



Adult Child Workbook: The Genesis System for Self-Improvement

F. Russell Crites Jr.

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If you came from a home that had any kind of dysfunction in it you will have learned to cope using a number of unhealthy learned characteristics. These Adult Child characteristics cause untold problems for you and those around you. Information in this workbook will help you, 1) identify what Adult Child characteristics are causing you difficulties, and 2) what you can do to rid yourself of these unwanted and unhealthy characteristics. Thirty-two different Adult Child characteristics are addressed in this workbook. Here are a few examples of the characteristics addressed: • Guilt Feelings • A Victim Mentality • The Excitement Addiction • Fear of Abandonment • The Difficulty of Truth Telling • Rigidity is Safety • Fear of Intimacy • Risk Taking • The Approval Addiction

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