



# **RBON Codebook: The Genesis System for Self-Improvement**

*F. Russell Crites Jr.*

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# RBON Codebook: The Genesis System for Self-Improvement

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**RBON Codebook: The Genesis System for Self-Improvement** F. Russell Crites Jr.

This codebook addresses multiple issues that individuals have when they experience later life difficulties such as, relationships, work, legalistic religion or pain or conflict. Some of the issues this codebook addresses are: • Other-Oriented Codependency • Self-Oriented Codependency • 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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