

# MAKING CHANGE LASTING

Words: Tanya Curtis

## FABIC'S 'BODY LIFE SKILLS SERIES' IS BASED ON UNDERSTANDING AND CHANGING BEHAVIOUR TO SUPPORT LASTING BEHAVIOUR CHANGE. HERE'S HOW...

The fact is we all use behaviour we would prefer not be using whether we are a child, teenager or adult. Some people's unwanted behaviours are of a low intensity and others appear extreme, however let it be known that every single person in this world has had their own array of non-preferred behaviours whether that be shopping unnecessarily, over eating, yelling, withdrawing, indulging in anything that does not support the body, saying words you later regret, anger, frustration, feelings of depression, meltdowns and more.

The Body Life Skills program knows without any doubt that every behaviour happens for a reason. Thus whenever a non-preferred behaviour is present we simply ask "I wonder why?" and then skills are offered to address this reason why.

### WHAT IS THE BODY LIFE SKILLS PROGRAM?

The Body Life Skills program understands that all unwanted or non-preferred behaviour is a result of anxiety first. Micro-analysing this definition we can see that anxiety is what is felt in and

expressed from the *body*, not feeling equipped is perceiving that you don't have the required *skills*, and what is in front of you is *life*.

With this understanding we embrace that all unwanted behaviours, words, thoughts and/or feelings that come from any person's body occur as a result of them perceiving that they do not have the required skills to respond to what life has presented them at any given moment. Or alternatively, when a person perceives they have the required skills to respond to what life is presenting, their body is more likely to express using wanted or preferred behaviours, words, thoughts and feelings.

### STEP 1: BODY

The first step is to see the body as a form of communication and identify what behaviours, words, thoughts and/or feelings the body is using to tell us how it is experiencing life. It is important to listen to and address any non-preferred behaviour used from any 'body', even if appears very minor and insignificant. The fact is every behaviour is significant as it is communicating to us how it is experiencing life.

### STEP 2: LIFE

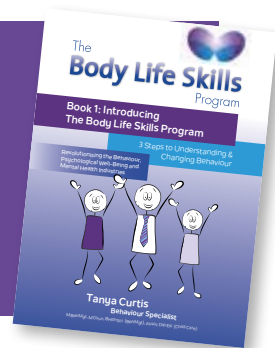
At the first sign of any non-preferred behaviour we must ask, 'I wonder why?' and 'I wonder what part of life the person perceives they do not yet have the required skills to respond to?'

### STEP 3: SKILLS

Once we have identified the aspect of life any person does not perceive they have the required skills to respond to we ask 'What skills are required for the person to perceive they are equipped to respond to this part of life?' and then teach and/or learn the required skills when the willing student is ready.

Visit [www.fabic.com.au](http://www.fabic.com.au)

Fabic's Body Life Skills program has now released its first book that is part of an upcoming series. To purchase **Book 1: Introducing the Body Life Skills Program**, visit Fabic's website.





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**Book 1: Introducing the Body Life Skills Program**

*Have you ever:*

1. Used a behaviour you would prefer not to?
2. Tried to change a behaviour but been unsuccessful?

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Behaviour Specialist, Tanya Curtis offers a simple, yet very effective 3 step program to bring about LASTING behaviour change.

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