



# Three Faces of Codependency: A New Look at Codependency and Its Underlying Motivations

*Jr., F. Russell Crites*

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## **Three Faces of Codependency: A New Look at Codependency and Its Underlying Motivations Jr., F. Russell Crites**

The premise of this book is that there are three distinct motivations for codependency issues. Each of these motivations may play a significant role in how you function and relate on a day by day basis at work and in relationships. You may have developed shame based issues that are a result of what happened when you were a child or teenager living at home. This produces a tendency to please, accommodate or simply do what others want so they will like you. You may have developed control based issues where it is important for you to be in charge, get what you want, set the standard, etc., but it is usually at the expense of others. Last, you may have developed a powerful avoidance mechanism that triggers anytime you experience pain or conflict. If so, you have probably learned how to hide, get away, distract, change topics, etc. so you can avoid life difficulties. The premise identified above describes the underlying principle for the Genesis System for Self-Improvement. Multiple issues that go far beyond problems inherent with the three motivations are addressed. Multiple workbooks that help address core issues in this system can be obtained so that you can take your time and work through your issues. Within this work are two assessments that will help you identify specific issues that you may be experiencing as a result of historical conflict, pain and disaster that life often brings. A test entitled the Coping Styles Assessment Quick Check identifies any family of origin issues, codependency issues, unhealthy communication styles, and the underlying motivations you may have as shown above. This assessment provides you with a specific personal code. An 80 plus page CODEBOOK is available for each code that is identified. There are sixteen basic codebooks so it is important that you identify what your code is before you obtain the CODEBOOK. In addition, you can take the Adult Child Characteristic Rating Scale. It helps you identify if you are struggling with any of the thirty-four different characteristics. This assessment also has a companion workbook that addresses each of the adult child characteristics that are measured in the scale. The companion workbook is entitled, the Adult Child Workbook. Other resources are available depending on the issues you are experiencing. This book sets the foundation while the additional workbooks help you work through the issues you identify. I wish you the best as you take this journey!

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