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Dept of Public
Services All
US Orgs and
Missions

The Essentials of Dianetics Checksheet No. 7

THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE

NAME: _____ DATE STARTED: _____

ORGANIZATION: _____ DATE COMPLETED: _____

PREREQUISITE: Checksheet No. 6 of this series, HCO PL 14 Feb 80
Issue VII THE HOW TO UNDERSTAND YOURSELF AND OTHERS
COURSE.

LENGTH OF COURSE: 3 - 5 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 to Book One Audit.

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.

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 demonstrating.
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
Book One Auditing.

PRODUCT: Someone who understands the theory of Book One Auditing.

CERTIFICATE: The graduate of this course is awarded THE HOW TO UNDERSTAND YOURSELF AND OTHERS COURSE, PART 7 GRADUATE Certificate.

BOOK THREE:

A. CHAPTER IX - PART TWO: MECHANISMS & ASPECTS OF THERAPY:

- 1. Extra-Sensory Perception _____
- 2. Electric Shock _____
- 3. Tacit Consent _____
- 4. ESSAY: What tacit consent is and what problem it poses. _____
- 5. Emotion and Pain Shut-Offs _____
- 6. Exteriorized Views _____
- 7. ESSAY: What it means whenever you find the pre-clear, returned, outside himself. How is this handled? _____
- 8. Telepathy _____
- 9. Prenatal Living Conditions _____
- 10. The Engram Filing System _____
- 11. ESSAY: How engrams are filed. _____
- 12. Alleviation _____
- 13. DEMO: How to handle when the preclear has been too disturbed by an event of the day. _____
- 14. The Tone Scale and Reduction of Engrams _____
- 15. DEMO: How a painful emotion engram rises on the tone scale as it is run and what should be done if it doesn't. _____
- 16. ESSAY: How a case is kept "live" _____
- 17. IF the Patient Does Not Work Well on Repeater Technique. _____
- 18. ESSAY: The three things that can be wrong if repeater technique does not work. _____
- 19. Single Word Technique _____
- 20. DEMO: Single Word Technique. _____
- 21. Special Classes of Commands _____
- 22. Denyers _____
- 23. Holders _____
- 24. Bouncers _____
- 25. Grouper _____
- 26. Misdirector _____
- 27. ESSAY: List the five classes of commands and tell what the effect of each is. _____
- 28. Differences _____
- 29. DEMO: The two axioms about mind function given in this section. _____
- 30. ESSAY: How the ability and the inability to perceive differences relates to sanity. _____
- 31. Relative Importances and "Believe" and "Can't Believe" _____
- 32. ESSAY: The importance of evaluation of data. _____
- 33. ESSAY: What altitude is. Give several examples from your own experience. _____
- 34. Physical Pain and Painful Emotion Commands _____
- 35. The Ally Versus the Antagonist _____
- 36. DEMO: Any chronic psycho-somatic illness has as its source a sympathy engram. _____
- 37. DEMO: A reactive mind will not permit an individual to be aberrated or chronically ill unless the illness has survival value. _____
- 38. ESSAY: How you would determine the allies on a case. _____

- 39. Tokens
- 40. ESSAY: What a token is. Give several examples from your own experience.
- 41. DRILL: Talk to two or three people and see if they have any tokens. Find out if they knew of anyone who did these things or liked those things. Write up what you found out and what happened.
- 42. What To Do If a Case Stops Progressing
- 43. DEMO: What to do for each of the seven possibilities of why a case has stopped progressing.
- 44. If a Case "Refuses" to Get Well
- 45. Drugs
- 46. ESSAY: Of what use is Vitamin B1 in conjunction with auditing.
- 47. Auto-Control
- 48. DEMO: The five equations given in this section.
- 49. ESSAY: Why auto-control does not work.
- 50. Organic Mental Alterations
- 51. Organic Derangement
- 52. Dianetic First Aid
- 53. ESSAY: When and how Dianetic first aid is used.
- 54. A Problem in Mutual Therapy
- 55. A Problem in a Restimulated Case
- 56. Advice to the Auditor
- 57. DEMO: The six mechanisms of protection that the engram bank has.
- 58. External Problems with Patients
- 59. Restimulation
- 60. Rebalancing a Case
- 61. ESSAY: What rebalancing is.
- 62. Working Time in Therapy
- 63. Data from Relatives
- 64. ESSAY: What is wrong with the preclear getting data on his case from sources other than his own case.
- 65. Stopping Therapy
- 66. Auditor Evaluation
- 67. ESSAY: What happens if the auditor evaluates for the preclear.
- 68. DEMO: The six questions by which validity of an engram can be judged.
- 69.
- 70.
- 71.

B. CHAPTER X DIANETICS - PAST AND FUTURE:

- 1. The History of Dianetics
- 2. Judiciary Dianetics
- 3. ESSAY: Why it is not enough for only the individual to be unaberrated.
- 4. Dianetics and War
- 5. The Future of Therapy
- 6.
- 7.
- 8.

C. APPENDIX:

- 1. Advice to the Preclear
- 2. DEMO: The only way out of it is through it.
- 3. ESSAY: How you can use what you have learned on this course to help yourself and others.

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 & 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 HOW TO UNDERSTAND YOURSELF AND OTHERS, PART 7 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