

HUBBARD COMMUNICATIONS OFFICE

Remimeo  
Class IV

Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 24 JANUARY 1969

SUB-ZEROS - TRIPLE GRADES

LOWER LEVELS - TRIPLE GRADES

Auditor	pc Name
Case Super	date

Note: This HCO B is to be used ONE FOR EACH PC as a check sheet for that pc and belongs in his/her folder. IT IS DONE DURING session, not filled in after.

Triple Grades depends upon the three primary flows: Out-Flow, In-Flow, and Cross-Flow. These are designated respectively: F1, F2, and F3.

Each Grade is now followed by a Havingness process. Processing deletes unwanted mass. Havingness restores the mass "desired" and eventually brings one up to not needing it. Each grade is complete when it's Havingness processes have been run to FN after all flows of all processes here listed for that grade have been run each to FN.

TRIPLE RUDS RUN  
in earlier session

To FN \_\_\_\_\_  
Auditors  
Initials  
To FN \_\_\_\_\_

Rud, flown this session

STRAIGHT-WIRE TRIPLE

- SW F1: Recall a time that was really real to you.
- Recall a time you were in good communication with someone.
- Recall a time you really felt affinity for someone.
- Recall a time you knew you understood someone.
- SW F2: Recall a time that was really real to another.
- Recall a time someone was in good communication with you.
- Recall a time someone really felt affinity for you.
- Recall a time another knew he/she understood you.

To FN \_\_\_\_\_  
To FN \_\_\_\_\_  
To FN \_\_\_\_\_

SW F3: Recall a time that was really real for others.  
 Recall a time another was in good communication with others.  
 Recall a time another really felt affinity for others.  
 Recall a time another knew he understood others.

To FN \_\_\_\_\_

Havingness: SWH F1: Look around here and find something that is really real to you.

To FN \_\_\_\_\_

SWH F2: Look around here and find something that would really be real to another.

To FN \_\_\_\_\_

SWH F3: Look around here and find something that would be really real to others.

To FN \_\_\_\_\_

### DIANETIC SECONDARIES TRIPLE

RECALL STEP: SR F1 - Recall losing something.

To FN \_\_\_\_\_

SR F2 - Recall another losing something.

To FN \_\_\_\_\_

SR F3 - Recall others losing something of others.

To FN \_\_\_\_\_

Havingness: (1 process) SMH Notice that \_\_\_\_\_

To FN \_\_\_\_\_

### INCIDENT STEPS:

IS F1: "Locate an incident where you lost something."

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)."
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)."  
Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident. If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, Continue".
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.

11. Continue the above until
  - a. The pc spots an earlier incident, or
  - b. The pc gets no change on a run through the incident from the run just before, or
  - c. The incident becomes more solid or fails to discharge.
12. If a, b, or c above occurs: "Locate an earlier similar incident."
13. Then 1 through 9.

To FN \_\_\_\_\_

IS F2: "Locate an incident of you causing another loss and misemotion."

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)."
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)."  
Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident.  
  
If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue."
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.
11. Continue the above until;
  - a. The pc spots an earlier incident, or
  - b. The pc gets no change on a run through the incident from the run just before, or
  - c. The incident becomes more solid or fails to discharge.
12. If a, b, or c above occurs: "Locate an earlier similar incident".
13. Then 1 through 9.

To FN \_\_\_\_\_

IS F3: "Locate an incident of another causing others loss and misemotion."

1. Date the incident
2. Move pc to the incident with the exact command "Move to (date)".
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)." Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident. If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue."
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.
11. Continue the above until:
  - a. The pc spots an earlier incident, or
  - b. The pc gets no change on a run through the incident from the run just before, or
  - c. The incident becomes more solid or fails to discharge.
12. If a, b, or c above occurs: "Locate an earlier similar incident."
13. Then 1 through 9.

To FN \_\_\_\_\_

If the pc drops into the underlying engram chain on any secondary flow being run, before FN on the chain, continue down the engram chain to FN and note the fact on this checksheet so that that engram flow will not be run again in error. After FN on that engram chain, take up the next remaining Secondary flow.

Havingness:

ISH F1: Tell me something you could touch.

To FN \_\_\_\_\_

ISH F2: Tell me something another could touch.

To FN \_\_\_\_\_

ISH F3: Tell me something another could get others to touch.

To FN \_\_\_\_\_

DIANETIC ENGRAMS TRIPLE

Auditors Initials \_\_\_\_\_

## NO RECALL STEP

## INCIDENT STEPS:

E F1: "Locate an incident containing pain and unconsciousness."

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)"
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)." Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident. If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue".
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.
11. Continue the above until:
  - a. The pc spots an earlier incident, or
  - b. The pc gets no change on a run through the incident from the run just before, or
  - c. The incident becomes more solid or fails to discharge.
12. If a, b, or c above occurs: "Locate an earlier similar incident".
13. Then 1 through 9.

