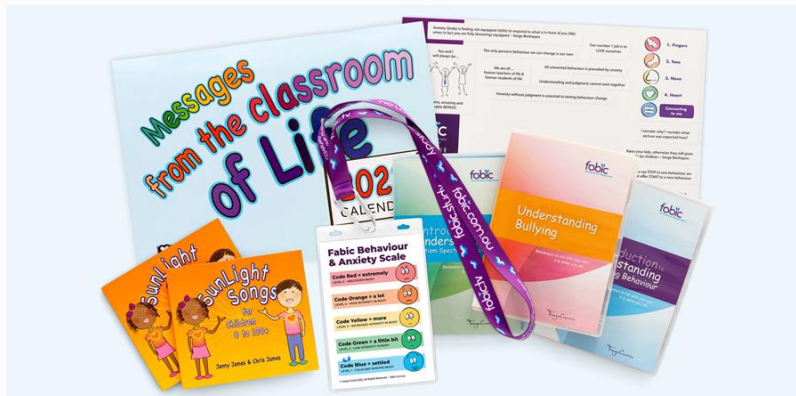


## The Difference between Sympathy, Empathy and Understanding

We might at times use the terms 'sympathy', 'empathy' and 'under-standing' interchangeably and think they mean almost the same thing. But they have in fact vastly different meanings, and this is not about semantics but a reality of how we approach life with regard to supporting and loving ourselves and others.

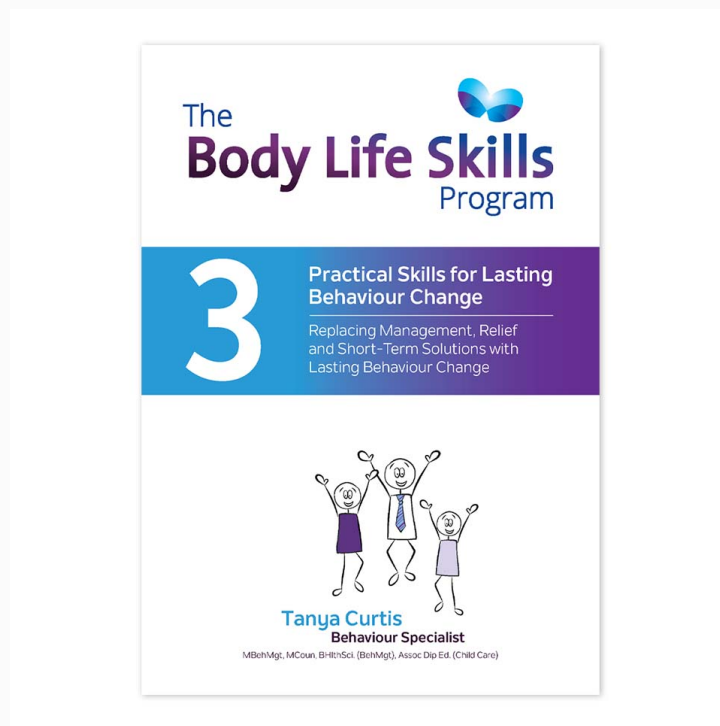
Watch

Watch on YouTube



## Fabic Products to support with Social Skills

Fabic has a broad range of products that have been specifically designed to support with developing social skills. Of particular note:

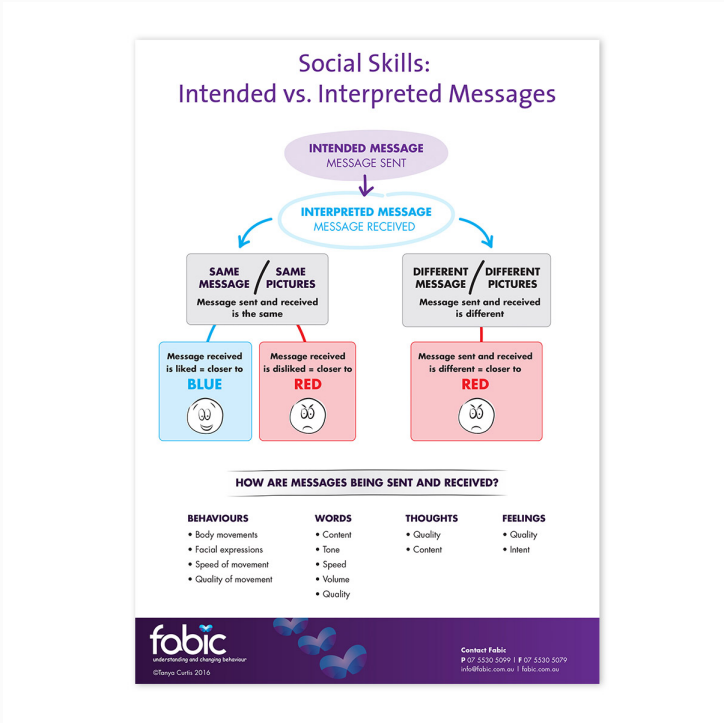


### The Body Life Skills Program: Book 3

This third instalment in the Body Life Skills series focuses on the skills aspect of [The Body Life Skills Program](#). This book has a section dedicated to social skills, extensively covering all the fundamental aspects of building and advancing the skills of socialising with others.

**This book offers a way forward: True, Lasting Behaviour Change.**

[View & Buy](#)



### Social Skills: Intended vs Interpreted Messages

This chart supports the understanding and increased awareness of how we send and receive messages and whether what is being sent is the same message as what is being received (interpreted).

**Many reactions are simply a result of receiving a different message to what was intended to be sent.**

View & Buy

**Social Skills 50:50**

Person 1	Person 2
10 ✓	0 ✗
9 ✓	1 ✗
8 ✓	2 ✗
7 ✓	3 ✗
6 ✓	4 ✗
5 ✓	5 ✓
4 ✗	6 ✓
3 ✗	7 ✓
2 ✗	8 ✓
1 ✗	9 ✓
0 ✗	10 ✓




### Social Skills: 50:50

This chart is used to visually highlight the positive and negative experiences that can occur when varying weight and effort is applied to any aspect of a relationship.

**When this chart is completed as an activity in the clinical setting, participants come to realise how their actions result in other people having either a positive or negative experience when they are with them.**

[View & Buy](#)



## Lasting Behaviour Change Is Not a Quick Fix

This chart is an important reminder that changing behaviour in a way that brings true and lasting behaviour change is not, never has been nor will it ever be a 'quick fix'.

*In truth, creating lasting behaviour change is a life-long process; there will always be many past hurts to heal and new life skills to learn.*

[View & Buy](#)

[View More Products](#)

---



Here to support,

*Your Fobic Team*



[Fobic Study](#)



[Fobic TV](#)



[Fabic Publishing](#)

# The Body Life Skills Program

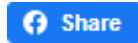
[Body Life Skills Program](#)



[Clinical Services](#)



[Fabic YouTube](#)



*Liked this email and want to share it?  
Feel free to spread the word with others*



Phone: +61 7 5530 5099

Email: [info@fabic.com.au](mailto:info@fabic.com.au)

You have received this email because you are subscribed to  
our newsletters.

To unsubscribe click the link below.

[Preferences](#) | [Unsubscribe](#)