

Independent Checksheets
Independent Checksheets Foundation

CHECKSHEET OF 2 MAY 2010

Non-Confidential Downloads

**THE INDEPENDENT
METHOD ONE CO-AUDIT**

NAME: _____ ORG: _____

POST/OCCUPATION: _____

DATE STARTED: _____ DATE COMPLETED: _____

PREREQUISITES: There are no prerequisites for this course. (HQS is recommended).

Note: One can receive Method One Word Clearing in the HGC. This course is for anyone who wishes to get Method One Word Clearing by co-auditing it with another.

The Method One Co-audit Checksheet is normally done just before the Student Hat. However, if you cannot receive Method One immediately due to case reasons (e.g., being in the middle of a major auditing action), one can do the Student Hat while completing the necessary auditing actions and then do the Method One Co-audit Checksheet.

PURPOSE: To train a student to co-audit Method One Word Clearing.

STUDY TECH: The second section of this course teaches important basics of study technology. They are to be applied in full as you learn them and as you continue through the course.

By initialing the black after each checksheet entry, you are attesting that you fully understand and can apply the data. DRILLS ARE TO BE DONE FULLY TO THEIR RESULTS.

MATERIALS: Hubbard Method One Co-Audit Course Pack
A Mark Super VII, Mark VI or Mark V E-Meter
Book: *Introducing the E-Meter*
Book: *E-Meter Essentials*
Book: *The Book of E-Meter Drills*
Book: *The Fundamentals of Thought*

You are required to maintain a standard course schedule. Study and work during your class periods and outside of class. You have a lot to study and get checked out on in order to complete this course. You can't afford to waste time.

This course is done with a twin, per HCOB 21 Aug. 79, TWINNING.

You may be credited with materials you have studied on previous checksheets.

PRODUCT: A student who has successfully co-audited on Method One Word Clearing.

CERTIFICATE: HUBBARD METHOD ONE CO-AUDIT COURSE GRADUATE.

LENGTH OF COURSE: Three to four weeks full time, at eight hours per day, five days per week (four days to complete the checksheet up to the co-auditing section).

NOTE: THIS IS A CO-AUDIT COURSE. COMPLETION OF THIS COURSE DOES NOT QUALIFY ONE AS A PROFESSIONAL AUDITOR OR WORD CLEARER, NOR DOES IT ENTITLE ONE TO DO ANY KIND OF AUDITING OR WORD CLEARING OTHER THAN CO-AUDITING METHOD ONE WORD CLEARING.

SECTION A: KEEPING SCIENTOLOGY WORKING

1. HCO PL 7 Feb. 65 KSW Series 1
KEEPING SCIENTOLOGY
WORKING _____

1. HCO PL 17 June 70RB KSW Series 5R
TECHNICAL DEGRADES _____

SECTION B: STUDY TECH BASICS

1. HCOB 21 Sept. 70 Study Series 1
STUDY DEFINITIONS _____

2. **PRACTICAL:** See the Course Supervisor for a copy of the issue laying out the student points system. Work out your student points for the study you have done so far. (You will be continuing to keep track of your student points and turning them in to the Course Supervisor daily.) _____

3. HCO PL 17 June 70RB Word Clearing Series 3R
BARRIERS TO STUDY _____

4. **PRACTICAL:** Describe a time when you experienced the symptoms of each of the following. Write your descriptions on a piece of paper, and place your write-up on the Supervisor's desk when you have finished.

a. Lack of mass. _____

b. Too steep a gradient. _____

c. A misunderstood word. _____

5. HCO PL 23 July 81R I Study Series 12
Rev. 10.1.84 THE USE OF
DEMONSTRATION _____

6. **DEMO:** Demonstrate, using a demo kit, a student studying. _____

7. HCOB 17 July 79RB I Word Clearing Series 64RB
Rev. 26.2.89 THE MISUNDERSTOOD
WORD DEFINED _____

8. **DEMO:** Describe a time when you experienced the symptoms of each of the following. Write your descriptions on a piece of paper, and place your write-up on the Supervisor's desk when you have finished.

