

BOARD TECHNICAL BULLETIN
15 NOVEMBER 1976
ISSUE III

Remimeo

CANCELS
BTB 4 JANUARY 1972RB "0-IV EXPANDED
GRADE PROCESSES - TRIPLES PART C
GRADE 1 PROCESSES"

0-IV EXPANDED GRADE PROCESSES - QUADS
PART C
GRADE 1 PROCESSES

This BTB gives a checklist of the Expanded Quad Grade Process commands. It is not all the possible processes for this level. If more are needed to attain full EP for this level additional processes can be found in LRH Bulletins, Books, Tapes, PABs and other issues.

Each process is run to its full end phenomena of F/N, Cog, VGIs. Any processes previously run are rehabbed or completed and any missing flows run. A copy of this checklist is placed in the folder of a pc being run on Expanded Grades and the processes checked off with the date each is run to EP.

On any of these processes where the pc answers only yes or that he did it find out what it was by asking "What was it?" This keeps in the itsa line from the pc to auditor. (Ref: 30 June 62 HCOB)

THIS BTB DOES NOT REPLACE THE ORIGINAL SOURCE MATERIALS.

LEVEL "I" OBJECTIVES

1. CCH's I to X

Refs: HCOB 2 Aug 62 CCH ANSWERS
HCOB 7 Aug 62 CCH's MORE INFO
BTB 12 Sep 63 CCH DATA
HCOB 1 Dec 65 CCH's
HCOB 11 Jun 57 TRAINING & CCH PROCESSES
PAB 80 "Terrible Trio"

CCH I: Tone 40 - Give me that hand

"Give me that hand"

CCH II: Tone 40 - 8-C

"You look at that wall." "Thank you."

"You walk over to that wall." "Thank you."

"You touch that wall." "Thank you."

"Turn around." "Thank you."

CCH III: Hand Space Mimicry

"Put your hands against mine, follow them and contribute to their motion."

"Did you contribute to their motion?"

Gradually increase the space between pc and auditor hands per HCOB 12 Sept 63 CCH DATA. On increased distance: (1) Use: "Put your hands facing mine about one inch (or whatever distance is used) away, follow them and contribute to their motion."

NOTE: When distance increases *auditors* chair gets moved back, and auditors chair is always between pc and door.

CCH IV: Book Mimicry (No set commands)

Repeat CCH 1, 2, 3, 4 through and through until all are FLAT and the pc has reached full EP per LRH HCOBs.

to EP

CCH V: Location by Contact

"Touch that (room object)." "Thank you."

to EP

CCH VI: Body Room Contact

"Touch your (body part)." "Thank you."

"Touch that (indicated room object)." "Thank you."

to EP

CCH VII: Contact By Duplication

"Touch that table." "Thank you."

"Touch your (body part)." "Thank you."

"Touch that table." "Thank you."

"Touch your (same body part)." "Thank you." etc. pc walking.

to EP

CCH VIII: Trio (Terrible Trio)

"Look around the room and tell me what you could have?"

"Look around the room and tell me what you would permit to remain."

"Look around the room and tell me what you could dispense with." to EP

CCH IX: Tone 40 - Keep it from going away

"Look at that (indicated room object)."

"Walk over to that (indicated room object)."

"Touch that (indicated room object)."

"Keep it from going away."

"Did you keep it from going away?"

to EP

CCH X: Tone 40 - Hold it still

"Look at that (indicated room object)."

"Walk over to that (indicated room object)."

"Touch that (indicated room object)."

"Hold it still."

"Did you hold it still?"

to EP

2. R2-67 OBJECTS

Ref: Creation of Human Abilities, page 162

"Locate some objects."

Run repetitively. Pc looks at them and notices what they are.

to EP

3. 3-PART LOCATION PROCESS:

Ref: PAB 153 1 Feb 59

Locational:

"Notice that _____. " "Thank you."

(Auditor points to object but *NOT* in pc's direction.)

to EP

Locational, Body and Room:

"Look at that _____. " "Thank you."

"Look at your _____ (foot, hand, knee etc.). " "Thank you."

to EP

Objective Show Me:

"Show me that _____. "Thank you."

