

Independent Checksheets
Independent Checksheets Foundation

CHECKSHEET OF 11 MAY 2010

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INDEPENDENT SCIENTOLOGY LEVEL I
HUBBARD TRAINED SCIENTOLOGIST (HTS)

NAME: _____ ORG: _____

POST/OCCUPATION: _____

DATE STARTED: _____ DATE COMPLETED: _____

This Checksheet contains the knowledge vital for survival of Scientology Level I technology. It covers the technology dealing with Objective Processing, help and problems.

PREREQUISITES: The Student Hat
A Professional TRs Course
Method One Word Clearing
Provisional Class 0

(Method One Word Clearing is a prerequisite for training at this level, except where waived by a qualified C/S as covered in HCO PL 25 Sept. 79RB II, Rev. 1.7.85, METHOD ONE WORD CLEARING.)

MATERIALS: The Level I Course Pack
The Level I Tapes
The Problems of Work
The Book of E-Meter Drills
Dianetics and Scientology Technical Dictionary
E-Meter

STUDY TECH: Study tech is to be applied in full throughout this course. The materials are to be studied and drilled in sequence. By initialing the blank after each checksheet entry, you are attesting that you fully understand and can apply the data.

DRILLS ARE TO BE DONE FULLY TO THEIR RESULT. If you are not a fast flow student, you must star-rate check out on all items marked with an asterisk (*). (Ref. HCOB 13 Aug. 72RA, FAST FLOW TRAINING) The course does not require twinning.

PRODUCT: A Hubbard Trained Scientologist who is able to audit others to Objectives Release and Grade I Release standardly.

CERTIFICATE: Upon successful completion of this course, the student may be awarded the certificate of PROVISIONAL HUBBARD TRAINED SCIENTOLOGIST.

LENGTH OF COURSE: Two weeks full time (40 hours per week).

**SECTION I:
ORIENTATION**

- | | | | | | |
|------|---|--|-------|-------|-------|
| * 1. | HCO PL 7 Feb. 65 | KSW Series 1
KEEPING SCIENTOLOGY
WORKING | _____ | _____ | _____ |
| * 2. | HCO PL 17 June 70RB
Re-Rev. 25.10.83 | KSW Series 5R
TECHNICAL DEGRADES | _____ | _____ | _____ |
| * 3. | HCO PL 22 Nov. 67RA | KSW Series 25 | | | |

**SECTION II:
CLASS I AND GRADE I**

- *

1.

CLASSIFICATION, GRADATION AND AWARENESS
CHART OF LEVELS AND CERTIFICATE – Class I Auditor
section and Grade I Expanded section.
2.

HCO PL 23 Oct. 80R II
Rev. 16.11.87

CHART OF ABILITIES
GAINED FOR LOWER
LEVELS AND EXPANDED
LOWER GRADES
3.

DEMO:

The Abilities Gained for Grade I.

**SECTION III:
PROBLEMS OF WORK**

1.

Chapter: “On What Does Holding a Job Depend”
2.

DEMO:

All security derives from knowledge.
3.

Chapter: “Handling the Confusions of the Work a Day
World”
4.

DEMO:

The definition of confusion.
5.

DEMO:

What a stable datum is.
6.

ESSAY:

Describe a specific situation in your life and how
you could improve it by applying the Doctrine of
the Stable Datum.
7.

Chapter: “Is Work Necessary?”
8.

Chapter: “The Secret of Efficiency”
9.

Chapter: “Life as a Game”
10.

DEMO:

What a game consist of.
11.

Chapter: “Affinity, Reality and Communication”
12.

Chapter: “Exhaustion”
13.

DEMO:

What exhaustion stems from and how it can be
handled.
14.

Chapter: “The Man Who Succeeds”

**SECTION IV:
UPPER INDOC TRs**

1.

HCOB 7 May 68R

UPPER INDOC TRs
2.

WORD CLEARING:
- a.