a. A false (totally wrong) definition. _____

b. An invented definition. _____

c. An incomplete definition. _____

d. An incorrect definition. _____

- e. An unsuitable definition. _____
 - f. A homonymic definition. _____
 - g. A substitute definition. _____
 - h. An omitted (missing) definition. _____
 - i. A no-definition. _____
 - j. A rejected definition. _____
9. **ESSAY:** Write up five different examples of how a word could be misunderstood or not understood. Turn your essay into the Course Supervisor. _____
10. HCOB 23 Mar. 78RB Word Clearing Series 59RB
CLEARING WORDS _____
11. **PRACTICAL:** Turn to the beginning of your course pack and review HCO PL KEEPING SCIENTOLOGY WORKING. Starting from the top of the HCO PL find and clear any words you did not fully understand, restudying the issue as you go. Write up what you did and the results and turn your write-up in to the Course Supervisor. _____
12. HCOB 4 Sept. 71 III Word Clearing Series 20
SIMPLE WORDS _____
13. HCOB 13 Feb. 81R Word Clearing Series 67R
Rev. 25.7.87 DICTIONARIES _____
14. **DEMO:** How to select a good dictionary for your own use as a student. _____
15. HCOB 19 June 72 Word Clearing Series 37
DINKY DICTIONARIES _____

SECTION C: THE AUDITORS CODE

1. HCO PL 14 Oct. 68RA THE AUDITOR'S CODE
Rev. 19.6.80 _____
2. **DEMO:** Each point of the Auditor's Code. _____
1. _____ 2. _____ 3. _____ 4. _____
5. _____ 6. _____ 7. _____ 8. _____
9. _____ 10. _____ 11. _____ 12. _____
13. _____ 14. _____ 15. _____ 16. _____
17. _____ 18. _____ 19. _____ 20. _____
21. _____ 22. _____ 23. _____ 24. _____
25. _____ 26. _____ 27. _____ 28. _____
29. _____

SECTION D: TRAINING ROUTINES

- | | | | | | |
|-----|--|--|--|--|--|
| 1. | Book: <i>The Fundamentals of Thought</i>
Chapter: "The ARC Triangle" | | | | |
| 2. | DEMO: | | | | |
| | a. Affinity | | | | |
| | b. Reality | | | | |
| | c. Communication | | | | |
| | d. How increasing one corner of the ARC triangle affects the other corners. | | | | |
| | e. The formula of communication. | | | | |
| 3. | HCOB 24 May 68I | COACHING | | | |
| 4. | DEMO: The purpose of a coach. | | | | |
| 5. | HCOB 16 Aug. 71R II
Rev. 5.7.78 | TRAINING DRILLS
REMODERNIZED
Through the section on
OT TR 0 | | | |
| | [Note to the Supervisor: These TRs are supposed to be done at co-audit gradient per HCOB 30 May 80R, SUPERVISING CO-AUDIT TRs. | | | | |
| 6. | DRILL: Do OT TR 0 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | | | |
| 7. | HCOB 16 Aug. 71R II
Rev. 5.7.78 | TRAINING DRILLS
REMODERNIZED
section on TR 0 | | | |
| 8. | DRILL: Do TR 0 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | | | |
| 9. | HCOB 16 Aug. 71R II
Rev. 5.7.78 | TRAINING DRILLS
REMODERNIZED
section on TR 0 Bullbait | | | |
| 10. | DRILL: Do TR 0 Bullbait with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | | | |
| 11. | HCOB 16 Aug. 71R II
Rev. 5.7.78 | TRAINING DRILLS
REMODERNIZED
section on TR 1 | | | |
| 12. | DRILL: Do TR 1 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. | | | | |
| 13. | HCOB 16 Aug. 71R II
Rev. 5.7.78 | TRAINING DRILLS
REMODERNIZED | | | |

section on TR 2

14. **DRILL:** Do TR 2 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. _____

15. HCOB 16 Aug. 71R II Rev. 5.7.78 TRAINING DRILLS REMODERNIZED section on TR 2 ½ _____

16. **DRILL:** Do TR 2 ½ with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. _____

