HUBBARD COMMUNICATIONS OFFICE
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TRAINING DRILLS

NAME: ARC Break

POSITION: Student and coat sit facing each other a comfortable distance apart.

COMMANDS: The coach makes up his mind there has been an actual specific ARC break.
He doesn't tell the student. He then says, "Start." Then the student says,

"HAVE I DONE SOMETHING WRONG?"

The coach answers this appropriately and the student says:

"WHAT WAS IT?"

The coach answers, and then the student says,

"WHEN WAS IT?"

The student gets it described and then says,

"HOW IS IT NOW?"

Then when he's got it more or less stamped out here then he takes it on the other
side of the picture and says,

"HAVE YOU DONE SOMETHING WRONG IN THIS SESSION?"

The coach answers that appropriately, and the student auditor asks,

"WHAT WAS IT?"   "WHEN WAS IT?"   and   "HOW is it?"

When all have been handled satisfactorilly the coach ends that cycle of action and
then starts a new one.

PURPOSE: Is to train the student to handle ARC breaks in a session and to get them
handled quickly, and effectively, on both the overt and motivator side, since there's
always an overt connected with an auditing ARC break of one kind or another.

TRAINING STRESS: The training stress is on the reality and actuality of ARC break
and the necessity of handling them. It should be pointed out that on an E-Meter that
it is the ARC break that causes the rising needle and also it must be pointed out that
in actual auditing he will be using an E-Meter since he's not running this with a
meter in his hand. In real auditing he flattens it until his meter shows no change on
the subject. In running this TR he is simply going to flatten it by the seat of his
pants and the satisfaction of the coach.

This is a 2-way comm formal auditing non-duplicative process and is only used to
patch up ARC break when one occurs. It is not a repetitive command process which is
supposed to do something terrific for the pc. It doesn't. It is just supposed to keep
the session on the road and is not in itself therapeutic.

The student never answers or explains to the coach about the ARC break. In other words,
we must keep the auditor's code while running an ARC break out. Probably more strongly
than we would ordinarily keep an auditor's code. No evaluating questions. No
invalidating questions. No explanations.

It should be understood that an ARC break is the only thing that will depress a profile.
Nothing else will depress a profile except an ARC break. Handling ARC breaks is the
only thing which keeps the profile from being depressed so this is a pretty important
TR and its really got to be smooth and free. It is the one thing that can submerge
an engram or foul the session. It should be understood that in actual auditing if the
pc gives the auditor the Break as soon as the auditor asks for it, the question "What
is it?" is dropped.

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