

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 23 JANUARY 1974RB
REVISED 25 APRIL 1991

Remimeo
Expanded Dianetics Auditors C/Ses
M7/M4 star-rate Clay Demo

THE TECHNICAL BREAKTHROUGH OF 1973! THE INTROSPECTION RD

I have made a technical breakthrough which possibly ranks with the major discoveries of the twentieth century. It is certainly the greatest advancement of 1973 and is now being released after a final wrap-up of research. It is called the Introspection Rundown.

The purpose of the Introspection RD is to locate and correct those things which cause a person to fixate his attention *inwardly*, on himself or his bank. This RD extroverts the person so that he can see his environment and therefore handle and control it.

RESEARCH

In 1970 the actual cause of PSYCHOSIS was isolated (as given in HCOB 28 Nov. 70, C/S Series 22, PSYCHOSIS). In the ensuing years this has been proven beyond doubt to be totally correct.

But what is a *psychotic break*?

Man has never been able to solve the psychotic break. In fact, human beings are actually afraid of a person in a psychotic break and in desperation turn to psychiatry to handle.

Psychiatry, desperate in its turn, without effective tech, resorts to barbarities such as heavy drugs, ice picks, electric and insulin shock which half-kill the person and only suppress him. The fact remains there has never been a cure for the psychotic break *until now*.

The key is WHAT CAUSED THE PERSON TO INTROSPECT *BEFORE* THE PSYCHOTIC BREAK.

The breakthrough was made on a person who, after a series of wrong indications, went into a full-blown psychotic break—violence, destruction and all.

The psychiatrist at this point would have sharpened up his ice pick, filled his syringes with the most powerful (and deadly) drugs he could find and turned up the volts. His "handling" would have been a final destruction of the individual.

What *was* done was an auditor went into the room, sat the person down and corrected the last severe point of wrong indication. Subsequent times of wrong indication in his life were cleared up, the person came out of the psychotic break and into present time.

THIS MEANS THE LAST REASON TO HAVE PSYCHIATRY AROUND IS GONE.

The psychotic break, the last of the "unsolvable" conditions that can trap a person, has been solved.

And it's quite simple, really.

THEORY

Def. INTROSPECTION: "(L. from *introspicere*, to look within) a looking into one's own mind, feelings, reactions, etc.; observation and analysis of oneself." *Webster's New World Dictionary*.

Def. INTROVERSION: "(from *intro-* + L. *vertere*, to turn) 2.... a tendency to direct one's interest upon oneself rather than upon external objects or events." *Webster's New World Dictionary*.

The essence of the Introspection Rundown is looking for and correcting all those things which CAUSED the person to look inward worriedly and wrestle with the mystery of some incorrectly designated error. The result is continual inward looking or self-auditing without relief or end.

In a normal person this becomes a diminished activity, unhappiness or illness. In *an R/Ser* this becomes insanity and a psychotic break occurs at the last severe point of wrong indication.

The pc who originates to the Examiner about his case or writes notes to the C/S or auditor is introverted and should have this rundown.

Preclears who are low on the Grade Chart and not yet up to running engrams, as well as Clears and OTs, are run on the steps of the rundown omitting the R3RA steps. Recalls are used in running out the evil intentions found by L&N.

AUDITOR TRAINING

Auditors selected to do this RD must have done a Pro TR Course and the Anti-Q&A materials and be Class VA Graduate Auditors.

They *must* be able to recognize a ROCK SLAM, which is a particular E-Meter phenomenon. They must be Class VA Graduate Auditors of proven skill on routine cases. They must not themselves be R/Sers. (The last requisite is waived in a self-salvage co-audit group where all R/S.)

They need flawless TRs, no Q&A. This rundown is very simple but cannot be flubbed, as that will compound the errors and cause further introspection in the pc. It is better not to deliver this RD than to flub *any* part of it. C/Ses take note. It is an ethics offense to attempt this rundown without the auditor having done the prerequisite training and a further offense for an auditor to flub on it.

STEPS OF THE RD

(Steps 0 and 00 are for a person in a psychotic break, not a normal person.)

Put this checklist on inside front cover of folder as a program.

When running the following procedure, *R3RA Quad* is run unless the person is Clear, OT or not yet up to running engrams, in which case *Recalls Quad* are run, where specifically called for. (Note: Flow 0s are only run on Quad pcs and pre-OTs.)

Interest is checked on all R3RA, except where running evil intentions.

0. On a person in a psychotic break isolate the person wholly with all attendants *completely* muzzled (no speech).
00. Give vitamins (B complex, including niacin) and minerals (calcium and magnesium) to build the person up.
1. Locate by study *or* research of the person's case *or* via associates or 2-way comm the last severe point of introversion just prior to the current psychotic break or illness. There may be several severe points of introversion, prior or subsequent to the one that triggered the break or illness. These points are identified by their upsetting or worrisome effect on the pc. Each is noted down for handling:

Wording of first point: _____

Wording of second point: _____

Wording of third point: _____

Wording of any additional points:

On each point, indicate the substance of it as a point of introversion to release the bypassed charge. Each should BD and F/N.

- 2A. First point indicated to F/N.
- 2B. Second point indicated to F/N.
- 2C. Third point indicated to F/N.
- 2D. Any other points of introversion given in 1 indicated to F/N.
3. Verify/correct all L&N lists
4. Verify/correct all Why "lists," PTS Interviews, 3 May PLs, per C/S Series 78.
- 5A. Get the wording of the first point found in 1 stated by the pc as an item (i.e., "What would you call such an incident?") and handle by twoway comm each flow E/S to F/N.

Pc's wording: _____

First point 2WC'd Flow 1 to F/N.

First point 2WC'd Flow 2 to F/N.

First point 2WC'd Flow 3 to F/N.

First point 2WC'd Flow 0 to F/N.

5B. Get the wording of the second point found in 1 stated by the pc as an item (i.e., "What would you call such an incident?") and handle by two-way comm each flow E/S to F/N.

Pc's wording: _____

Second point 2WC'd Flow 1 to F/N.

Second point 2WC'd Flow 2 to F/N.

Second point 2WC'd Flow 3 to F/N.

Second point 2WC'd Flow 0 to F/N.