17. HCOB 16 Aug. 71R II Rev. 5.7.78 TRAINING DRILLS REMODERNIZED section on TR 3 _____

18. **DRILL:** Do TR 3 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. _____

19. HCOB 16 Aug. 71R II Rev. 5.7.78 TRAINING DRILLS REMODERNIZED section on TR 4 _____

20. **DRILL:** Do TR 4 with another student until you are familiar with how to do it, have improved your ability to do what the drill calls for and have had a win on the drill. _____

21. **DRILL:** Continue drilling TRs OT TR 0 – TR 4 with another student, applying the HCOB on coaching and the “Training Note” at the end of HCO 16 Aug. 71R, TRAINING DRILLS REMODERNIZED. Cycle through the TRs on a gradient, stiffening the gradient each time through. Continue cycleing through the TRs until you have had wins on each TR and can do each competently. _____

OT TR 0 _____ TR 2 _____

TR 0 _____ TR 2 ½ _____

TR 0 BB _____ TR 3 _____

TR 1 _____ TR 4 _____

SECTION E: METERING

1. Book: *Introducing the E-Meter*

Have an E-Meter to hand while you study this book. Do the actions described in the book with your meter. The student must perform each step as called for in the book. (Refer to the owner’s manual for your meter as needed.)

a. Chapter: “How the E-Meter Works” _____

b. Chapter: “How Up the E-Meter” _____

c.	Chapter: "The Sensitivity Knob"	_____	_____	_____
d.	Chapter: "The Needle"	_____	_____	_____
e.	Chapter: "The Tone Arm"	_____	_____	_____
f.	Chapter: "Needle Action"	_____	_____	_____
g.	Chapter: "Meter Repair"	_____	_____	_____
h.	Chapter: "Get E-Meter Training"	_____	_____	_____
2.	Book: <i>The Book of E-Meter Drills Forward</i>	_____	_____	_____
3.	HCOB 24 May 68l	E-METER DRILL COACHING	_____	_____
4.	DRILL: E-Meter Drill 1: "Touch and Let Go of the E-Meter"	_____	_____	_____
5.	DRILL: E-Meter Drill 2: "E-Meter Familiarization"	_____	_____	_____
6.	DRILL: E-Meter Drill 3: "Setting Up and Reading a Tone Arm Counter" (Refer to the owner's manual for your meter as needed.)	_____	_____	_____
7.	DRILL: E-Meter Drill 3A: "Calibration Check of the E-Meter by External Precision Resistors" (Refer to the owner's manual for your meter as needed.)	_____	_____	_____
8.	DRILL: E-Meter Drill 4: "Setting Up an E-Meter" (Refer to the owner's manual for your meter as needed.)	_____	_____	_____
9.	HCOB 11 May 69R Rev. 8.7.78	METER TRIM CHECK	_____	_____
10.	DRILL: Doing a meter trim check per HCOB 11 May 69R. The coach adjusts the meter so that it is slightly out of trim before the student does the check. He than turns the meter over to the student, who dos a standard after-session meter trim check and notes down the TA position found on the check. Coach gives a flunk for any departure from the meter trim check HCOB violated. The drill is passed when the student has demonstrated he can do a standard an accurate meter trim check	_____	_____	_____
11.	DRILL: E-Meter Drill 5RB: "Can Squeeze"	_____	_____	_____
12.	DRILL: E-Meter Drill 6: "Handling the Tone Arm and Sensitivity"	_____	_____	_____
13.	DRILL: E-Meter Drill 7: "Tone Arm Reading"	_____	_____	_____
14.	DRILL: E-Meter Drill 10:	_____	_____	_____

