

US Name the Code — Accountability, Boundary, and Abuse Response Master List

Refocus and Redirect

- **RB** = Return to Behavior
- **RI** = Return to Issue
- **RF** = Return to Facts
- **RQ** = Return to Question
- **REA** = Return to Evidence
- **RAT** = Return to Actual Topic
- **ROP** = Return to Original Point
- **RBP** = Return to Behavioral Pattern
- **RAC** = Return to Actual Conduct
- **RHD** = Return to Harm Discussed
- **RCI** = Return to Current Issue
- **RAO** = Return to Actual Observation
- **RTE** = Return to the Event
- **RTC** = Return to the Concern
- **RDI** = Redirect to Issue
- **RST** = Refocus and Stay on Topic
- **RCL** = Return to Clear Language
- **RFO** = Refocus on Outcome
- **RFS** = Return to Specifics
- **RNT** = Return to the Narrative's Starting Point

Accountability

- **ABH** = Address Behavior
- **AAC** = Address Actual Conduct
- **AOB** = Address Observable Behavior
- **AFC** = Address Factual Claims

- **AEO** = Address Event Only
- **ARP** = Accountability Redirect Point
- **BCA** = Behavior-Centered Analysis
- **BFO** = Behavior First Orientation
- **ACT** = Actions Carry Truth
- **RCA** = Responsibility Checkpoint
- **ACC** = Accountability Call
- **ACF** = Accountability Through Facts
- **ASP** = Actions Speak Principle
- **ROA** = Responsibility of Actions
- **RCLA** = Responsibility Clarification
- **ACTE** = Actions Over Explanations
- **BEH** = Behavior Examination
- **FOC** = Focus on Conduct
- **EBA** = Evidence-Based Accountability
- **ACX** = Accountability Exchange

Manipulation Identification

- **NBS** = Name the Blame Shift
- **NG** = Name the Gaslighting
- **NDB** = Name the Double Bind
- **NCA** = Name the Character Attack
- **NSH** = Name the Shaming
- **NINT** = Name the Intimidation
- **NMAN** = Name the Manipulation
- **NDEF** = Name the Deflection
- **NPROJ** = Name the Projection
- **NTRI** = Name the Triangulation
- **NFA** = Name the False Accusation
- **NFOG** = Name the Fear-Obligation-Guilt Pattern

- **NVC** = Name the Victim Comparison
- **NREV** = Name the Reversal
- **NLAB** = Name the Labeling
- **NSTR** = Name the Strawman
- **NRED** = Name the Redirection
- **NMIN** = Name the Minimization
- **NMAX** = Name the Exaggeration
- **NDEN** = Name the Denial
- **NMOV** = Name the Goalpost Move
- **NSCP** = Name the Scapegoating
- **NSMR** = Name the Smear
- **NDAR** = Name the DARVO Pattern
- **NISO** = Name the Isolation Attempt

Boundary Maintenance

- **BH** = Boundary Hold
- **BR** = Boundary Restatement
- **BL** = Boundary Limit
- **BNR** = Boundary Non-Reactivity
- **BED** = Boundary Enforcement
- **BEX** = Boundary Explanation
- **BST** = Boundary Stop
- **BNO** = Boundary No
- **BREP** = Boundary Repeat
- **BCLR** = Boundary Clarification
- **BPROT** = Boundary Protection
- **BSAFE** = Safety Boundary
- **BTIME** = Time Boundary
- **BTOP** = Topic Boundary
- **BACC** = Accountability Boundary

- **BRESET** = Boundary Reset
- **BHOLD** = Hold the Line
- **BNEG** = No Boundary Negotiation
- **BEND** = End Discussion Boundary
- **BEXIT** = Exit Boundary

Self-Blame Prevention

- **NSB** = No Self-Blame
- **SBC** = Self-Blame Check
- **RESP** = Responsibility Clarification
- **OWN** = Own Your Actions Only
- **NTA** = Not Taking Ownership of Another's Actions
- **ROC** = Reality-Oriented Check
- **FACT** = Facts Before Fault
- **ACTV** = Action Versus Identity
- **SEPSELF** = Separate Self from Event
- **NABS** = No Absorbing Blame
- **NCAR** = No Carrying Another's Responsibility
- **NRESC** = No Rescue Obligation
- **NJUST** = No Excessive Self-Justification
- **NCOMP** = No Comparative Self-Blame
- **SELFCHK** = Self-Assessment Check
- **NID** = No Identity Damage
- **NMERGE** = Do Not Merge with the Accusation
- **NINTJ** = No Internalized Judgment
- **NOWNX** = Do Not Own Another's Choices

Emotional Regulation

- **CALM** = Calm Response
- **PAUSE** = Pause Before Responding

- **BREATH** = Regulation Pause
- **NEUT** = Neutral Language
- **DET** = Emotional Detachment
- **OBSERVE** = Observe Before Reacting
- **STAB** = Stabilize
- **COOL** = Cooling-Off Period
- **REG** = Emotional Regulation
- **RESPX** = Responsive, Not Reactive
- **SLOW** = Slow the Exchange
- **CLR** = Clarify Before Concluding
- **SEP** = Separate Feelings from Facts
- **GROUND** = Ground in Reality
- **EQ** = Emotional Check-In
- **NRX** = Non-Reactive Response

Conversation Control

- **STK** = Stay on Topic
- **OSI** = One Subject at a Time
- **NOP** = No Old Problems
- **NPI** = No Personal Insults
- **NMC** = No Mind Reading Claims
- **NHC** = No Historical Cataloguing
- **NMO** = No Motive Assumptions
- **NRELIT** = No Relitigating Closed Issues
- **NPILE** = No Piling On
- **NAMB** = No Ambush Conversations
- **NTHR** = No Threat-Based Discussion
- **NFLOOD** = No Information Flooding
- **NCHAOS** = No Chaos Tactics
- **NOVER** = No Over-Talking

- **NINTP** = No Interruption Pattern

Reality and Evidence

- **EVD** = Evidence Requested
- **DOC** = Documentation
- **VER** = Verification
- **CLM** = Claim Examination
- **OBSR** = Observable Reality
- **TIM** = Timeline Review
- **REC** = Record Check
- **FCT** = Fact Check
- **SRC** = Source Verification
- **PROOF** = Request for Supporting Evidence
- **CONTEXT** = Context Review
- **CONSIST** = Consistency Check
- **DATA** = Data Review
- **CORR** = Corroboration
- **TRACE** = Trace the Claim

Healthy Communication

- **ASSERT** = Assertive Communication
- **LIST** = Active Listening
- **CLAR** = Clarification Request
- **QST** = Question Before Conclusion
- **SOLV** = Solution Focus
- **GOAL** = Outcome Focus
- **MUT** = Mutual Understanding
- **RESPECT** = Respectful Engagement
- **CUR** = Curiosity First
- **DIAL** = Dialogue Invitation

- **COMMON** = Common Ground Search
- **COOP** = Cooperative Problem Solving
- **WINWIN** = Mutual Benefit Focus
- **REPAIR** = Relationship Repair Attempt

Example Decoder

NBS + RB + AOB + BH + STK + EVD + CALM

Translation:

- Name the Blame Shift
- Return to Behavior
- Address Observable Behavior
- Hold the Boundary
- Stay on Topic
- Request Evidence
- Remain Calm

Identify the blame shift, redirect the discussion to observable behavior, maintain your boundary, keep the conversation focused, ask for evidence, and respond calmly rather than defensively.

"Name the Code" system helps US by focusing on constructive responses, accountability, boundaries, evidence, and communication skills rather than only identifying harmful patterns.