Run above at first, and then alternate with

"Show me your _____ (foot, hand, knee etc.). "Thank you." to EP _____

4. OPENING PROCEDURE BY DUPLICATION - R2 - 17

Ref: HCOB 4 Feb 59 OP PRO BY DUP
BTB 24 Oct 71 OP PRO BY DUP - END PHENOMENA
CREATION OF HUMAN ABILITY

Have pc handle and place book on table, bottle on another table.

"Look at that _____."

"Walk over to it." "Pick it up."

"What is it's colour?"

"What is it's temperature?"

"What is it's weight?"

"Put it down in exactly the same place."

Done alternately with a book and a bottle.

to EP _____

5. START, CHANGE, STOP

Ref: CLEAR PROCEDURE Issue I
HCOB 2 Feb 61 UK CASES DIFFERENT
PAB 97
HCOB 29 SEP 58

NOTE: Keep a solid comm line with pc when giving commands.

NOTE: On a very bad off case you can run SCS on an object; use same commands.

STAND STILL:

"Now I want you to get your body moving down the room when I so indicate and when I tell you to 'stand still', I want you to make that body stand still. Do you understand that?" "Good." "Stand still." "Did you make that body stand still?" "Thank you."

to Flat Point

START:

"I am going to tell you to start. And when I tell you to start, you start the body in that direction. Do you understand that?" "Good." "Start" "Did you start that body?" "Thank you."

to Flat Point

STOP:

"I am going to tell you to get the body moving in that direction. Some where along the line I will tell you to stop. Then you stop the body. Do you understand that?" "Good." "Get the body moving." "Stop." "Did you stop the body?" "Thank you."

to Flat Point

CHANGE:

"Do you see that spot?" "Good." "We will call that spot A. Now you stand here. OK." "Now do you see that other spot?" "Good." "We'll call that spot B." "All right, now when I ask you to change the body, I want you to change the body's position from A to B. Do you understand that?" The preclear says he does and the auditor stepping back from the preclear says "Change." „Did you change the body?"

The preclear then changes the body's position. Similarly in using the various points and combinations of points A, B, C & D, the auditor runs the preclear on change until that particular process seems to be flat or goes to EP.

to Flat Point

These steps (as above) are now repeated as they will have unflattened. Each is re-flattened in turn and run over and over again. per above references to EP

5. CONTROL TRIO:

Ref: PAB 137 & PAB 146

1. "Get the idea of having that (indicated object)." to EP
2. "Get the idea that it is all right to permit that (indicated object) to continue." to EP
3. "Get the idea of making that (indicated object) disappear." to EP

6. GOALS:

Ref: PAB 137 & PAB 146

1. "What are you absolutely sure will happen in the next 2 minutes?"
Auditor 2 way comms it, to pc certainty and gradually increases span of time: 1 hr, 3 days, 1 week, 3 months, 1 year etc. to EP
2. "Tell me something that you would like to do in the next 2 minutes. to EP
or:
1. "Tell me something that you are sure will be there in 2 minutes." Etc. to EP
2. "Tell me something that you would like to have in the next 2 minutes." to EP

7. OPENING PROCEDURE SOP 8 - C:

Ref: PAB 34. Creation of Human Ability.

PART A

1. Select objects in room, direct pc's attention to them.
2. "Do you see that _____?" "Go over to it and put your hand on it." "Now look at _____." "Now walk over and put your hand on it." (This is done with various objects without specifically designating spots of a more precise nature than an object until pc is very certain that he is in good communication with these objects & the walls & other parts of the room.)
3. PART A HAS BEEN ENLARGED by the auditor's selecting exact spots. e.g. "Do you see that 'black mark' on the 'left arm of that chair'?" "All right, go over to it and put your finger on it." "Now take your finger off it."
4. Done until the pc has uniform perception of any and all objects in the room.