		"Tone Arm Blowdowns"	_____	_____	_____
15.	DRILL:	E-Meter Drill 11: "Superlative Tone Arm Handling"	_____	_____	_____
16.	Book:	<i>E-Meter Essentials</i> Chapter F	_____	_____	_____
17.	HCOB 21 July 78	WHAT IS A FLOATING NEEDLE?	_____	_____	_____
18.	DRILL:	E-Meter Drill 12: "Needle Actions"	_____	_____	_____
19.	DRILL:	E-Meter Drill 14: "Needle Motion and No Motion Recognition"	_____	_____	_____
20.	DRILL:	E-Meter Drill 15: "Familiarization with Reading an E-Meter"	_____	_____	_____
21.	DRILL:	E-Meter Drill 16: "The Production of Needle Actions"	_____	_____	_____
22.	DRILL:	E-Meter Drill 17: "What Makes the E-Meter Read and Cleaning a Read"	_____	_____	_____
23.	HCOB 5 Aug. 78	INSTANT READS	_____	_____	_____
24.	DRILL:	E-Meter Drill 19: "Instant Reads"	_____	_____	_____
25.	HCOB 22 July 78	ASSESSMENT TRs	_____	_____	_____
26.	DRILL:	E-Meter Drill 24: "Assessment by Instant Read"	_____	_____	_____
27.	DRILL:	E-Meter Drill 26: "Differentiation Between Sizes of Needle Reads"	_____	_____	_____
28.	DRILL:	E-Meter Drill 27: "Needle Observation"	_____	_____	_____

SECTION F: AUDITOR ADMIN

1.	HCOB 6 Nov. 69R	Auditor Admin Series 14RA THE WORKSHEETS	_____	_____	_____
2.	DEMO:	The purpose of the session worksheets.	_____	_____	_____
3.	HCOB 5 Nov. 87	Auditor Admin Series 13RA THE AUDITOR'S REPORT FORM	_____	_____	_____
4.	DEMO:	The purpose of the Auditor's Report Form.	_____	_____	_____
5.	HCOB 17 Mar. 69R Rev. 12.11.87	Auditor Admin Series 12RA SUMMARY REPORT FORM	_____	_____	_____

- | | | | | |
|-----|---|-------|-------|-------|
| 6. | DEMO: The purpose of the Summary Report Form. | _____ | _____ | _____ |
| 7. | HCOB 31 Oct 87
Auditor Admin Series 7RA
THE FOLDER SUMMARY | _____ | _____ | _____ |
| 8. | DEMO: The purpose of the Folder Summary. | _____ | _____ | _____ |
| 9. | HCOB 13 Nov. 87
Rev. 12.11.87
Auditor Admin Series 3RA
THE PC FOLDER AND ITS
CONTENTS | _____ | _____ | _____ |
| 10. | PRACTICAL: Make up the following, assemble them in proper sequence and turn them in to the Supervisor: | _____ | _____ | _____ |
| a. | A dummy set of worksheets showing the process "Do birds fly?" run to EP. | _____ | _____ | _____ |
| b. | A dummy Auditor's Report Form showing the session where the process "Do birds fly?" was run. | _____ | _____ | _____ |
| c. | A dummy Summary Report Form for the above session. | _____ | _____ | _____ |
| d. | A dummy Folder Summary entry for the session. | _____ | _____ | _____ |

SECTION G: BASIC SESSION ACTIONS

- | | | | | |
|----|---|-------|-------|-------|
| 1. | HCOB 4 Dec. 77R
Rev. 19.8.87
CHECKLIST FOR
SETTING UP SESSION
AND AN E-METER | _____ | _____ | _____ |
| 2. | HCOB 9 Aug. 78 II
Word Clearing Series 52
CLEARING COMMANDS | _____ | _____ | _____ |
| 3. | DRILL: Clearing commands on a doll. Coach answers for the doll and holds the cans, squeezing the cans to simulate reads. The student clears the commands "Do fish swim?" and "Do birds fly?" On any flunk, the coach shows the student the exact LRH reference violated. The drill is passed when the student has demonstrated he can standardly clear commands, keeping accurate worksheets. | _____ | _____ | _____ |
| | [Note: The following HCOB, MODEL SESSION, includes instructions on the use of rudiments and Havingness. These procedures are not taught as part of this co-audit course. Unless you have been trained on flying rudiments earlier, the Supervisor will arrange for another to fly ruds if they are needed in your co-audit sessions.] | _____ | _____ | _____ |
| 4. | HCOB 11 Aug. 78 II
MODEL SESSION | _____ | _____ | _____ |
| 5. | DRILL: Model session, on a doll. Coach answers for the doll and squeezes the cans to simulate reads. The student starts, runs and ends a dummy session in which the processes "Do fish swim?" and "Do birds fly?" are run. Coach shows the student the exact LRH reference violated after any flunk. The drill is passed when the student has demonstrated he can do model session procedure (excluding rudiments and Havingness, unless | _____ | _____ | _____ |

trained on these earlier).

