



The Genesis System for Self-Improvement: HBON Codebook

Jr., F. Russell Crites

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This workbook addresses multiple issues that individuals have when they come from a Family or Origin that is dysfunctional and/or when a person develops codependency issues. There are sixteen different codes that address a variety of problems. Issues that are addressed regarding this particular code are as follows: Family of Origin Roles Family of Origin Rules Other-Oriented Codependencies Self-Oriented Codependencies Unhealthy Other-Oriented Communication Styles Unhealthy Self-Oriented Communication Styles Bipolar Codependency Neglect and Abuse Issues Other-Orientation and Control Issues Self-Orientation and Control Issues Let the Journey Begin!

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