PART B

5. "Find a spot in this room." "Go over to it and put your finger on it." "Now let go of it."
6. Done until pc freely selecting spots in the room - this means that his perception of the room has become uniform. to EP

PART C

7. "Find a spot in the room." "Make up your mind when you are going to touch it and then touch it." "Make up your mind when you are going to let go of it and then let go."
8. Run the process repetitively until all comm lags are reduced and until the pc's very certain he's seeing, selecting, and touching the spots and to F/N, Cog, VGIs. (Check for F/N on the meter. If no F/N check for unflat or overrun and handle accordingly.) to EP

LEVEL "I" HELP

8. HELP PROCESSES:

Ref: HCOB 5 May 1960 "HELP"

2 way comm on help is the first process to clear the help button. Discuss another helping pc. Pc helping others. Others helping others. Pc helping self. Get the pc's views on the subject of help.

Flow 1 to EP

Flow 2 to EP

Flow 3 to EP

Flow 0 to EP

also:

- F1. What problem could another's help be to you?" to EP
- F2. What problem could your help be to another?" to EP
- F3. What problem could another's help be to other's ?" to EP
- F0. What problem could helping yourself be to you?" to EP

or (If the pc is inventing answers rather than picking them off the track)

- F1. What problem has another's help be to you?" to EP
- F2. What problem has your help been to another?" to EP
- F3. What problem has another's help been to other's ?" to EP
- F0. What problem has helping yourself been to you?" to EP

Another remedy for invention where there is no terminal apparently present:

- F1. What help of another's could you confront?"
What help of another's would you rather not confront?" to EP
- F2. What help of yours could another confront?"
What help of yours would another rather not confront?" to EP
- F3. What help from others could others confront?"
What help from others would others rather not confront?" to EP
- F0. What help of yours could you confront?"
What help of yours would you rather not confront?" to EP

9. LOWER DICHOTOMY OF FAILED HELP - OR TWO WAY FAILED HELP

Ref: HCOB 3 Nov 1960 "FAILED HELP"

- F1. "How could another prevent your help?"
"How could another fail to help you?" to EP

- | | | | |
|-----|--|-------|-------|
| F2. | "How could you prevent another's help?"
"How could you fail to help another?" | to EP | _____ |
| F3. | "How could others prevent others help?"
"How could you fail to help others?" | to EP | _____ |
| F0. | "How could you prevent help for yourself?"
"How could you fail to help yourself?" | to EP | _____ |

10. FORMULA 16

Ref: HCOB 10 Nov 60 FORMULA 13.
HCOB 15 Dec 60 PRE-SESSION 37

- | | | | |
|-----|--|-----------------------|-------|
| F1. | "Who has not intended to help you?"
"Who has helped you?" | run alternately to EP | _____ |
| F2. | "Who have you intended not to help?"
"Who have you helped?" | run alternately to EP | _____ |
| F3. | "Who has intended not to help others?"
"Who has helped others?" | run alternately to EP | _____ |
| F0. | "How have you intended not to help yourself?"
"How have you helped yourself?" | run alternately to EP | _____ |

11. FORMULA 17

Ref: HCOB 15 Dec 60 PRE-SESSION 37
HCOB 3 Nov 60 FAILED HELP

This is especially for the person who has been to healers, hypnotists, spiritualists, psychologists, ministers, religious family members, etc. Run on charged terminals (general terminals and specific persons connected with pc's past.)

- | | | | |
|--------------|--|-------|-------|
| F1. | "How could a _____ fail to help you?" | to EP | _____ |
| F2. | "How could you fail to help a _____?" | to EP | _____ |
| F3. | "How could a _____ fail to help others?" | to EP | _____ |
| F0. | "How could you fail to help yourself regarding a _____?" | to EP | _____ |
| also: | | | |
| F1. | "How could a _____ help you?" | to EP | _____ |
| F2. | "How could you help a _____?" | to EP | _____ |
| F3. | "How could a _____ help others?" | to EP | _____ |
| F0. | "How could you help yourself regarding a _____?" | to EP | _____ |

12. FIVE WAY CONCEPT HELP

Ref: HCOB 14 July 1960 CONCEPT HELP

- | | | | |
|----|-------------------------------------|-------|-------|
| 1. | "Think of a _____ helping you." | | |
| 2. | "Think of you helping a _____." | | |
| 3. | "Think of a _____ helping others." | | |
| 4. | "Think of others helping a _____." | | |
| 5. | "Think of a _____ helping a _____." | to EP | _____ |

Run on charged (reading) general terminals, culled from the worksheets.