5C. Get the wording of the third point found in 1 stated by the pc as an item (i.e., "What would you call such an incident?") and handle by two-way comm each flow E/S to F/N.

Pc's wording: _____

Third point 2WC'd Flow 1 to F/N.

Third point 2WC'd Flow 2 to F/N.

Third point 2WC'd Flow 3 to F/N.

Third point 2WC'd Flow 0 to F/N.

5D. Any other points of introversion given in 1 2WC'd Quad to F/N.

6A. Run the item as worded in 5A R3RA Quad. (Omit on Clears and OTs and those preclears not yet up to running engrams):

Flow 1: **LOCATE A TIME WHEN** (Item in 5A).

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER** (Item in 5A).

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS** (Item in 5A).

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF** (Item in 5A).

6B. Run the items as worded in 5B R3RA Quad. (Omit on Clears and OTs and those preclears not yet up to running engrams):

Flow 1: **LOCATE A TIME WHEN** (Item in 5B).

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER** (Item in 5B).

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS** (Item in 5B).

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF** (Item in 5B).

6C. Run the item as worded in 5C R3RA QUAD. (Omit on Clears and OTs and those preclears not yet up to running engrams):

Flow 1: **LOCATE A TIME WHEN** (Item in 5C).

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER** (Item in 5C).

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS** (Item in 5C).

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF** (Item in 5C).

6D. Any other points of introversion as worded in 5D run R3RA Quad as above.

6E. L&N for the intention behind the *subject* as worded in 5A. Verify question reads before listing.

ITEM: _____

6F. R3RA Quad the intention found in 6E. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION** _____

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION** _____

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION** _____.

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION** _____.

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION** _____.

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION** _____

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION** _____

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION** _____.

6G. L&N for the intention behind the *subject* as worded in 5B. Verify question reads before listing.

ITEM: _____

6H. R3RA Quad the intention found in 6G. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

6I. L&N for the intention behind the *subject* as worded in 5C. Verify question reads before listing.

ITEM: _____

6J. R3RA Quad the intention found in 6I. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION**

6K. L&N for any other intentions as worded in SD. Verify question reads before listing.

ITEM: _____

ITEM: _____

ITEM: _____

ITEM: _____

ITEM: _____

6L. R3RA Quad the intentions found in 6K. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

7. **CLEAR THE WORDS "INTROVERSION," "INTROSPECTION," "EXTROVERSION ."**

8. **ARC BREAKS HANDLING**

8A.

Flow 1: **HAS ANOTHER ARC BROKEN YOU? ARCU CDEINR E/S T O F/N.**

Flow 2: **HAVE YOU ARC BROKEN ANOTHER? ARCU CDEINR E/S TO F/N.**

Flow 3: **HAVE OTHERS ARC BROKEN ANYONE ELSE? ARCU CDEINR E/S TO F/N.**

Flow 0: **HAVE YOU ARC BROKEN YOURSELF? ARCU C D EtN R E/S T O F/N.**

8B.

Flow 1: **2WC HAS ANYONE EVER MADE YOU FEEL YOU HAD AN ARC BREAK WHEN YOU DIDN'T? E/S T O F/N.**

Flow 2: **2WC HAVE YOU EVER MADE ANYONE ELSE FEEL HE HAD AN ARC BREAK WHEN HE DIDN'T? E/S T O F/N.**

Flow 3: **2WC HAVE OTHERS EVER MADE ANYONE ELSE FEEL HE HAD AN ARC BREAK WHEN HE DIDN'T? E/S T O F/N.**

Flow 0: **2WC HAVE YOU EVER MADE YOURSELF FEEL YOU HAD AN ARC BREAK WHEN YOU DIDN'T? E/S T O F/N.**

8C. Run R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN YOU WERE MADE TO FEEL THERE WAS AN ARC BREAK WHEN THERE WASN'T.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO FEEL THERE WAS AN ARC BREAK WHEN THERE WASN'T.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO FEEL THERE WAS AN ARC BREAK WHEN THERE WASN'T.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO FEEL THERE WAS AN ARC BREAK WHEN THERE WASN'T.**

8D. **L&N "WHAT WOULD BE THE INTENTION BEHIND THE FORCING OF UPSETS ON PEOPLE WHO DON'T HAVE THEM?"**

ITEM: _____

8E. **R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.**

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

9. WITHHOLDS HANDLING.

9A.

Flow 1: **2WC ARE YOU WITHHOLDING SOMETHING FROM ANYONE? E/S TO F/N.**

Flow 2: **2WC IS ANYONE ELSE WITHHOLDING SOMETHING FROM YOU? E/S TO F/N.**

Flow 3: **2WC ARE OTHERS WITHHOLDING SOMETHING FROM ANYONE ELSE? E/S TO F/N.**

Flow 0: **2WC ARE YOU WITHHOLDING SOMETHING FROM YOURSELF? E/S TO F/N.**

- 9B.
- Flow 1: **2WC HAS ANYONE DEMANDED WITHHOLDS YOU DIDN'T HAVE? E/S TO FN:**
- Flow 2: **2WC HAVE YOU DEMANDED WITHHOLDS OF ANYONE ELSE THEY DIDN'T HAVE? E/S TO FN:**
- Flow 3: **2WC HAVE OTHERS DEMANDED WITHHOLDS OF ANYONE ELSE THEY DIDN'T HAVE? E/S TO FN:**
- Flow 0: **2WC HAVE YOU DEMANDED WITHHOLDS FROM YOURSELF THAT YOU DIDN'T HAVE? E/S TO FN:**

9C. Run R3RA Quad: (Omit on clears and OTs and those preclears not yet up to running engrams.)

- Flow 1: **LOCATE A TIME WHEN WITHHOLDS WERE DEMANDED OF YOU THAT WEREN'T THERE.**
- Flow 2: **LOCATE AN INCIDENT OF YOUR DEMANDING WITHHOLDS OF ANOTHER THAT WEREN'T THERE.**
- Flow 3: **LOCATE AN INCIDENT OF OTHERS DEMANDING WITHHOLDS FROM OTHERS THAT WEREN'T THERE.**
- Flow 0: **LOCATE AN INCIDENT OF YOU DEMANDING WITHHOLDS OF YOURSELF THAT WEREN'T THERE.**

9D. **L&N "WHAT WOULD BE THE INTENTION BEHIND THE DEMANDING OF NONEXISTENT WITHHOLDS FROM OTHERS?"**

ITEM: _____

9E. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

- Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**
- Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**
- Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**
- Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

- Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**
- Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION .**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION**

10. PROBLEMS HANDLING

10A.