Tone 40

b.	Tone 40 auditing			
2.	HCOB 26 Oct. 70 III	OBNOSIS AND THE TONE SCALE		
3.	DRILL:			
a.	TR6			
b.	TR7			
c.	TR8			
d.	TR9			

SECTION V: METERING

1.	DRILL:	Do the following E-Meter drills per <i>The Book of E-Meter Drills</i> . The Course Supervisor will issue pink sheets for any earlier E-Meter drills observed to be out.			
a.	E-Meter Drill 19: “Instant Reads”				
b.	E-Meter Drill 23: “Assessment by Tone Arm”				
c.	E-Meter Drill 24: “Assessment by Instant Read”				
d.	E-Meter Drill 26: “Differentiation Between Sizes of Needle Reads”				

SECTION VI: STYLES OF AUDITING

1.	HCOB 6 Nov. 64	STYLES OF AUDITING (section headed LEVEL I MUZZLED AUDITING)			
2.	DEMO:	What is meant by “Muzzled Repetitive Auditing Style”?			
3.	DEMO:	The difference between Listen Style and Muzzled Style auditing.			
4.	HCOB 1 Oct. 65R Rev. 24.2.75	MUTTER TR			
5.	DRILL:	Mutter TR			

SECTION VII: AUDITING BASICS

1.	Tape: 6108C29:	BASICS OF AUDITING			
2.	DEMO:				
a.	A session in which the auditor is not exercising standard session control, and how the pc’s bank behaves.				

	b.	A session in which the auditor is exercising standard session control, and how the pc's bank behaves.	_____	_____	_____
3.	Tape: 6410C13:	CYCLES OF ACTION	_____	_____	_____
4.	CLAY DEMO:	The mechanics of a cycle of action.	_____	_____	_____
5.	HCOB 30 Apr. 69	AUDITOR TRUST	_____	_____	_____
6.	DEMO:				
	a.	Auditor plus pc is greater than bank.	_____	_____	_____
	b.	Auditor plus bank is greater than the pc.	_____	_____	_____
	c.	Pc minus auditor is less than the bank.	_____	_____	_____
7.	HCOB 21 Mar. 74	END PHENOMENA	_____	_____	_____
8.	DEMO:	The definition of End Phenomena.	_____	_____	_____
* 9.	HCOB 7 Apr. 64	Q AND A	_____	_____	_____
10.	DEMO:	Q and A.	_____	_____	_____
* 11.	HCOB 7 May 69 IV	THE FIVE GAEs	_____	_____	_____
12.	DEMO:	Each of the five GAEs.			
	1.	_____	_____	_____	
	2.	_____	_____	_____	
	3.	_____	_____	_____	
	4.	_____	_____	_____	
	5.	_____	_____	_____	
* 13.	HCOB 26 Oct. 76 I	C/S Series 97 AUDITING REPORTS, FALSIFYING OF	_____	_____	_____
SECTION VIII: INDICATORS					
1.	HCOB 3 May 80	PC INDICATORS	_____	_____	_____
2.	DEMO:	Student runs "Do birds fly?" on coach, with full session setup (Meter, worksheets, etc.) From time to time coach manifest on of the Indicators (good or bad) from HCOB 3 May 80. Student must spot the indicator and note it in his worksheets. The coach at the end of the drill looks over the student's worksheets for any error, corrects the student as needed by reference to the issue, and drills the student to a pass.	_____	_____	_____
SECTION IX: OBJECTIVES/CCH					
1.	Clear the following terms in the Technical Dictionary.				
	a.	Objective Processes.	_____	_____	_____

