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HBOA Codebook: The Genesis System for Self Improvement

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This workbook 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. A specific code addresses issues that are identified in the Coping Styles Assessment. Issues addressed in this workbook are: Family of Origin Roles Family of Origin Rules Other-Oriented Codependencies Self-Oriented Codependencies Avoidant Codependencies 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

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