Flow 1: **2WC HAS ANOTHER GIVEN YOU A PROBLEM? E/S TO F/N.**

Flow 2: **2WC HAVE YOU GIVEN ANOTHER A PROBLEM? E/S TO F/N.**

Flow 3: **2WC HAVE OTHERS GIVEN A PROBLEM TO ANYONE ELSE? E/S TO FN:**

Flow 0: **2WC HAVE YOU GIVEN YOURSELF A PROBLEM? E/S TO F/N.**

10B.

Flow 1: **2WC HAS ANYONE EVER MADE YOU FEEL YOU HAD A PROBLEM WHEN YOU DIDN'T? E/S TO FN:**

Flow 2: **2WC HAVE YOU EVER MADE ANYONE ELSE FEEL HE HAD A PROBLEM WHEN HE DIDN'T? EIS TO F/N.**

Flow 3: **2WC HAVE OTHERS EVER MADE ANYONE ELSE FEEL HE HAD A PROBLEM WHEN HE DIDN'T? E/S TO FN:**

Flow 0: **2WC HAVE YOU EVER MADE YOURSELF FEEL YOU HAD A PROBLEM WHEN YOU DIDN'T? E/S TO FN:**

10C. Run R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN YOU WERE MADE TO FEEL THERE WAS A PROBLEM WMEN THERE WASN'T.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO FEEL THERE WAS A PROBLEM WHEN THERE WASN'T.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO FEEL THERE WAS A PROBLEM WHEN THERE WASN'T.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO FEEL THERE WAS A PROBLEM WMEN THERE WASN'T.**

10D. LtN **"WHAT WOULD BE 1HE INTENTION BEHIND THE GIVING OF PROBLEMS TO PEOPLE THAT DON'T BELONG TO THEM?"**

ITEM: _____

10E. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

11. OVERTS HANDLING

11A.

Flow 1: **2WC HAS ANYONE ELSE COMMITTED OVERTS ON YOU? E/S TO F/N.**

Flow 2: **2WC HAVE YOU COMMITTED OVERTS ON ANYONE ELSE? GET WHAT, E/S TO F/N.**

Flow 3: **2WC HAVE OTHERS COMMITTED OVERTS ON ANYONE ELSE? E/S TO F/N:**

Flow 0: **2WC HAVE YOU COMMITTED ANY OVERTS ON YOURSELF? E/S TO F/N.**

11B.

Flow 1: **2WC HAS ANYONE EVER ACCUSED YOU OF SOMETHING YOU DIDN'T DO? E/S TO F/N.**

Flow 2: **2WC HAVE YOU EVER ACCUSED ANYONE ELSE OF SOMETHING HE DIDN'T DO? E/S TO F/N.**

Flow 3: **2WC HAVE OTHERS EVER ACCUSED ANYONE ELSE OF SOMETHING HE DIDN'T DO? E/S TO F/N.**

Flow 0: **2WC HAVE YOU EVER ACCUSED YOURSELF OF SOMETHING YOU DIDN'T DO? E/S TO F/N.**

- 11C. Run R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)
- Flow 1: **LOCATE A TIME WHEN YOU WERE FALSELY ACCUSED OF DOING SOMETHING YOU DIDN'T DO.**
- Flow 2: **LOCATE AN INCIDENT OF YOUR FALSELY ACCUSING ANOTHER OF SOMETHING HE OR SHE DIDN'T DO.**
- Flow 3: **LOCATE AN INCIDENT OF OTHERS FALSELY| ACCUSING OTHERS OF SOMETHING THEY DIDN'T DO.**
- Flow 0: **LOCATE AN INCIDENT OF YOU FALSELY ACCUSING YOURSELF OF SOMETHING YOU DIDN'T DO.**

11D. L&N "WHAT WOULD BE THE INTENTION BEHIND ACCUSING SOMEONE OF NONEXISTENT OVERTS?"

ITEM: _____

11E. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

- Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**
- Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**
- Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**
- Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

- Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**
- Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**
- Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**
- Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

12. NOT SAYING

12A.

- Flow 1: **2WC ARE YOU NOT SAYING SOMETHING ABOUT SOMEONE ELSE OR SOMETHING? GET WHAT, E/S TO FN:**
- Flow 2: **2WC IS ANYONE NOT SAYING SOMETHING ABOUT YOU? E/S TO FN:**
- Flow 3: **2WC ARE OTHERS NOT SAYING SOMETHING ABOUT ANYONE ELSE? E/S TO FN:**
- Flow 0: **2WC ARE YOU NOT SAYING SOMETHING ABOUT YOURSELF? E/S TO FN:**

12B.

Flow 1: **2WC HAS ANYONE NOT ACCEPTED YOUR W/Hs? E/S TO F/N.**

Flow 2: **2WC HAVE YOU NOT ACCEPTED SOMEONE ELSE'S W/Hs? E/S TO FN:**

Flow 3: **2WC HAVE OTHERS NOT ACCEPTED ANYONE ELSE'S W/Hs? E/S TO FN:**

Flow 0: **2WC HAVE YOU NOT ACCEPTED YOUR OWN W/Hs? E/S TO FN:**

12C. Run R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN YOUR WITHHOLDS WEREN'T ACCEPTED BY ANOTHER.**

Flow 2: **LOCATE AN INCIDENT OF YOUR NOT ACCEPTING THE WITHHOLDS OF ANOTHER.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS NOT ACCEPTING THE WITHHOLDS OF OTHERS.**

Flow 0: **LOCATE AN INCIDENT OF YOU NOT ACCEPTING YOUR OWN WITHHOLDS.**

12D. L&N "WHAT WOULD BE THE INTENTION BEHIND THE REJECTING OF OTHERS' WITHHOLDS?"

ITEM: _____

12E. R3RA Quad the intention. Run by Recalls Quad on Clears and OTS and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION**
_____.

13. FALSE INCIDENTS HANDLING

13A.