	b. Subjective Processes.			
2.	DEMO: The difference between an objective process and a subjective Process.			
3.	Tape: 5707C05: BASIC THEORY OF CCHs			
4.	Tape: 5707C07: CCH: STEPS 1-4 DEMO			
5.	Tape: 6106C22: RUNNING CCHs			
6.	Tape: 6106C27: CCHS - CIRCUITS			
7.	DEMO: What happens to a pc's circuitry when CCHs are run.			
* 8.	HCOB 5 Apr. 62 CCHS, AUDITING ATTITUDE			
9.	CLAY DEMO: "The purpose of the CCHs is to bring the pc through incidents and into present time."			
* 10.	HCOB 12 Apr. 62 CCHS, PURPOSE			
* 11.	HCOB 2 Aug. 62 CCHS, ANSWERS			
* 12.	HCOB 7 Aug.. 62 RUNNING CCHS			
* 13.	HCOB 1 Dec. 65 CCHs			
14.	DEMO:			
	a. CCH 1			
	b. CCH 2			
	c. CCH 3			
	d. CCH 4			
* 15.	HCOB 3 Feb. 59 FLATTENING A PROCESS			
16.	DEMO: What "flat" means with regard to running a process.			
17.	Tape: 6403C19: FLATTENING A PROCESS			
18.	CLAY DEMO: What does an auditor's ability to complete a cycle of action in auditing has to do with flattening a process on a pc.			
* 15.	HCOB 19 Mar. 78 QUICKIE OBJECTIVES			
20.	DRILL: Using HCOB 1 Dec. 65, CCHS, drill CCHs 1-4 on a doll. Coach holds the doll, moves it about and answers for it. The LRH demo tape 5707C07, CCH: STEPS 1-4 DEMO, should be referred to while drilling to ensure proper TRs, auditor presence and procedure are applied by the student. Coach shows the student the exact LRH reference violated after any flunk. The drill is passed when the student has			

demonstrated he can audit CCHs 1-4
standardly.

a.	CCH 1			
	Unbullbaited	_____	_____	_____
	Bullbaited	_____	_____	_____
b.	CCH 2			
	Unbullbaited	_____	_____	_____
	Bullbaited	_____	_____	_____
c.	CCH 3			
	Unbullbaited	_____	_____	_____
	Bullbaited	_____	_____	_____
d.	CCH 4			
	Unbullbaited	_____	_____	_____
	Bullbaited	_____	_____	_____
e.	CCH 1-4			
	Unbullbaited	_____	_____	_____
	Bullbaited	_____	_____	_____
* 21.	HCOB 11June 57	TRAINING AND CCH		
	(Section on CCHs 5, 6 and 7)	PROCESSES	_____	_____
22.	DRILL:	Using HCOB 11June 57, drill the following		
		CCHs on a doll. Coach holds the doll, moves it		
		about and answers for it. Coach shows the		
		student the exact LRH reference violated after		
		any flunk. The drill is passed when the student		
		has demonstrated he can audit each of these		
		CCHs standardly.		
	a.	CCH 5	_____	_____
	b.	CCH 6	_____	_____
	c.	CCH 7	_____	_____
23.	PAB 87 5 June 56	SCIENTOLOGY PROCESSING	_____	_____
24.	HCOB 2 Nov. 57RA	AN OBJECTIVE RUNDOWN		
	Rev. 22.2.75	EXAMINATION FORM	_____	_____
25.	DRILL:	Using HCOB 11June 57RA, drill CCH 8 (TRIO)		
		on a doll. Coach holds the doll and answers for		
		it. Coach shows the student the exact LRH		
		reference violated after any flunk. The drill is		
		passed when the student has demonstrated he		
		can audit CCH8 standardly.	_____	_____

