

2. "How has somebody tried to change you?"
3. "How has somebody changed another?"
4. "How has another changed somebody?"
5. "How has somebody changed self?"

15 Way Bracket
(something or somebody)

1. "How have you changed something?"
2. "How has something tried to change you?"
3. "How has something changed another?"
4. "How has another changed something?"
5. "How has something changed?"
6. "What have you not changed?"
7. "What has not changed you?"
8. "What has not changed something?"
9. "What has something not changed?"
10. "What has not changed self?"
11. "What have you failed to change?"
12. "What has failed to change you?"
13. "What has something failed to change?"
14. "What has failed to change something?"
15. "What has failed to change self?"

The above commands are run consecutively as one process.
This process is the basic Release Process.

Another version:

1. "What change have you avoided?"
2. "What change have you sought?"
3. "What no change have you avoided?"
4. "What no change have you sought?"
5. "What failed change have you avoided?"
6. "What failed change have you sought?"

Another version:

1. "Recall a change."
2. "Recall a no-change."
3. "Recall a failed change."

Another version:

Sort out "Think" or "get the idea" by the meter's reaction.
Use one that produces the most fall.

1. "Think (get the idea) of a change."
2. "Think of a no-change."
3. "Think of a failed change."

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BOARDS OF DIRECTORS
of the
CHURCHES OF SCIENTOLOGY

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