Flow 1: **2WC HAS ANYONE EVER ASKED YOU FOR THINGS THAT DIDN'T EXIST? E/S TO FN:**

Flow 2: **2WC HAVE YOU EVER ASKED ANYONE ELSE FOR THINGS THAT DIDN'T EXIST? E/S TO FN:**

Flow 3: **2WC HAVE OTHERS EVER ASKED ANYONE ELSE FOR THINGS THAT DIDN'T EXIST? E/S TO FN:**

Flow 0: **2WC HAVE YOU EVER ASKED YOURSELF FOR THINGS THAT DIDN'T EXIST? E/S TO FN:**

13B. Run R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN YOU WERE ASKED FOR THINGS THAT DIDN'T EXIST.**

Flow 2: **LOCATE AN INCIDENT OF YOUR ASKING ANOTHER FOR THINGS THAT DIDN'T EXIST.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS ASKING OTHERS FOR THINGS THAT DIDN'T EXIST.**

Flow 0: **LOCATE AN INCIDENT OF YOU ASKING YOURSELF FOR THINGS THAT DIDN'T EXIST.**

13C. L&N "WHAT WOULD BE THE INTENTION BEHIND THE DEMANDING OF FALSE INCIDENTS FROM OTHERS?"

ITEM: _____

13D. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

14. PTS HANDLING

14A.

Flow 1: **2WC HAS ANYONE GIVEN YOU A FALSE ASSIGNMENT THAT YOU WERE BEING DONE IN? E/S TO FN:**

Flow 2: **2WC HAVE YOU GIVEN ANYONE A FALSE ASSIGNMENT THAT HE WAS BEING DONE IN? E/S TO FN:**

Flow 3: **2WC HAVE OTHERS GIVEN ANYONE ELSE A FALSE ASSIGNMENT THAT THEY WERE BEING DONE IN? E/S TO FN:**

Flow 0: **2WC HAVE YOU GIVEN YOURSELF A FALSE ASSIGNMENT THAT YOU WERE BEING DONE IN? E/S TO FN:**

14B. Run R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN YOU WERE GIVEN A FALSE ASSIGNMENT THAT YOU WERE BEING DONE IN.**

Flow 2: **LOCATE AN INCIDENT OF YOUR GIVING ANOTHER A FALSE ASSIGNMENT THAT HE OR SHE WAS _____ | BEING DONE IN.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS GIVING OTHERS A FALSE ASSIGNMENT THAT THEY WERE BEING DONE IN.**

Flow 0: **LOCATE AN INCIDENT OF YOU GIVING YOURSELF A FALSE ASSIGNMENT THAT YOU WERE BEING DONE IN.**

14C. L&N "WHAT WOULD BE THE INTENTION BEHIND GIVING OTHERS A FALSE ASSIGNMENT THAT THEY WERE BEING DONE IN?"

ITEM: _____

14D. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

- Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**
- Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**
- Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**
- Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

- Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**
- Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**
- Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**
- Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

14E.

- Flow 1: **2WC HAS ANYONE BEEN DOING YOU IN? E/S TO FN:**
- Flow 2: **2WC HAVE YOU BEEN DOING ANYONE ELSE IN? E/S TO FN:**
- Flow 3: **2WC HAVE OTHERS BEEN DOING ANYONE ELSE IN? E/S TO FN:**
- Flow 0: **2WC HAVE YOU BEEN DOING YOURSELF IN? E/S TO FN:**

14F. RUN R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

- Flow 1: **LOCATE A TIME WHEN YOU WERE BEING DONE IN.**
- Flow 2: **LOCATE AN INCIDENT OF YOUR DOING ANOTHER IN.**
- Flow 3: **LOCATE AN INCIDENT OF OTHERS DOING OTHERS IN.**
- Flow 0: **LOCATE AN INCIDENT OF YOU DOING YOURSELF IN.**

14G. **L&N "WHAT WOULD BE THE INTENTION OF SOMEONE WHO WOULD DO THEMSELVES IN?"**

ITEM: _____

- 14H. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

15. FALSE INTERROGATION HANDLING

15A.

Flow 1: **2WC HAS ANYONE EVER INTERROGATED YOU FOR NO REASON? E/S TO FN:**

Flow 2: **2WC HAVE YOU EVER INTERROGATED ANYONE ELSE FOR NO REASON? E/S TO FN:**

Flow 3: **2WC HAVE OTHERS EVER INTERROGATED ANYONE ELSE FOR NO REASON? E/S TO FN:**

Flow 0: **2WC HAVE YOU EVER HAD YOURSELF INTERROGATED FOR NO REASON? E/S TO FN:**

15B. RUN R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN YOU WERE INTERROGATED FOR NO REASON.**

Flow 2: **LOCATE AN INCIDENT OF YOU INTERROGATING ANOTHER FOR NO REASON.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS INTERROGATING OTHERS FOR NO REASON.**

Flow 0: **LOCATE AN INCIDENT OF YOU INTERROGATING YOURSELF FOR NO REASON.**

15C. **L&N "WHAT WOULD BE THE INTENTION BEHIND THE FALSE INTERROGATING OF OTHERS?"**

ITEM: _____

15D. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

16. FALSE INVALIDATION HANDLING

16A.

Flow 1: **2WC HAS ANYONE EVER HEAVILY INVALIDATED YOU UNJUSTLY? E/S TO FN:**

Flow 2: **2WC HAVE YOU EVER HEAVILY INVALIDATED ANYONE ELSE UNJUSTLY? E/S TO FN:**

Flow 3: **2WC HAVE OTHERS EVER HEAVILY INVALIDATED ANYONE ELSE UNJUSTLY? E/S TO FN:**

Flow 0: **2WC HAVE YOU EVER HEAVILY INVALIDATED YOURSELF UNJUSTLY? E/S TO FN:**

16B. Run R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN YOU WERE HEAVILY INVALIDATED UNJUSTLY.**

Flow 2: **LOCATE AN INCIDENT OF YOUR HEAVILY INVALIDATING ANOTHER UNJUSTLY.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS HEAVILY INVALIDATING OTHERS UNJUSTLY.**

Flow 0: **LOCATE AN INCIDENT OF YOU HEAVILY INVALIDATING YOURSELF UNJUSTLY.**

16C. L&N "WHAT WOULD BE THE INTENTION BEHIND THE UNJUST INVALIDATING OF OTHERS?"