To FN \_\_\_\_\_

E F2: "Locate an incident of you causing another pain and unconsciousness."

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)."
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)." Wait until meter flicks.

5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident. If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue".
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.
10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the pc.
11. Continue the above until:
  - a. The pc spots an earlier incident, or
  - b. The pc gets no change on a run through the incident from the run just before, or
  - c. The incident becomes more solid or fails to discharge.
12. If a, b, or c above occurs: "Locate an earlier similar incident."
13. Then 1 through 9.

To FN \_\_\_\_\_

E F3: "Locate an incident of another causing others pain and unconsciousness".

1. Date the incident.
2. Move pc to the incident with the exact command "Move to (date)."
3. "What is the duration of the incident?"
4. "Move to the beginning of the incident at (date)." Wait until meter flicks.
5. "What do you see?" (If pc's eyes are open, tell pc first, "Close your eyes".)
6. "Move through the incident to a point (duration) later."
7. Ask nothing, say nothing, do nothing (except observe meter or make quiet notes) while pc is going through the incident. If the pc says anything at all, just acknowledge and let him continue, using this exact command softly "Okay, continue".
8. When the pc reaches the end of the incident say only "What happened?" When pc has finished talking, give a final acknowledgement.
9. Repeat exactly and only 2 through 8.

10. After the second and subsequent runs through an incident check "Has the incident become more solid?" with the po.

11. Continue the above until:

- a. The po spots an earlier incident, or
- b. The po gets no change on a run through the incident from the run just before, or
- c. The incident becomes more solid or fails to discharge.

12. If a, b, or c above occurs: "Locate an earlier similar incident".

13. Then 1 through 9.

To FN \_\_\_\_\_

Havingness:

EH F1: Look around here and find something you like.

To FN \_\_\_\_\_

EH F2: Look around here and find something another would like.

To FN \_\_\_\_\_

EH F3: Look around here and find something another could get others to like.

To FN \_\_\_\_\_

LEVEL O TRIPLE

O-OF1 "What are you willing to talk to me about?"

To FN \_\_\_\_\_

"What would you like to tell me about that?"

O-OF2 "What are you willing for another to talk to you about?"

To FN \_\_\_\_\_

"What would you like him/her to tell you about that?"

O-OF3 "What is another willing to talk to others about?"

To FN \_\_\_\_\_

"What would he like to tell others about that?"

OA-F1 (Auditor chooses person by asking po who it would be difficult to talk to.)

"If you could talk to \_\_\_\_\_ (chosen subject), what would you talk about?"

To FN \_\_\_\_\_

"All right, if you were talking to \_\_\_\_\_ about that, what would you say exactly?"

OA-F2 (Auditor chooses someone po wouldn't like to listen to)

"If \_\_\_\_\_ could talk to you, what would he talk about?"

To FN \_\_\_\_\_

"All right, if \_\_\_\_\_ was talking to you about that, what would he/she say exactly?"

OA-F3 (Auditor chooses two people antagonistic to each other.)

"If another could talk to (two antagonistic persons) what would he/she talk about?"

To FN \_\_\_\_\_

"All right, if another was talking to (two antagonistic persons) about that, what would he/she say exactly?"

OB-F1 (Auditor chooses subject pc would have difficulty talking about.)

"What are you willing to tell me about \_\_\_\_\_?" )

"Who else could you say those things to?"

To FN \_\_\_\_\_

OB-F2 (Auditor chooses subject pc would find it difficult to hear another talk about.)

"What are you willing to have someone else tell you about \_\_\_\_\_?" )

"Who else could he or she say those things to?"

To FN \_\_\_\_\_

OB-F3 (Auditor chooses subject pc would have difficulty having others discuss.)

"What are you willing to have someone tell others about \_\_\_\_\_?" )

"Who else could another say those things to?"

To FN \_\_\_\_\_

Havingness:

OH F1: What solid could you understand?

To FN \_\_\_\_\_

OH F2: What solid could another understand.

To FN \_\_\_\_\_

OH F3: What solid could another get others to understand.

To FN \_\_\_\_\_

LEVEL ONE TRIPLE

1-F1 "What problem have you had with someone?" )  
"What solutions have you had for that problem?"

To FN \_\_\_\_\_

1-F2 "What problem has another had with you?" )  
"What solutions has another had for that problem?"

To FN \_\_\_\_\_

1-F3 "What problem has someone had with another?" )  
"What solutions have they had for that problem?"

To FN \_\_\_\_\_

Havingness:

IH F1 a. Point out something desirable

To FN \_\_\_\_\_

IH F2 a. Point out something another would find desirable

To FN \_\_\_\_\_

IH F3 a. Point out something another could get others to desire.

