

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO POLICY LETTER OF 14 FEBRUARY 1980
ISSUE I

Dept of Public
Services All
US Orgs and
Missions

The Essentials of Dianetics Checksheet No. 0

SELF IMPROVEMENT COURSE

NAME: _____ DATE STARTED: _____

ORGANIZATION: _____ DATE COMPLETED: _____

PREREQUISITE: HOW TO UNDERSTAND YOUR MIND Introductory Lecture,
FDD 345 DIV VI INT 15 Nov 79.

LENGTH OF COURSE: 3 to 4 days of part-time study.

MATERIALS: The book: SELF ANALYSIS by L. Ron Hubbard.

PURPOSE: To train a person in the procedure of Self Analysis so that he can achieve self improvement.

STUDY INFORMATION: In studying Dianetics be very, very certain you never go past a word you do not fully understand.

The only reason a person gives up a study or becomes confused or unable to learn is that he or she has gone past a word or phrase that was not understood.

If the material becomes confusing or you can't seem to grasp it, there will be a word just earlier that you have not understood. Don't go any further, but go back BEFORE you got into trouble, find the misunderstood word and get it defined.

If you do have any trouble while studying this course, see your course supervisor and he will help you.

SEQUENCE: The items on the checksheet are to be studied and drilled in sequence. Each item is to be signed off as it is done.

END PHENOMENA: Knowing that you have improved yourself and have the data to continue to do so in life.

PRODUCT: A person who has achieved self improvement through the procedures of Self Analysis and has the data to continue to do so in life.

CERTIFICATE/IMPROVEMENT: The graduate of this course is awarded the SELF IMPROVEMENT COURSE GRADUATE Certificate.

SECTION A - SELF ANALYSIS

- 1. Look up the following words in the attached Glossary. Make sure you understand what the word means then use it in several made up sentences of your own.

DIANETICS	_____	_____	_____	*LOCK	_____	_____	_____
SCIENTOLOGY	_____	_____	_____	CASE	_____	_____	_____
AUDITOR	_____	_____	_____	DISCHARGE	_____	_____	_____
PRECLEAR	_____	_____	_____	PROCESSING	_____	_____	_____
*REACTIVE MIND	_____	_____	_____	OCCLUDED	_____	_____	_____
*ENGRAM	_____	_____	_____	RECALL	_____	_____	_____
*SECONDARIES	_____	_____	_____				

*NOTE: These words can be found in the Dianetics Picture Book, pages 3 - 7.

- 2. READ: Processing Section, pages 62 - 70.
- 3. ESSAY: Why the recall of these questions (from the Self Analysis Lists) is important.
- 4. ESSAY: How the concentration on happy circumstances or good moments is beneficial to the person being asked the Self Analysis questions.
- 5. ESSAY: Write out what should be done if the pre-clear becomes upset while he is receiving Self Analysis auditing.

SECTION B - HOW TO USE THE DISC

- 1. READ: Important - How To Use the Disc, page 60.
- 2. DRILL:
 - A. Place the disc slot over question 1 of LIST ONE GENERAL INCIDENTS list (on page 71) so that the question shows through.
 - B. Recall the incident desired.
 - C. Look at the uppermost word (perception) on the disc itself. Recall the incident again as in step B but this time recalling the particular sense located at the uppermost position on the disc.
 - D. Recall another incident and again use the particular sense located at the uppermost position on the disc.
 - E. Recall the earliest incident of this kind by recalling it again using the particular sense located at the uppermost position of the disc.
 - F. Write up what happened and turn it in to your supervisor.

SECTION C - SELF ANALYSIS AUDITING SECTION

- 1. Read over "List 1 General Incidents" pages 71 - 73, and ensure you understand each line. If any part is confusing or unclear or you are uncertain about it, look for a word or symbol you don't understand. Clear it up using the dictionary. If you have any trouble with this, ask the supervisor for help.
- 2. Do the above with the Special Session Lists, pages 172 - 175.
- 3. Read the Attachment #1 to your checksheet.
- 4. DRILL: Asking the auditing questions and using the disc until you are certain of how to do it. This is not to be done with another student but should be done to a doll. Final checkout by supervisor.

- 5. DRILL: Using the "Special Session Lists" to a doll until you feel certain about their use. Final checkout by supervisor.
- 6. AUDITING: Receive at least two hours of "List 1 General Incidents" from another student.*
- 7. AUDITING: Give another student at least two hours of "List 1 General Incidents".*

*NOTE: The auditing time may be broken up and done in several smaller units of time. The auditing should be done until the preclear has very good indicators (happy, smiling, bright), at which time he should be sent to the examiner. This auditing should be supervised.

STUDENT COURSE COMPLETION

STUDENT COMPLETION: I have completed the requirements of this check-sheet and I know and can apply the materials.

STUDENT ATTEST: _____ DATE: _____

I have trained this student to the best of my ability and he/she has completed the requirements of this checksheet and knows and can apply the checksheet data.

SUPERVISOR ATTEST: _____ DATE: _____

STUDENT ATTEST AT CERTS AND AWARDS: I attest: (a) I have enrolled on the course, (b) I have paid for the course, (c) I have studied and understand all the materials of this checksheet, (d) I have done all the drills on this checksheet, (e) I can produce the results required in the materials of the course.

STUDENT ATTEST: _____ DATE: _____

CERTS AND AWARDS ATTEST: _____ DATE: _____

CERTS AND AWARDS: Certificate of SELF IMPROVEMENT COURSE GRADUATE Issued.

CERTS AND AWARDS: _____ DATE: _____

L. RON HUBBARD
FOUNDER

As assisted by
Carrie Cook
Public Services Project

and

Public Services Pilot

for the

BOARDS OF DIRECTORS
of the
CHURCHES OF SCIENTOLOGY