ITEM: _____

16D. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

17. FALSE VALIDATION HANDLING

17A.

Flow 1: **2WC HAS ANOTHER EVER VALIDATED YOU FOR SOMETHING YOU DIDN'T DESERVE? E/S TO FN:**

Flow 2: **2WC HAVE YOU EVER VALIDATED ANYONE ELSE FOR SOMETHING HE DIDN'T DESERVE? E/S TO FN:**

Flow 3: **2WC HAVE OTHERS EVER VALIDATED ANYONE ELSE FOR SOMETHING THEY DIDN'T DESERVE? E/S TO FN:**

Flow 0: **2WC HAVE YOU EVER VALIDATED YOURSELF FOR SOMETHING YOU DIDN'T DESERVE? E/S TO FN:**

17B. Run R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN YOU WERE FALSELY VALIDATED FOR SOMETHING UNDESERVED.**

Flow 2: **LOCATE AN INCIDENT OF YOUR FALSELY VALIDATING ANOTHER FOR SOMETHING UNDESERVED.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS FALSELY VALIDATING OTHERS FOR SOMETHING UNDESERVED.**

Flow 0: **LOCATE AN INCIDENT OF YOU FALSELY VALIDATING YOURSELF FOR SOMETHING UNDESERVED.**

17C. **L&N "WHAT WOULD BE THE INTENTION BEHIND THE FALSE VALIDATION OF OTHERS?"**

ITEM: _____

17D. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

18. "HIT" FOR NO REASON

18A.

Flow 1: **2WC HAS ANYONE "HIT" YOU TOO HARD FOR NO REASON? E/S TO FN:**

Flow 2: **2WC HAVE YOU "HIT" ANYONE ELSE TOO HARD FOR NO REASON? E/S TO FN:**

Flow 3: **2WC HAVE OTHERS "HIT" ANYONE ELSE TOO HARD FOR NO REASON? E/S TO FN:**

Flow 0: **2WC HAVE YOU GOTTEN YOURSELF "HIT" TOO HARD FOR NO REASON? E/S TO FN:**

18B. RUN R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN YOU WERE HIT TOO HARD FOR NO REASON.**

Flow 2: **LOCATE AN INCIDENT OF YOUR HITTING ANOTHER TOO HARD FOR NO REASON.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS HITTING OTHERS TOO HARD FOR NO REASON.**

Flow 0: **LOCATE AN INCIDENT OF YOU HITTING YOURSELF TOO HARD FOR NO REASON.**

18C. L&N "WHAT WOULD BE THE INTENTION BEHIND THE 'HITTING' OF OTHERS UNFAIRLY?"

ITEM:

18D. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

19. INVALIDATED BEINGNESS HANDLING

19A.

Flow 1: **2WC HAS ANYONE EVER CHALLENGED OR QUESTIONED WHO YOU WERE? E/S TO FN:**

Flow 2: **2WC HAVE YOU EVER CHALLENGED OR QUESTIONED ANYONE ELSE'S IDENTITY? E/S TO FN:**

Flow 3: **2WC HAVE OTHERS EVER CHALLENGED OR QUESTIONED ANYONE ELSE'S IDENTITY? E/S TO FN:**

Flow 0: 2WC HAVE YOU EVER CHALLENGED OR QUESTIONED YOUR IDENTITY? E/S TO FN:

19B. RUN R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

Flow 1: **LOCATE A TIME WHEN ANOTHER CHALLENGED OR QUESTIONED WHO YOU WERE.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CHALLENGING OR QUESTIONING WHO ANOTHER WAS.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CHALLENGING OR QUESTIONING WHO OTHERS WERE.**

Flow 0: **LOCATE AN INCIDENT OF YOU CHALLENGING OR QUESTIONING WHO YOU WERE.**

19C. L&N "WHAT WOULD BE THE INTENTION BEHIND THE INVALIDATING OF OTHERS' IDENTITY?"

ITEM: _____

19D. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams. *R3RA QUAD:*

Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO EIAVE THE INTENTION _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION _____.**

20. INVALIDATED INTENTIONS HANDLING

20A.

- Flow 1: **2WC HAS ANYONE EVER CHALLENGED OR QUESTIONED YOUR INTENTIONS? E/S TO FN:**
- Flow 2: **2WC HAVE YOU EVER CHALLENGED OR QUESTIONED ANYONE ELSE'S INTENTIONS? E/S TO FN:**
- Flow 3: **2WC HAVE OTHERS EVER CHALLENGED OR QUESTIONED ANYONE ELSE'S INTENTIONS? E/S TO FN:**
- Flow 0: **2WC HAVE YOU EVER CHALLENGED OR QUESTIONED YOUR OWN INTENTIONS? E/S TO FN:**

20B. Run R3RA Quad: (Omit on Clears and OTs and those preclears not yet up to running engrams.)

- Flow 1: **LOCATE A TIME WHEN ANOTHER CHALLENGED OR QUESTIONED YOUR INTENTIONS.**
- Flow 2: **LOCATE AN INCIDENT OF YOUR CHALLENGING OR QUESTIONING ANOTHER'S INTENTIONS.**
- Flow 3: **LOCATE AN INCIDENT OF OTHERS CHALLENGING OR QUESTIONING OTHERS' INTENTIONS.**
- Flow 0: **LOCATE AN INCIDENT OF YOU CHALLENGING OR QUESTIONING YOUR OWN INTENTIONS.**

20C. L&N "WHAT WOULD BE THE INTENTION BEHIND THE INVALIDATING OF THE INTENTIONS OF OTHERS?"

ITEM: _____

20D. R3RA Quad the intention. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

R3RA QUAD:

- Flow 1: **LOCATE A TIME WHEN YOU HAD THE INTENTION _____.**
- Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO HAVE THE INTENTION _____.**
- Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO HAVE THE INTENTION _____.**
- Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO HAVE THE INTENTION _____.**

RECALLS QUAD:

- Flow 1: **RECALL A TIME WHEN YOU HAD THE INTENTION _____.**
- Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO HAVE THE INTENTION _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO HAVE THE INTENTION**
_____.

