

HUBBARD COMMUNICATIONS OFFICE  
Saint Hill Manor, East Grinstead, Sussex

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Dept of Public  
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The Essentials of Dianetics Checksheet No. 2

THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE

NAME: \_\_\_\_\_ DATE STARTED: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_ DATE COMPLETED: \_\_\_\_\_

PREREQUISITE: Checksheet No. 1 of this series, HCO PL 14 Feb 80  
Issue II THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE

LENGTH OF COURSE: 4 to 6 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 one's mind consists of, how it works and its purpose.

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 the mind consists of, how it works and its purpose.

PRODUCT: A person who has gained an understanding of what the mind consists of, how it works and its purpose.

CERTIFICATE: The graduate of this course is awarded THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART 2 GRADUATE Certificate.

BOOK TWO:

1. CHAPTER I THE ANALYTICAL MIND AND THE STANDARD MEMORY BANKS
2. ESSAY: What the analytical mind is. \_\_\_\_\_
3. DRILL: With another person, explain what causes an error in "rational" computation. Give five examples of how experience affects this and five examples of how education affects this. \_\_\_\_\_
4. ESSAY: The relation of the monitor to the analytical mind. \_\_\_\_\_
5. DRILL: Write down 10 examples of the analytical mind being used. Turn it in to your course supervisor. \_\_\_\_\_
6. CHAPTER II THE REACTIVE MIND
7. ESSAY: What the reactive mind is and what it contains. What is the basic equation the reactive mind uses? \_\_\_\_\_
8. DRILL: With another person:
  - A. Tell what a contra-survival engram is and give three examples. \_\_\_\_\_
  - B. Tell what a pro-survival engram is and give three examples. \_\_\_\_\_
  - C. Tell what a painful emotion engram is and give three examples. \_\_\_\_\_
9. ESSAY: Write out the relationship between a key-in, restimulation and a lock. Give an example of each. \_\_\_\_\_
10. DRILL: Write down five examples you have observed of each of the following: a lock and an engram. \_\_\_\_\_
11. ESSAY: What effect does the reactive mind have on a person? \_\_\_\_\_
12. CHAPTER III THE CELL AND THE ORGANISM
13. ESSAY: How "unconsciousness", potential survival and the Zones of Survival relate. \_\_\_\_\_
14. DRILL: Write out how an engram being restimulated affects the analytical mind. Write out two examples of this happening that you have observed. \_\_\_\_\_
15. ESSAY: What an engram lock chain is. \_\_\_\_\_
16. DRILL: With another person, tell what justified thought is. Give five or six examples of justified thought. \_\_\_\_\_
17. ESSAY: Write out what dramatization is and give an example. \_\_\_\_\_
18. ESSAY: What a valence is. Give three examples of valences. \_\_\_\_\_
19. DRILL: Write down at least five examples of dramatization from your own experience. \_\_\_\_\_
20. CHAPTER IV THE "DEMONS"
21. ESSAY: What "demons" are and what they do in the mind. \_\_\_\_\_
22. CHAPTER V PSYCHO-SOMATIC ILLNESS
23. ESSAY: What psycho-somatic illness is and what causes it. \_\_\_\_\_
24. ESSAY: What predisposition, precipitation and perpetuation are. \_\_\_\_\_
25. DRILL: Write out what the dwindling spiral effect is. Write out at least three examples of it from your own experience. \_\_\_\_\_
26. ESSAY: What a somatic is. What is its relation to aberration. \_\_\_\_\_
27. ESSAY: What a sympathy engram is. Why is this type of engram a problem compared to other types. \_\_\_\_\_
28. ESSAY: In what ways does the reactive mind affect a person and his ability to get correct answers? How does the reactive mind cause the analytical mind to work on insufficient and incorrect data? What happens when the analytical mind discovers the source of any one piece of this data? \_\_\_\_\_

ADDITIONS TO THIS CHECKSHEET

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 THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART 2 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