SECTION H: METHOD ONE WORD CLEARING

1. HCOB 30 June 71RC II Word Clearing Series 8RC
Rev. 3.3.89 STANDARD C/S FOR
WORD CLEARING IN
SESSION METHOD ONE _____

2. **DIAGRAM:** Draw a diagram showing how a subject is cleared using Method One Word Clearing procedure including finding and clearing earlier words in the subject, finding and handling earlier-similar subjects, and taking the subject to EP with all words found F/Ned. Turn your diagram in to the Supervisor. _____

3. **DEMO:** The EP of:
a. Handling a single word. _____
b. Handling a subject. _____
c. Method One Word Clearing _____

4. **DEMO:** The full Method One Word Clearing procedure. _____

5. **DRILL:** Method One Word Clearing procedure on a doll. Coach answers for the doll and squeezes the cans to simulate reads. Coach shows the student the exact LRH reference violated after any flunk. The drill is passed when he has demonstrated he can do the full Method One Word Clearing procedure with metering and admin in. _____

6. **DRILL:** A full Method One Word Clearing session, on a doll. Coach answers for the doll and squeezes the cans to simulate reads. Coach shows the student the exact LRH reference violated after any flunk. The drill is passed when he has demonstrated he can do a complete Method One Word Clearing session, from start to finish. _____

7. HCOB 4 Dec. 78 HOW TO READ THROUGH
AN F/N _____

8. **DRILL:** Sit down in front of the meter with an F/Ning student on the cans and assess the prepared lists in *The Book of E-Meter Drills*. Spot each time you get a "check" or a "slow" or any change in an otherwise continuing F/N. Coach sits behind student and flunks any miscalled reads, referring the student to the exact LRH reference violated. The drill is passed when the student can read through an F/N and is adept at this. _____

SECTION I: STUDENT THEORY COMPLETION

1. STUDENT ATTEST:

I Attest that I have no misunderstands on the course materials and can successfully apply the materials of this course.

STUDENT ATTEST: _____ DATE: _____

2. SUPERVISOR ATTEST:

I attest that the above-named student has fully completed the checksheet, knows and can apply the materials of the course and has no misunderstands.

SUPERVISOR ATTEST: _____ DATE: _____

3. EXAMINATION:

An examination is fully passed in Qual on the materials of this checksheet. Passing grade is 85 percent. Missed questions are handled in Cramming.

STUDENT EXAMINER: _____ DATE: _____

SECTION J: CO-AUDITING

CO-AUDITING ON THIS COURSE IS DONE IN THE COURSE ROOM. UNDER SUPERVISION. IF YOU RUN INTO TROUBLE IN A SESSION, PUT YOUR HAND BEHIND YOUR BACK AND THE SUPERVISOR WILL COME AND ASSIST YOU.

1. Audit your twin on Method One Word Clearing to completion.

C/S: _____

2. Receive Method One Word Clearing from your twin to completion.

C/S: _____

SECTION K: COURSE COMPLETION

1. STUDENT ATTEST:

I Attest that I have no misunderstands on the course materials and can successfully apply the materials of this course.

STUDENT ATTEST: _____ DATE: _____

SUPERVISOR ATTEST:

I attest that the above-named student has fully completed the checksheet, knows and can apply the materials of the course and has no misunderstands.

SUPERVISOR ATTEST: _____ DATE: _____

SECTION I: STUDENT THEORY COMPLETION

1. STUDENT COMPLETION:

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

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 completely applies study tech.

STUDENT ATTEST: _____ DATE: _____

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: _____

3. CERTS AND AWARDS:

This graduate has been issued a certificate of HUBBARD METHOD ONE CO-AUDIT COURSE GRADUATE.

C&A: _____ DATE: _____

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

Revision by
Independent Checksheet Compilations

DK:jaw