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO HAVE THE INTENTION**
_____.

21. OBJECTIVE HAVINGNESS

22. RESPONSIBILITY STEP

22A. Fly ARC breaks of long duration quad.

Flow 1: **IS THERE AN ARC BREAK YOU HAVE HAD FOR A VERY LONG TIME? (THE E/S COMMAND IS: IS THERE AN EARLIER SIMILAR ARC BREAK?)**

Flow 2: **IS THERE AN ARC BREAK ANOTHER HAS HAD WITH YOU FOR A VERY LONG TIME? (THE E/S COMMAND IS: IS THERE AN EARLIER SIMILAR ARC BREAK ANOTHER HAS HAD WITH YOU?)**

Flow 3: **IS THERE AN ARC BREAK ANOTHER HAS HAD WITH OTHERS FOR A VERY LONG TIME? (THE E/S COMMAND IS: IS THERE AN EARLIER SIMILAR ARC BREAK ANOTHER HAS HAD WITH OTHERS?)**

Flow 0: **IS THERE AN ARC BREAK YOU HAVE HAD WITH YOURSELF FOR A VERY LONG TIME? (THE E/S COMMAND IS: IS THERE AN EARLIER SIMILAR ARC BREAK YOU HAVE HAD WITH YOURSELF?)**

22B. 2WC **TELL ME ABOUT YOUR RECENT ACTIONS** to F/N.

22C. Take up the best reading overt from 22B and run Responsibility on it (i.e., What about _____ could you be responsible for?) to F/N.

22D. If no major increase in responsibility, take up another reading overt and run responsibility on that. Do this until there is a significant increase in responsibility.

22E. Run all unrun reading evil purposes which were brought up during the rundown, R3RA Quad. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.

23. SUCCUMB HANDLING

23A. 2WC **HAVE YOU EVER WANTED TO SUCCUMB?** E/S TO F/N.

23B. Run R3RA Quad: (or Recalls Quad on Clears and OTs and those preclears not yet up to running engrams).

R3RA:

Flow 1: **LOCATE A TIME WHEN YOU WANTED TO SUCCUMB.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO WANT TO SUCCUMB.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO WANT TO SUCCUMB.**

Flow 0: **LOCATE AN INCIDENT OF YOUR CAUSING YOURSELF TO WANT TO SUCCUMB.**

RECALLS:

Flow 1: **RECALL A TIME WHEN YOU WANTED TO SUCCUMB.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO WANT TO SUCCUMB.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO WANT TO SUCCUMB.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO WANT TO SUCCUMB.**

23C. 2WC **HAVE YOU EVER ATTEMPTED TO COMMIT SUICIDE?** E/S TO FN.

23D. Run R3RA Quad: (or Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.)

R3RA:

Flow 1: **LOCATE A TIME WHEN YOU ATTEMPTED TO COMMIT SUICIDE.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER TO ATTEMPT TO COMMIT SUICIDE.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS TO ATTEMPT TO COMMIT SUICIDE.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF TO ATTEMPT TO COMMIT SUICIDE.**

RECALLS:

Flow 1: **RECALL A TIME WHEN YOU ATTEMPTED TO COMMIT SUICIDE.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER TO ATTEMPT TO COMMIT SUICIDE.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS TO ATTEMPT TO COMMIT SUICIDE.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF TO ATTEMPT TO COMMIT SUICIDE.**

23E. **2WC IS THERE SOME OTHER WAY YOU WERE DOING YOURSELF IN THAT'S BEEN MISSED? TO F/N. NOTE ALL READING ITEMS.**

READING ITEM: _____

READING ITEM: _____

READING ITEM: _____

READING ITEM: _____

READING ITEM: _____

READING ITEM: _____

READING ITEM: _____

23F. If so, R3RA and the BD or best reading item. Run by Recalls Quad on Clears and OTs and those preclears not yet up to running engrams.)

R3RA:

Flow 1: **LOCATE A TIME WHEN YOU _____.**

Flow 2: **LOCATE AN INCIDENT OF YOUR CAUSING ANOTHER _____.**

Flow 3: **LOCATE AN INCIDENT OF OTHERS CAUSING OTHERS _____.**

Flow 0: **LOCATE AN INCIDENT OF YOU CAUSING YOURSELF _____.**

RECALLS:

Flow 1: **RECALL A TIME WHEN YOU _____.**

Flow 2: **RECALL A TIME WHEN YOU CAUSED ANOTHER _____.**

Flow 3: **RECALL A TIME WHEN OTHERS CAUSED OTHERS _____.**

Flow 0: **RECALL A TIME WHEN YOU CAUSED YOURSELF _____.**

23G. Repeat 23F on other hot reads.

This would be followed by a D of P interview and attest unless some adjustment actions were needed such as any rudiments handling, a C/S 53 to handle case outnesses, etc.

An HC List could be added here if the pc's "think" is still weird.

NOTE: ITEMS THAT DON'T READ WON'T RUN. DON'T RUN OR LIST QUESTIONS THAT DON'T READ OR YOU'LL REINTROVERT THE PC.

Frequent D of P interview is vital whenever the case looks like it is not rapidly progressing. Also a quick assessment may be needed as a separate action to isolate possible charged areas of introspection.

At any time after Step 2 Objective Havingness should be done at session end. If one of the items in Steps 3-23 turns out to be false the pc will introvert further. In such a case indicate the fact of it having been unnecessary and get an F/N. Then run Objective Havingness. If the TA goes high (or low) and won't come into range, assess a C/S 53RM and handle.

In the case of a pc in a psychotic break, the C/S would have to locate the last severe wrong indication, indicate the fact to the pc and get it corrected (as with a wrong item) as the first action.

EXTROVERSION

Def. EXTROVERSION: ". . . Means nothing more than being able to look outward...." "An extroverted personality is one who is capable of looking around the environment...." "A person who is capable of looking at the world around him and seeing it quite real and quite bright is of course in a state of extroversion." (*The Problems of Work*)

The end phenomena of the Introspection RD is the person extroverted, no longer looking inward worriedly in a continuous self-audit without end.

The EP on a person in a psychotic break is the end of the psychotic break.

The RD is *very* simple and its results are magical in effectiveness. Flubs can wreck it so don't permit them.

