



HUOA Codebook: The Genesis System for Self-Improvement

F. Russell Crites Jr.

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This codebook addresses multiple issues that individuals have when they come from a Family of Origin that is dysfunctional and/or when a person develops codependency issues. This particular code covers the following concerns: • Family of Origin Roles • Family of Origin Rules • Other-Oriented Codependency • Avoidant Codependency • Unhealthy Other-Oriented Communication Styles • Unhealthy Avoidant Communication Styles • Neglect and Abuse Issues • Other-Orientation and Control Issues • Avoidance and the Postponement of Pain • Identifying Avoidant Mechanisms

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