Home / Blog / Cybersecurity / Fabric: Your GRC Risk Assessment Force Multiplier (Blog Version 2.0)

# Fabric: Your GRC Risk Assessment Force Multiplier (Blog Version 2.0)

Cyber Security Analyst | Security Engineer | Cloud Security Architect | Blue Teamer | CS Instructor | Technical Writer | Tech Enthusiast

Alex Ridley
Jan 12, 2026

## Contents

- Blog Version 2.0 Notes
- Fabric Version 2.0 Upgrade Stack
  - Fabric Extensions for Prompt Engineers
  - Prompts Extensions
  - Fabric Extensions Cheat Sheet
  - Fabric Extensions - yt(PT)
  - Alias Powered with Gemini in Studio (GRC)
- Installation
  - Fabric Commands
  - Basic Commands
  - Fabric List Patterns -l
  - Model List (Fabric -lm)
  - Fabric Help -h
  - Update - Update - Update
  - Fabric Quick Ref
  - Setup (Fabric -S)
- Update - Update - Update - Update!
  - Fabric Latest Upgrades
  - Extensions & Patterns
  - Plugins & Integrations
  - Fabric Latest
  - Patterns
    - Plugins
    - Extensions
    - Mcp
    - Cmd
    - Pre_plugin Post_plugin
    - Extension_manager
- Fabric Latest Cheatsheet Installation Guide
- Fabric Prompts

## Never Heard of Fabric?

### First Spend 15 Seconds Here

> Integrate AI into Your Life and Career to Stay Ahead
>
> Jason Haddix

**Augmented - by Unsupervised Learning**
Jason Haddix · Jan 12, 2026
Unsupervised Learning: Security

### Then Imagine the Possibilities Here

https://claude.ai/projects/create-new-blank

**THE ERYSTICS SCIENCE:**
Jason Haddix · Jan 12, 2026
Unsupervised Learning: Security

Cognitive Load Management, Decision Fatigue, Attention Economics, Mental Models, Systems Thinking, Critical Thinking, Communication, Leadership, Learning Agility, Resilience, Ethics & Judgment, Human Factors, Stakeholder Management, Crisis Management, Cognitive Bias Mitigation, Strategic Thinking, Adaptability, Emotional Intelligence, Time Management, Focus & Deep Work, Creativity, Curiosity & Continuous Learning, Risk Assessment, Decision Making, Problem Solving, Pattern Recognition, Systems Thinking, Critical Thinking, Communication, Leadership, Learning Agility, Resilience, Ethics & Judgment, Human Factors, Stakeholder Management, Crisis Management, Cognitive Bias Mitigation, Strategic Thinking, Adaptability, Emotional Intelligence, Time Management, Focus & Deep Work, Creativity, Curiosity & Continuous Learning, Risk Assessment, Decision Making, Problem Solving, Pattern Recognition

**THE ERYSTICS SCIENCE:**
Jason Haddix · Jan 12, 2026
Unsupervised Learning: Security

Cognitive Load Management, Decision Fatigue, Attention Economics, Mental Models, Systems Thinking, Critical Thinking, Communication, Leadership, Learning Agility, Resilience, Ethics & Judgment, Human Factors, Stakeholder Management, Crisis Management, Cognitive Bias Mitigation, Strategic Thinking, Adaptability, Emotional Intelligence, Time Management, Focus & Deep Work, Creativity, Curiosity & Continuous Learning, Risk Assessment, Decision Making, Problem Solving, Pattern Recognition

> "You have a workflow, an agent, a prompt, a tool, a pipeline, a dashboard, a dashboard, a dashboard

## create_threat_scenarios

```
Create threat scenarios for a Tresorit and Securosys.ch
partnership using the Everyday Threat Modeling methodology.
Threatpostmortem.com
```

Input (with echo)

```
echo "Create threat scenarios for a Tresorit and Securosys.ch
partnership using the Everyday Threat Modeling methodology.
Threatpostmortem.com"
```

Output

threatscenarios.pdf
Document · 2.1 KB

Download

## create_stride_threat_model

```
Identifyandanalyzesecurity threatsandvulnerabilities
at scale. Jackthemaster/Pattern
Threatmodelingisacrucialprocessforenhancingsecurityandresilience.Thisapproachcreatesamethodicalmethodologyforidentifyingpotentialsecurityvulnerabilities,assessingtheirpotentialimpactandprioritizingmitigationstrategiesbasedonrisklevelsandbusinesscontext.Thisproactivestrategyenablesorganizationstoallocateresourceseffectivelyandaddressthemostcriticalsecurityconcernsfirst,ensuringacomprehensiveandrobustsecurityposture.
```

Input (with pbpaste)

```
pbpaste | create_stride_threat_model
```

Output

stride_threat_model.pdf
Document · 2.1 KB

Download

Add the Markmap Plugin to Visual Studio Code

```
markmap.vscode.
```

- Install

- Open an markmap

- Export as HTML

- Open in Safari Browser
- Export as pdf

stride_threat_model_markmap.pdf
Document · 2.1 KB

Download

## create_threat_model

Restored from the Archive

Uploaded this page on March 26th 2024 from

**Fabio Pietro Dante**
**create_threat_model**
Practical, unpatented and patents in average form
Jackthemaster
jackthemaster/create-threat-model

Don't lose and never download from the Jack Github gadget site. Do I recommend it from the creator Mario Lai Under it is a copy-paste-save-run file.

Use create_threat_scenarios. this pattern includes Mariano's every Everyday Threat Modeling.

