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HCO POLICY LETTER OF 14 FEBRUARY 1980  
ISSUE IV

The Essentials of Dianetics Checksheet No. 3

THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE

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

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

PREREQUISITE: Checksheet No. 2 of this series, HCO PL 14 Feb 80  
Issue III THE HOW TO UNDERSTAND YOURSELF AND OTHERS  
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 how aberration can be  
prevented.

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'  
go any further, but go back BEFORE you get 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.

You will also see the word DEMO (abbreviation for DEMONSTRATION)  
on this checksheet. This refers to a demonstration done with a DEMO  
kit which consists of various small objects such as corks, caps,  
paper clips, pen tops, batteries - whatever will do. These are kept  
in a box or container. You should have one. The pieces are used  
while studying to represent the things in the material one is demon-  
strating. It helps hold concepts and ideas in place. A DEMO KIT  
adds mass, reality and doingness to the significance and so helps you  
to study.

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 how  
aberration can be prevented.

PRODUCT: A person who has gained an understanding of how aberration  
can be prevented.

**CERTIFICATE:** The graduate of this course is awarded THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART 3 GRADUATE Certificate.

BOOK TWO:

- 1. CHAPTER VI EMOTION AND THE DYNAMICS
- 2. ESSAY: What necessity level is and how it can affect the engram bank. Give 3 examples of necessity level from your own experience.
- 3. DRILL: Write down 3 examples from your own experience of the cycle of emotion taking place.
- 4. ESSAY: Why total silence should be maintained around an unconscious person.
- 5. ESSAY: What plus and minus emotions are and what the relationship of the analytical and reactive minds are in these two divisions of emotion.
- 6. CHAPTER VII PRENATAL EXPERIENCE AND BIRTH
- 7. DEMO: Why the earlier the period of "unconsciousness", the more likely it is to lift.
- 8. ESSAY: What basic-basic is and why it is important.
- 9. CHAPTER VIII CONTAGION OF ABERRATION
- 10. ESSAY: What contagion of aberration is. Give at least 3 examples from your own experience.
- 11. CHAPTER IX KEYING-IN THE ENGRAM
- 12. ESSAY: What the five mechanisms are that can be used in handling a problem. Which is the best way to handle a problem and why?
- 13. ESSAY: How environmental change, education and physical treatment can be used as valid therapies.
- 14. DEMO: How a key-in takes place, how a person is affected by a key-in and what various actions could be taken to cause a key-out.
- 15. CHAPTER X PREVENTIVE DIANETICS
- 16. ESSAY: How you can apply Preventive Dianetics in your own life.
- 17. DRILL: Review what you have studied in the first three parts of this series. Write out how you can apply what you now know to better your own life and the conditions of those around you.
- 18.
- 19.
- 20.

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: \_\_\_\_\_ DATE: \_\_\_\_\_

CERTS AND AWARDS: Certificate of THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART 3 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

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