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Dept of Public
Services All
US Orgs and
Missions

The Essentials of Dianetics Checksheet No. 6

THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE

NAME: _____ DATE STARTED: _____

ORGANIZATION: _____ DATE COMPLETED: _____

PREREQUISITE: Checksheet No. 5 of this series, HCO PL 14 Feb 80
Issue VI 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 most problems which can
arise in therapy and the knowledge of how to handle them.

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 mis-
understood 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 most
problems which can arise in therapy and the knowledge of how to handle
them.

PRODUCT: A person who has gained an understanding of most problems which can arise in therapy and knows how to handle them.

CERTIFICATE: The graduate of this course is awarded THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART 6 GRADUATE Certificate.

BOOK THREE: CHAPTER IX - PART ONE: MECHANISMS AND ASPECTS OF THERAPY:

1. The Case Entrance _____
2. DEMO: The 12 things you need to do. _____
3. DEMO: The 12 things you must not do. _____
4. DEMO: The case entrance from the first thing done through asking for a painful emotion engram. _____
5. Stuck in Present Time _____
6. ESSAY: What "stuck in present time" means. How is this case type entered? _____
7. DEMO: The two foremost things to do in any case at the beginning. _____
8. Basic-Basic _____
9. ESSAY: Why basic-basic is the vital target. _____
10. DEMO: What the auditor should make an effort to get every session. _____
11. The Reduction and the Erasure _____
12. ESSAY: The difference between reduction and erasure and what reduction to recession is. _____
13. Handling the Somatic Strip _____
14. DEMO: Using the somatic strip. _____
15. ESSAY: Why it isn't good to try to force the somatic strip and to try to pick out specific incidents to run. _____
16. Present Time _____
17. The Flash Answer _____
18. ESSAY: How you could tell if someone wasn't in present time. _____
19. ESSAY: What a flash answer is and what it is used for. _____
20. DRILL: Get age flash answers from at least 5 different people. Write up what happened and turn it in to the supervisor. _____
21. Dreams _____
22. Valence Shift _____
23. ESSAY: How and when valence shift is used. _____
24. Types of Chains _____
25. Dianetic Don'ts _____
26. Types of Somatics _____
27. "Unconsciousness" _____
28. ESSAY: What boil-off and the yawn indicate when the preclear exhibits them. How is "boil-off" distinguished from sleep? _____
29. Locks _____
30. The Junior Case _____
31. ESSAY: What the problem is with a Junior Case. _____
32. Restimulating the Engram _____
33. Occluded Life Periods and People _____
34. ESSAY: What causes occluded life periods and people and how the occlusion is handled. _____
35. Animosity towards Parents _____
36. DEMO: What happens as the preclear progresses in auditing. _____
37. Propitiation _____
38. ESSAY: What the diagnostic value of propitiation is. _____

- 39. Love
- 40. ESSAY: What a "reactive mind partnership" is. _____
- 41. The Erasure _____
- 42. ESSAY: The two things that can delay a case. _____
- 43. The Foreign Language Case _____
- 44. ESSAY: How a foreign language case could present _____
a problem in auditing. _____
- 45. _____
- 46. _____
- 47. _____

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 6 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