

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO POLICY LETTER OF 14 FEBRUARY 1980
ISSUE II

Dept of Public
Services All
US Orgs and
Missions

The Essentials of Dianetics Checksheet No. 1

THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE

NAME: _____ DATE STARTED: _____

ORGANIZATION: _____ DATE COMPLETED: _____

PREREQUISITE: Checksheet No. 0 of this series (mandatory for brand new public) HCO PL 14 Feb 80 Issue I SELF IMPROVEMENT COURSE.

LENGTH OF COURSE: 2 to 4 days of part-time study.

MATERIALS: The book: DIANETICS: THE MODERN SCIENCE OF MENTAL HEALTH by L. Ron Hubbard.

PURPOSE: To give a person an understanding of what optimum survival is and how it can be achieved.

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 gained an understanding of what optimum survival is and how to achieve it.

PRODUCT: A person who has gained an understanding of what optimum survival is and knows how to achieve it.

CERTIFICATE: The graduate of this course is awarded THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART I GRADUATE Certificate.

BOOK ONE:

- 1. How to Read This Book. _____
- 2. CHAPTER I THE SCOPE OF DIANETICS _____
- 3. ESSAY: Briefly write down what Dianetics does. _____
- 4. DRILL: Give your partner three examples of times when Man could have used a science of the mind. For each example, tell your partner how Dianetics could have helped. _____
- 5. CHAPTER II THE CLEAR _____
- 6. ESSAY: How returning is different from remembering and reliving. Which would be the best way to recall something? _____
- 7. DRILL: Recall three or four pleasure incidents. See what you can get on your various recalls (visio, tactile, sonic, etc.). Write up what happened and turn this in to your supervisor. _____
- 8. ESSAY: What irrationality is. How could something that always gets right answers be fixed so that it would appear irrational? _____
- 9. DRILL: Tell your partner what irrationality is and give him five examples of irrationality. _____
- 10. CHAPTER III THE GOAL OF MAN _____
- 11. ESSAY: What the dynamic principle of existence is. What are the highest and lowest levels of this dynamic? _____
- 12. ESSAY: The functions of pleasure and pain. What is an "immoral pleasure" and how does it relate to pain? _____
- 13. ESSAY: What the zones of the descriptic graph of survival are and how the survival suppressor is related to this graph. _____
- 14. DRILL: With another person, explain what happiness is and give four or five examples. _____
- 15. CHAPTER IV THE FOUR DYNAMICS _____
- 16. ESSAY: What the four dynamics are. Give an example of each one from your own experience. _____
- 17. ESSAY: How an optimum solution could be achieved. What could keep an optimum solution from being achieved? Give an example of each. _____
- 18. CHAPTER V SUMMARY _____
- 19. DRILL: With another person, explain what intelligence is and give five examples. Explain what inhibits intelligence and give an example of how this could happen. _____
- 20. ESSAY: The difference between a training pattern and a habit. Give two or three examples of each. _____
- 21. DRILL: Work out what you need to do in order to achieve happiness on each of the dynamics (using what you've learned on this course). Write down what you worked out and turn it in to your supervisor. _____

ADDITIONS TO THE CHECKSHEET

STUDENT COURSE COMPLETION

STUDENT COMPLETION: I have completed the requirements of this checksheet 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 THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART 1 GRADUATE issued.

CERTS AND AWARDS: _____ DATE: _____

(Route this form to Course Admin for filing in student's folder.)

L. RON HUBBARD
FOUNDER

As assisted by
Public Services Pilot

for the

BOARDS OF DIRECTORS
of the
CHURCHES OF SCIENTOLOGY

BDCS:LRH:PSP:gal
Copyright © 1980
by L. Ron Hubbard
ALL RIGHTS RESERVED