You have in your hands the tool to take over mental therapy in full. You need not fear the insane or the psychotic break any longer.

Here also is the cure for the continual self-auditing pc who is dug into his bank. It works on all pcs in fact with rave results.

Do it flawlessly and we all win.

L. RON HUBBARD
Founder

Assisted by CS-4

Revision assisted by
LRH Technical Research
and Compilations

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 20 FEBRUARY 1974R
REVISED 25 APRIL 1991

Remimeo
Expanded Dianetics
Auditors
C/Ses
M7/M4 starrate
Clay Demo

**INTROSPECTION RD
ADDITIONAL ACTIONS**

RESPONSIBILITY STEP

An additional step to the rundown has been found necessary, especially in the case of a psychotic. This is the Responsibility Step. It consists of doing ARC Breaks Long Duration Triple/Quad and 2WC Recent Actions, taking up the best reading overt and running Responsibility on it (i.e., What about could you be responsible for?). If no major increase in responsibility, take up another reading overt and run Responsibility on that. Do this until there is a *significant* increase in responsibility. Follow this with running all reading evil purposes brought up during the Introspection steps of the RD with R3RA (omit on Clears and OTs). If the pc was found to R/S during the RD, the C/S would program him for R/S handling—either Expanded Dianetics or NED for OTs. Additionally, the C/S would note areas of low responsibility and order O/W run on those areas.

PROGRAMING DATA

In the case of a psycho it is necessary to tailor the Introspection RD steps to the pc, instead of following it as a rote sequence at the risk of running unreading items on the pc. On any pc this is deadly. In a psycho it is pure dynamite.

To do this the C/S would order the subjects of the RD steps assessed, then handled in order of largest reads. The auditor's TR 1 and metering must be such that he can make a meter read. The RD could be made to fail on this point by missing hot subjects.

THE CLEARED CANNIBAL FACTOR

When you clear a cannibal what do you have? Experientially you have a cannibal. His experiential track is such that he's been a cannibal for ages. That's how he's handled life and people around him, that's what he knows how to do. This person is unaware of his responsibilities to other dynamics and is unfamiliar with proper behavior and responsible actions towards others. In the case of an SP, he has been busy destroying others for so long that when he's somewhat cleaned up on this he does not know what else to do or how to act. It's rather pathetic, actually.

ISOLATION

With someone in a psychotic break, it is necessary to isolate the person for him to destimulate and to protect him and others from possible damage. While in

isolation the person receives the Introspection RD done flawlessly on a shortsession basis, gradually winning and gaining confidence. Between sessions the muzzled rule is in force. No one speaks to the person or in his hearing.

There comes a point where the C/S must decide to release the person from isolation. To do this the C/S *must* know that the person can take responsibility for his actions as regards others, as well as toward himself.

C/S ACTION—CLEARED CANNIBAL STEP

The C/S's action is a direct comm line to the person by notes. The person is provided with paper and pen to reply. The C/S must determine the person's responsibility level. Example: "Dear Joe, What can you guarantee me if you are let out of isolation?" If the person's reply shows continued irresponsibility toward other dynamics or fixation on one dynamic to the exclusion of others damaged, the C/S must inform the person of his continued isolation and why. Example: "Dear Joe, I'm sorry but no go on coming out of isolation yet. Your actions threatened the survival of hundreds of people indirectly and six families directly by burning down their houses. You are unaware of the effects this could have had and still only concerned about your own welfare. You must hate the human race quite a bit."

The C/S has drawn a conclusion based on the information he has and lets the person know where he stands. He does not reintrovert the pc by asking him, "Why did you burn down those houses?" He draws an accurate conclusion and indicates it.

This will elicit a protest from the person and bring about an *involvement* in the dynamics concerned. It also serves to bring about an awareness of consequences. Example: "But . . . but . . . I never meant to threaten others' survival. I just wanted to burn down the houses because I like fires. Gosh. . . I didn't mean it. I don't hate the human race. . . Oh! I really don't hate the human race." Cognition.

The person's auditing is continued between these exchanges. The auditor may have to clean up some ARC breaks as the protest is coming off. Skillfully done, that's all the auditor should have to clean up, except maybe some more O/Ws. When it is obvious the person is out of his psychosis and up to the responsibility of living with others his isolation is ended.

SUMMARY

Handling the C/Sing and auditing on this RD requires a *real* understanding of New Era Dianetics and Expanded Dianetics basics and the utmost precision of application. Its results are nothing short of miraculous. I hope this will be of further assistance to you.

L. RON HUBBARD
Founder

Assisted by CS-4

Revision assisted by
LRH Technical Research
and Compilations

HCO BULLETIN OF 6 MARCH 1974

Remimeo
Expanded Dianetics
Auditors
C/Ses
M7/M4 Star-rate
Clay Demo

**INTROSPECTION RD
SECOND ADDITION
INFORMATION TO C/ Ses**

FIXATED ATTENTION

Ref: The Creation of Human Ability, R2-39 and R2-23

Sometimes the C/S runs into the case whose attention is solidly fixed on something. When attention is fixed we have an unawareness of other things than the object of fixation and a lessening of self-determinism to a point of other determinism. Example: The pc is always bringing up cars. He has trouble with cars, has ARC breaks about cars, W/Hs about cars, commits overts on cars. It worries him all the time, is a constant problem.

The fixated attention case appears not to as-is and is usually stuck on the track in the "quiet" portion of an incident. Ahead of it and behind it is extreme randomness. This is not easily confronted so is not-ised. The solution is to get the pc to exercise his attention, putting it here and there.

INTROVERSION AND ATTENTION

The pc whose attention is fixated manifests it in several ways. He will be continuously introverted on the area, will bring it up often in session but it doesn't seem to blow. It also shows up in correspondence to the C/S, frequent originations at Examiner, a fixed vague stare, all evidence of introversion. The pc may not originate it.

ANATOMY AND REMEDY

This fixation shows up as a problem but it is usually a hidden standard, a special problem the pc thinks must be resolved before auditing can be seen to have worked. Hence the NCG (no case gain) aspect. It is always an old problem of long duration.

The remedy basically involves getting the terminal connected with the area of fixation located and having the pc put his attention on the terminal and take his attention off the terminal.