*	26.	HCOB 11June 57	TRAINING AND CCH PROCESSES (Section on CCHs 9 and 10)	_____	_____	_____
	27.	DRILL:	Using HCOB 11June 57, drill the following CCHs on a doll. Coach holds the doll, moves it about and answers for it. Coach shows the student the exact LRH reference violated after any flunk. The drill is passed when the student has demonstrated he can audit each of these CCHs standardly.			
		a.	CCH 9	_____	_____	_____
		b.	CCH 10	_____	_____	_____
*	28.	HCOB 4 Feb. 59	OP PRO BY DUP	_____	_____	_____
	29.	DRILL:	Op Pro by Dup on a doll. Coach holds the doll, moves it about and answers for it. Coach shows the student the exact LRH reference violated after any flunk. The drill is passed when the student has demonstrated he can audit SCS standardly.	_____	_____	_____
*	30.	HCOB 18 May 80R	START-CHANGE-STOP COMMANDS	_____	_____	_____
	31.	DRILL:	SCS on a doll. Coach holds the doll, moves it about and answers for it. Coach shows the student the exact LRH reference violated after any flunk. The drill is passed when the student has demonstrated he can audit SCS standardly.			
		a.	SCS on an Object.	_____	_____	_____
		b.	SCS on a Body.	_____	_____	_____
*	32.	PAB 34 4 Sept. 54	OPENING PROCEDURE SOP 8-C	_____	_____	_____
	33.	DRILL:	SOP 8-C on a doll. Coach holds the doll, moves it about and answers for it. Coach shows the student the exact LRH reference violated after any flunk. The drill is passed when the student has demonstrated he can audit SOP 8-C standardly.	_____	_____	_____
SECTION X: PROBLEMS AND HELP						
*	1.	HCOB 31 Mar. 60	THE PRESENT TIME PROBLEM	_____	_____	_____
	2.	DEMO:	What is a present time problem.	_____	_____	_____
	3.	CLAY DEMO:	Why a pc makes no gain when he has a PTP.	_____	_____	_____

4.	CLAY DEMO:	What is a Problem.	_____	_____	_____
* 5.	HCOB 5 May 60	HELP	_____	_____	_____
* 6.	HCOB 19 May 60	HOW HELP BECAME BETRAYAL	_____	_____	_____
7.	DEMO:	“Help is the make-break point between sanity and insanity.”	_____	_____	_____
8.	HCOB 6 July 61	ROUTINE 1A	_____	_____	_____
9.	Tape: 6110C03:	THE PRIOR CONFUSION	_____	_____	_____
10.	Tape: 6110C10:	PROBLEMS INTENSIVE	_____	_____	_____
11.	Tape: 6110C11:	PROBLEMS INTENSIVE ASSESSMENT	_____	_____	_____
* 12.	HCOB 2 Nov. 61	THE PRIOR CONFUSION	_____	_____	_____
13.	CLAY DEMO:	The relationship between a prior confusion and a problem.	_____	_____	_____
* 14.	HCOB 30 July 62	A SMOOTH HGC 25-HOUR INTENSIVE	_____	_____	_____
* 15.	HCOB 27 Sept. 62	PROBLEMS INTENSIVE USE	_____	_____	_____
16.	DEMO:	Problems Intensive Procedure	_____	_____	_____
* 17.	HCOB 7 Sept. 78R Rev. 21.10.78	MODERN REPETITIVE PREPCHECKING	_____	_____	_____
18.	DEMO:	Prepcheck procedure.	_____	_____	_____
19.	DRILL:	Prepcheck the subject “apples” on a doll. Coach answers for the doll and holds the cans, squeezing them to simulate reads. On any flunk, the coach shows the student the exact LRH reference violated. The drill is passed when the student has demonstrated he can do a standard Prepcheck.	_____	_____	_____
20.	Tape: 6404C21:	PROBLEMS AND SOLUTIONS	_____	_____	_____
21.	CLAY DEMO:	How a solution can later become a problem.	_____	_____	_____

SECTION XI: PROBLEMS PROCESSES

1.	HCOB 8 Sept. 78RB Rev. 16.11.87	MINI LIST OF GRADE 0-IV PROCESSES (5,6,7)	_____	_____	_____
2.	DRILL:				
a.	Study the commands for #6 in HCOB 8 Sept. 78RB and drill it on a doll with full session setup. Coach answers for the doll and holds the cans, squeezing them to simulate reads. On any flunk, the coach shows the student can standardly run the process				

with the meter and keep session admin.

Unbullbaited

Bullbaited

- b. Study the commands for #7 in HCOB 8 Sept. 78RB and drill it on a doll with full session setup. Coach answers for the doll and holds the cans, squeezing them to simulate reads. On any flunk, the coach shows the student the exact LRH reference violated. The drill is passed when the student can standardly run the process with the meter and keep session admin.

