

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

Remimeo
Dn Checksheet

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ASSESSMENT AND INTEREST

An assessment consists simply of calling off the items the pc has given and marking down the reads that occur on the meter. The pc is not required to comment during this action and it is better if he does not.

This action is called "Assessment for Longest Read". It is used mainly in Dianetics.

There are two Scientology assessments which are differently done. These are "Assessment by Elimination" and "Listing and Nulling". They are not used in Dianetics. One does not mix the three types.

In Dianetic Assessment by Longest Read one uses these symbols:

- X - didn't read
- Tick - small jerk of needle
- sF - Small Fall (a quarter to half an inch)
- F - Fall (about one to 2 inches)
- LF - Long Fall (2 to 3 inches)
- LFBD - Long fall followed by a "blow down" or TA motion downward.

All falls are to the right. A "BD" is a Tone Arm motion to the left made to keep the needle on the dial.

The favored action for an item is an LFBD and if one item on the list does so, that is it without any further assessment.

The reason one assesses is that **IF AN ITEM DOES NOT READ ON THE METER WHEN ASSESSED IT IS BEYOND THE PCS LEVEL OF AWARENESS.**

It is very unwise and unsafe to try to run a somatic which has not read on the list. It will be beyond the pc's reality and beyond his awareness and will result in overwhelming him.

That an item reads guarantees that the pc will be able to confront and erase the chain. So that an item reads well is a guarantee that the pc can handle it and will not get in too deep for him.

The exception to this is a PROTEST read. An item, possibly already run, is seen to read. The pc frowns. He is protesting and the meter is registering protest, not the item. One never runs a pc against his protest. To do so will overwhelm him and give a bad result. A protest almost never blows down the TA.

To be sure that the item is right, one usually asks the pc if he is interested in the item chosen.

If the pc says no, he doesn't want to run it, this is a protest read.

One then picks the second best reading item on the assessment already done and checks that with the pc for interest. The pc will usually be interested in it.

The pc can almost always be counted on to be interested in any item that gives a LFBD.

One never simply asks the pc which on the list he is interested in as “an assessment” as it will be found the pc simply chooses at random and may choose a null item. The result may be a very unsuccessful session.

An auditor may sometimes be astonished by what reads. The pc, let us say, obviously has a broken leg but what reads is an earache. One runs what reads, not what the auditor knows should be run. A “know best” in an auditor can be a fatal fault.

On a second or third assessment items which were at first null or reading poorly will be found to “come alive” and read well. The pc, by being audited has had an increase of ability to confront and, if the auditing is standard, an increase in confidence. The result is that items beyond his reach previously (and did not read well) are now available and can be run easily.

The E-Meter measures the awareness depth of the pc. On things which do not read on assessment you would find his reality poor. Things that read well on assessment will be found to be things on which a pc has a high reality and a high interest level.

Only if pushed to audit without a meter could an auditor assess by interest only. There is no real excuse for it if one has an E-Meter.

Auditing without a meter is a chancey activity.

Good assessment by longest read is the best entrance to a successful session.

The same list will serve for the next item to be run and should be used rather than just asking the pc.

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L. RON HUBBARD
FOUNDER