THE PROCESS

STEP 1—Determine exactly what the pc has attention fixed on, by folder inspection or 2WC for a BD F/N item.

STEP 2—Get the area translated into a terminal. This will read well and have a high degree of pc interest.

STEP 3—Fit the terminal in the commands: "Put your attention on (termi- ~~2-" "Take your attention off (terminal)." Clear and run it alternate repetitive to the EP of pc's attention no longer fixed on the area, F/N Cog VGIs. This is called Attention Subjective Repetitive.

STEP 4—Select two objects. Best are a red pen and a blue pen. Two bowling pins will also do. Place them three to four feet apart at a distance of three to four feet from the pc. Place them on white paper for visibility.

STEP 5—Name the objects and fit them in the commands: "Put your attention on the red pen." "Put your attention on the blue pen." Clear the commands and run them alternate repetitive to the EP of pc in control of his attention, F/N Cog VGIs. This is called Attention Objective Repetitive.

ALTERNATE STEP S—Name the objects and fit them in the following commands: "Decide to put your attention on the red pen. Tell me when you've done so." "Put your attention on it." Then "Decide to put your attention on the blue pen. Tell me when you've done so." "Put your attention on it." Run this alternate repetitive until the pc is doing the decision step each time, then you can drop out the "Tell me when you've done so." Run it to the EP of pc in control of his attention, F/N Cog VGIs. This is called Attention Objective Decision Repetitive.

NOTE: With both these objective attention processes the pc may swear you are hypnotizing him or something. The process actually runs out hypnotism. The pc will come through a band of robotism and come out the other end IN CONTROL OF HIS OWN ATTENTION.

VITAL PROCESS DATA

It would never be okay to run Attention *Subjective Repetitive* on a *significance* (a no-mass thing). It must be run on a terminal. This is a ONE-SHOT PROCESS, depending for its effectiveness on the correctness of the first item selected.

This item is usually unmistakable in a truly fixated case.

PROGRAMING

Attention Subjective and Objective Repetitive fits in sequence on the Introspection RD between Steps 6L and 7.

If the *terminal* connected with the area of fixed attention could not be located then the area could not be addressed with Attention Subjective Repetitive, but in some other manner. It is unlikely that no terminal could be found on a truly fixated attention case.

ISOLATION

When a person is released from isolation after terminated handling of a psychotic break it is usual to welcome them back and restore any lost ARC for them from the group, if needed, with an announcement in the OODs.

The person would be interviewed as to whether he wanted to stay or go and what his intentions were.

Formal notification would be made that the person was back in good graces and he would be allowed to make up for any damage done, but *not* forced to do so. In the case of a crew member, it would be expected he would be assigned to the RPF where there was one, and told to make good.

ADDITIONAL CLEARED CANNIBAL STEP

There is an additional tool for use by the C/S in raising the pc's responsibility. The C/S sends to the pc HCOB 21 Jan. AD 10 JUSTIFICATION with a note asking the pc to please read the HCOB then tell the C/S if it has any application.

This would be done as the first of the series of C/S notes and pc replies on the Cleared Cannibal Step.

If the C/S receives any "rant and rave" in reply he would order it Dated and Located as the pc would be answering out of an incident.

Regardless, the Justification HCOB would have to be followed by O/Ws as the pc has W/Hs there to be restimmed and not running out the O/Ws could cause the TA to skyrocket.

C/SING ON PSYCHOS

C/Sing and auditing psychos is a very precise and even touchy business. There must be no mistakes and you cannot be heavy-handed on them. They are at the lowest point on the Effect Scale and therefore delicate at best and easily overwhelmed.

It is also policy that a C/S takes it easy on auditors handling psychos. They are very hard to audit and difficult to control. So don't berate the auditor. If they get any kind of a result, three cheers.

INTEGRITY

It has always been a rule that actions of one RD are not mixed in with another action or used randomly outside of the RD.

Recently I found that a technique from the Introspection RD was used to indicate bypassed charge or something when handling ruds. This is very wrong. This happened in the field as an isolated instance but is worth mentioning.

The integrity of any RD must be maintained or its effectiveness is reduced. When parts of a RD are used at random by a C/S it actually starts the pc on a RD that is left incomplete.

So don't extract bits of this RD and use them on other actions. You would do yourself and the pc a disservice.

L. RON HUBBARD Founder

Assisted by CS-4

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 20 APRIL 1974R
REVISED 25 APRIL 1991

Remimeo
Expanded Dianetics
Auditors
C/Ses

INTROSPECTION RD—THIRD ADDITION

Adds to HCOB 23 Jan. 74RB

ADDITIONAL INTROSPECTION RD STEPS

(The additional Introspection Rundown Steps have been added to HCOB 23 Jan. 74RB, THE TECHNICAL BREAKTHROUGH OF 1973t THE INTROSPECTION RD, as steps 14E-14I and 23A-23G.)

The Introspection Rundown has as its dominant Flow, Flow 0. This follows from basic O/W theory where the person goes down the dwindling spiral to a point where he can only restrain himself and do himself in.

CAUTION REGARDING EVIL PURPOSES

Do not run unreading items, miss reads or run wrong items as it will wind the pc up in the soup.

A common error on R3RAing evil purposes culled from the W/Ses has shown up that C/Ses must be alert for. This is taking up infinitive phrases like "to go to the store" that appear to be evil purposes but in actual fact are statements of future *actions or conditions*, not intentions.

Example: Pc says, "I was doing fine then Joe came along and caused me to cave in." "To cave in" is *not* an evil purpose as stated. It wasn't the pc's intention. Not valid.

Example: Pc says, "I was trying to hold on to the rope and he forced me to fall off the cliff." "To fall off the cliff" was *not* the pc's intention but a statement of an action. Not valid.

Example: Pc says, "I wanted to make them wrong and got sick." "To make them wrong" was the intention, is valid and runnable.

Have you got the idea? If there is any question in your mind, clear the word "intention," then go over a grammar text and sort out what an infinitive and infinitive phrase are and how they're used.

You'll save the pc and yourself a lot of difficulty if you do this.

L. RON HUBBARD
Founder

Assisted by CS-4

Revision assisted by
LRH Technical Research
and Compilations