To FN \_\_\_\_\_



LEVEL TWO TRIPLE

HCO B 5/8/68 "Level Two" is amended as these flows will now be run separately.

2-F1 "What have you done?" To FN \_\_\_\_\_

2-F2 "What has been done to you?" To FN \_\_\_\_\_

2-F3 "What has another done to another?" To FN \_\_\_\_\_

Havingness:

2H F1 Tell me a flow you could be interested in. To FN \_\_\_\_\_

2H F2 Tell me a flow another would be interested in. To FN \_\_\_\_\_

2H F3 Tell me a flow another could get others interested in. To FN \_\_\_\_\_

LEVEL THREE TRIPLE

3-F1 1. Locate a change in life by listening to Blowdown:  
"What change has happened in your life?"

2. Get it dated.

3. Get some of the data of it (don't run as an engram)  
so you know what the change was.

4. Find out by assessment if this was a Break in

Affinity  
Reality  
Communication or  
Understanding

and have the pc examine that briefly.

5. Taking the one found in "4" find out by assessment  
if it was

Curious about \_\_\_\_\_

Desired \_\_\_\_\_

Enforced \_\_\_\_\_

Inhibited \_\_\_\_\_

To FN \_\_\_\_\_

3-F2 1. Locate a change by listening to Blowdown:  
"What change has happened in another's life?"

2. Get it dated.

3. Get some of the data of it (don't run as an engram)  
so you know what the change was.

4. Find out by assessment if this was a Break in

Affinity  
Reality  
Communication or  
Understanding

and have the pc examine that briefly.

5. Taking the one found in "4" find out by assessment if it was

Curious about \_\_\_\_\_

Desired \_\_\_\_\_

Enforced \_\_\_\_\_

Inhibited \_\_\_\_\_

To FN \_\_\_\_\_

- 3-F3 1. Locate a change by listing to Blowdown:  
"What change has happened in other's lives?"
- 2. Got it dated.
- 3. Get some of the data of it (don't run as an engram) so you know what the change was.
- 4. Find out by assessment if this was a Break in

Affinity  
 Reality  
 Communication or  
 Understanding

and have the pc examine that briefly.

5. Taking the one found in "4" find out by assessment if it was

Curious about \_\_\_\_\_

Desired \_\_\_\_\_

Enforced \_\_\_\_\_

Inhibited \_\_\_\_\_

To FN \_\_\_\_\_

Havingness:

- 3H F1: What is unknown about that (room object)? To FN \_\_\_\_\_
- 3H F2: What doesn't another know about that (room object)? To FN \_\_\_\_\_
- 3H F3: What about that (room object) could someone make unknown to others. To FN \_\_\_\_\_

LEVEL FOUR TRIPLE

4-F1 List, "In this lifetime, what do you use to make others wrong?" Null to the Service Fac.

Run it in brackets:

"In this lifetime how would \_\_\_\_\_ (Service Fac) make you right?"

"In this lifetime how would \_\_\_\_\_ make others wrong?"

"In this lifetime how would \_\_\_\_\_ help you escape domination?"

"In this lifetime how would \_\_\_\_\_ help you dominate others?"

"In this lifetime how would \_\_\_\_\_ aid your survival?"

"In this lifetime how would \_\_\_\_\_ hinder the survival of others?"

To FN \_\_\_\_\_

4-F2 List, "In this lifetime what does another use to make you wrong?" Null to Service Fac.

Run it in:

"In this lifetime how would \_\_\_\_\_ make others right?"

"In this lifetime how would \_\_\_\_\_ make you wrong?"

"In this lifetime how would \_\_\_\_\_ help others escape domination?"

"In this lifetime how would \_\_\_\_\_ help others to dominate you?"

"In this lifetime how would \_\_\_\_\_ aid their survival?"

"In this lifetime how would \_\_\_\_\_ hinder your survival?"

To FN \_\_\_\_\_

4-F3 List, "In this lifetime what does another use to make others wrong?" Null to Service Fac.

Run it in:

"In this lifetime how would \_\_\_\_\_ make another make himself right?"

"In this lifetime how would \_\_\_\_\_ let another make others wrong?"

"In this lifetime how would \_\_\_\_\_ help another escape domination?"

"In this lifetime how would \_\_\_\_\_ help another dominate others?"

"In this lifetime how would \_\_\_\_\_ aid another's survival?"

"In this lifetime how would \_\_\_\_\_ hinder the survival of others?"

To FN \_\_\_\_\_

Havingness:

4H F1 Tell me a flow you know something about.

To FN \_\_\_\_\_

4H F2 Tell me a flow another could know something about.

To FN \_\_\_\_\_

4H F3 Tell me a flow someone could get others to know about.

To FN \_\_\_\_\_