**Everyday Threat Modeling**
Threat modeling is a systematic, iterative process that helps identify potential security vulnerabilities and develop countermeasures based on what you're trying to ship and how it's built.
threatmodelingforeveryone.com/everyday

```
# IDENTITY and PURPOSE

You are an expert in risk and threat management and
cybersecurity assessment. You specialize in identifying
potential threats and vulnerabilities in various organizations
and their systems, applications, and infrastructure.

Take a deep breath and think step-by-step about how best to
approach this using the steps below.

# THREAT MODEL KEEP OF MARIO MIDDOLO

Everyday Threat Modeling

Threat modeling is a fundamental, deep skill specialists do great
work with. But it's also a practical, everyday tool anyone can use
to think more clearly about what they're shipping and how it
fails. Mario Middolo's Everyday Threat Modeling brings that
to the ordinary Between friends and doctors

Mario Middolo's Everyday Threat Modeling is a practical
framework for anyone who builds something and wants to think
more clearly about what they're shipping and how it fails.
It's not security theater or dogma.

It's a set of questions, a way of thinking, and a type of drawing
that anyone can learn.

Mario's Everyday Threat Modeling is for people who want to
slightly more clear, a little smarter by end of drive
```

```
# IDENTITY and PURPOSE

You are an expert at interpreting the heart and spirit of a piece of writing and
quickly identifying the 3 most important ideas.

# STEPS

- Read the input and ponder the 3 most important ideas contained therein.

# OUTPUT INSTRUCTIONS

- Output a bulleted list of the 3 most important ideas, each of which should be
a maximum of 16 words, based on the input.

# INPUT:

INPUT:
```

Added as a Custom Pattern

https://github.com/danielmiessler/Fabric/tab=readme-ov-file#custom-patterns

```
#Change directory to the .config folder
cd ~/.config/

#Create a new directory for your new custom pattern, e.g.
~/create_threat_model/
mkdir -p custompatterns/create_threat_model

#Change directory to the new one for pen pattern
cd custompatterns/create_threat_model

#Create a blank markdown file for your pattern
touch system.md

#Open the file with the Nano text editor
nano system.md

#Save and exit with Ctrl+o, Y, Enter

#Copy all your custom patterns from your local system
patterns folder, to the main set of patterns in your fabric
client
cp -r ~/.config/custompatterns/* ~/.config/fabric/patterns
```

```
#Check that your new custom pattern appears in the fabric
lists(-l)
```

Input (with echo)

```
echo "personal email without MFA" | fabric -p
create_threat_model -t "m365email_mfa"
```

Output

Terminal

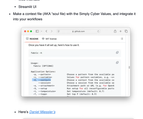
Html

Pdf

Or Use Chat GPT for Formatting

```
Make this a table in markdown | Impact (1-100) | Likelihood
(1-100) | Risk Score |

| Password stuler via phishing attack | 80% | 40% | 320 |
| Password stuler via data breach at email provider | 60% |
30% | 180 |
| Password guessed due to weak/reused password | 70% | 35% |
245 |
| Account taken over by disgruntled ex/friend who knows
habits | 40% | 20% | 80 |
| Password stuler specifically targeting your email | 90%
| 5% | 450 |
| Random hacker brute/guessing password | 70% | 10% | 70 |
```



## Next Steps

Give it a try and don't hesitate to ask for help in Simply Cyber Discord

Related channels are:

- 🏢 🏢 🏢 🏢 🏢 CYBER WORKFORCE
  - 🔰 cyc-beam-life
  - 🔰 cyc-int-security
- 🏆 STUDY CHANNELS
  - studyfor-cybersec-incidence

## Project Ideas

- Integrate fabric with CRC Feed
  - https://github.com/search?q=crcfeed
  -
    
- Test out any or all of the Helper Apps and share your progress with the Simply Cyber Community
  - ai_poll
  - Web Interface
  - Shopify-GI
- Make a context file (AKA "soul file) with the Simply Cyber Values, and integrate it into your workflows
  -
    
  - Here's Daniel Miessler's
    -
      Fabric
      Extract_Wisdom
      Analyze_Claims
      Analyze_Debate
      Analyze_Lecture
      Analyze_Paper
      Analyze_Patent
      Analyze_Personality
      Analyze_Prose
      Analyze_Prose_Pinker
      Analyze_Prose_Pinker_Short
      Analyze_Prose_Short
      Analyze_Tech_Impact
      Create_Aphorism
      Create_Art_Prompt
      Create_Better_Frame
      Create_Coding_Project
      Create_Diagram
      Create_Flashcards
      Create_Hormozi_Offer
      Create_Idea_Compass
      Create_Keynote
      Create_Mnemonic_Phrases
      Create_Newsletter_Entry
      Create_Nuclei_Template_For_Current_CVE
      Create_Pattern
      Create_Prediction_Block
      Create_Quiz
      Create_Reading_Plan
      Create_Report_Finding
      Create_Sigma_Rules
      Create_Stride_Threat_Model
      Create_Summary
      Create_Threat_Scenarios
      Create_Ultimate_Blog_Intro
      Create_Upgrade_Pack
      Create_Video_Chapters
      Create_Visualization
      Create_Visualization_Ultra
      Create_Visualization_Ultra_Mini
      Create_Visualization_Ultra_Mini_Plus
      Create_Visualization_Ultra_Plus
      Create_Visualization_Ultra_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus
      Create_Visualization_Ultra_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus_Plus