Unbullbaited

Bullbaited

**SECTION XII:
EXPANDED GRAD I**

1. HCOB 14 Nov. 87 III EXPANDED GRADE I
PROCESS CHECKLIST

**SECTION XIII:
STUDENT THEORY COMPLETION**

1. STUDENT ATTEST:

The following attest is to be signed off, point by point, before the student begins auditing Grade I processes.

If the student has any question or reservation about attesting to any of the points below, he should retread himself in that area.

Only when the student has acquired these skills without question will he or she achieve good results on Grade I processes:

- a. I know and can fully apply the study technology given in the Student Hat.

b. I have applied the study technology of the Student Hat fully while on this course.

c. I understand the E-Meter and how to use it.

d. I acquired good TRs 0 to 9 by drilling each to its EP.

e. I understand and can run Objectives Processes.

f. I have, without reservation, a good grasp of the materials of Level I, including those on help, control and problems.

g. I fully understand the theory and procedure for checking questions or commands on Grades processes and can apply them.

h. I understand and can apply Muzzled-style Auditing and can run a repetitive process by that method standardly.
- _____

STUDENT ATTEST: _____ DATE: _____

2. CONDITIONAL:

If the student has not completed Method One Word Clearing, an examination is fully passed in Qual on the materials of this checksheet.

EXAMINER: _____ DATE: _____

**SECTION XIV:
STUDENT AUDITING**

The student now begins student auditing of Grade I processes. Pcs are procured per HCOB PL 8 June 70RC II, STUDENT AUDITING.

The student must not and cannot be required by anyone to audit processes above his training level. Where upper-level processes are necessary for a case, upper-level students should be called upon to audit the actions.

NOTE: YOU ARE NOW QUALIFIED TO BEGIN CO-AUDITING OF EXPANDED GRADE I (WITH C/S OK), AND MAY DO SO IF YOU WISH. YOU ARE NOT REQUIRED T AUDIT THESE EXPANDED GRADES IN ORDER TO COMPLETE THIS CHECKSHEET.

Ref: HCOB 8 Sept. 78RB, Rev. 16.11.87 – MINI LIST OF GRADE 0-IV PROCESSES

1. PRACTICAL: Audit #5 per HCOB 8 Sept. 78RB on a pc to completely satisfactory results by exam report and C/S attest. _____
2. PRACTICAL: Audit #6 per HCOB 8 Sept. 78RB on a pc to completely satisfactory results by exam report and C/S attest. _____
3. PRACTICAL: Audit #7 per HCOB 8 Sept. 78RB on a pc to completely satisfactory results by exam report and C/S attest. _____
4. CONDITIONAL: Get any errors or misunderstandings on the standard application of the materials of Level I reviewed and corrected. _____
5. ATTESTATIONS: _____

I attest that I have successfully fulfilled the auditing requirements for certification on Level I, as given above.

STUDENT ATTEST: _____ DATE: _____

I attest this student has successfully fulfilled the Level I auditing requirements for certification, as given above, and has demonstrated his competence in auditing the style of this level.

SUPERVISOR ATTEST: _____ DATE: _____

STUDENT C/S ATTEST: _____ DATE: _____

**SECTION XV:
STUDENT COURSE COMPLETION**

1. STUDENT COMPLETION:

I have completed the requirements of this checksheet and I know and can apply this material.

STUDENT ATTEST: _____ DATE: _____

I have trained this student to the best of my ability and he has completed the requirements of this checksheet and knows and can apply the checksheet data.

SUPERVISOR ATTEST: _____ DATE: _____

Only when the student has acquired these skills without question will he or she achieve good results on Objectives and Grade I processes:

2. STUDENT ATTEST AT C&A:

I attest:

- a. I have exchanged for my course. _____
- b. I have studied and understand all the materials on the checksheet. _____
- c. I have done all the drills on the checksheet. _____
- d. I can produce the results required in the materials of the course. _____

STUDENT ATTEST: _____ DATE: _____

C&A: _____ DATE: _____

The student is awarded the certificate of HUBBARD TRAINED SCIENTOLOGIST (Provisional).

(Route this checksheet to the Course Admin for filing in the student’s folder.)

Revision by
Independent Checksheet Compilations

DK:jaw