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RBOA Codebook: The Genesis System for Self-Improvement

Jr., F. Russell Crites

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This codebook addresses multiple issues that individuals have when they experience pain or trauma later in life. Later life causality can occur as a result of relationships, work, legalistic religion or pain or conflict that life inevitably brings. Some of the issues addressed in this codebook are: • Other-Oriented Codependency • Self-Oriented Codependency • Avoidant Codependency • Unhealthy Other-Oriented Communication Styles • Unhealthy Self-Oriented Communication Styles • Unhealthy Avoidant Communication Styles • Bipolar Codependency • Neglect and Abuse Issues • Other-Orientation and Control Issues • Self-Orientation and Control Issues • Avoidance and the Postponement of Pain • Identifying Avoidant Mechanisms Let the Journey Begin!

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