13. CONCEPT HELP O/W

Ref: HCOB 14 July 1960 CONCEPT HELP
BTB 30 May 1960 DYN ASSESS ON HELP

Run on charged reading terminals (also a confusion, an unconscious person, a responsible person, a creative person. HCOB 21 Jul 1960 Some Help Terminals.)

- | | | | |
|-----|---|-------|-------|
| F1. | "Think of a _____ helping you." | | |
| | "Think of a _____ not helping you." | to EP | _____ |
| F2. | "Think of helping a _____." | | |
| | "Think of not helping a _____." | to EP | _____ |
| F3. | "Think of a _____ helping others." | | |
| | "Think of a _____ not helping others." | to EP | _____ |
| F0. | "Think of you as a _____ helping yourself." | | |
| | "Think of you as a _____ not helping yourself." | to EP | _____ |

14. HELP O/W

Ref: HCOB 12 May 1960 HELP PROCESSING

This lets the pc as-is his failures to help as well as his denials of help.

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|-----|---|-------|-------|
| F1. | "What help has another given you?" | | |
| | "What help has another not given you?" | to EP | _____ |
| F2. | "What help have you given another? " | | |
| | "What help have you not given another? " | to EP | _____ |
| 3. | "What help have others given others?" | | |
| | "What help have others not given others?" | to EP | _____ |
| F0. | "What help have you given yourself." | | |
| | "What help have you not given yourself." | to EP | _____ |

15. FIVE WAY BRACKET ON HELP

Ref: HCOB 5 Nov 1965 5 WAY BRACKET ON HELP

1. "How could you help me?"
2. "How could I help you?"
3. "How could you help another?"
4. "How could another help you?"
5. "How could another help another?"

The above commands are run consecutively as one process - muzzled style. to EP _____

16. RUNNING HELP ON AN ITEM

Ref: HCOB 28 July 1958 CLEAR PROCEDURE
HCOB 7 July 1960 THE ASSESSMENT OF HELP

Run on charged terminals. (Also: Dynamic Assessment of Help, HCOB 7 July 60 The Assessment of Help. Do an assessment on helping the Dynamics, finding the Dynamic on which helping is the least real to the pc, run help on it.)

- | | | | |
|-----|--|-------|-------|
| F1. | "How could a _____ help you?" | to EP | _____ |
| F2. | "How could you help a _____?" | to EP | _____ |
| F3. | "How could a _____ help others?" | to EP | _____ |
| F0. | "If you were a _____ how could you help yourself?" | to EP | _____ |

17. REGIMEN TWO

Ref: HCOB 26 Aug 1960 REGIMEN TWO

- | | | | |
|-----|--|-------|-------|
| F1. | "What motion has helped you?" | | |
| | "What motion has not helped you?" | to EP | _____ |
| F2. | "What motion have you helped?" | | |
| | "What motion have you not helped?" | to EP | _____ |
| F3. | "What motion has helped others?" | | |
| | "What motion has not helped others?" | to EP | _____ |
| F0. | "What motion have you helped yourself with?" | | |
| | "What motion have you not helped yourself with?" | to EP | _____ |

18. FORMULA 20

Ref: HCOB 2 Mar 1961 FORMULA 20

- | | | | |
|--------------|--|-------|-------|
| F1. | "Who has failed to control you?" | to EP | _____ |
| F2. | "Who have you failed to control?" | to EP | _____ |
| F3. | "Who have others failed to control?" | to EP | _____ |
| F-0. | "How have you failed to control yourself?" | to EP | _____ |
| also: | | | |
| F1. | "What has failed to control you?" | to EP | _____ |
| F2. | "What have you failed to control?" | to EP | _____ |
| F3. | "What have others failed to control?" | to EP | _____ |
| F0. | "What have you failed to control in yourself?" | to EP | _____ |
| also: | | | |
| F1. | "Who has helped you?" | to EP | _____ |
| F2. | "Who have you helped?" | to EP | _____ |
| F3. | "Who has helped others?" | to EP | _____ |
| F0. | "How have you helped yourself?" | to EP | _____ |

LEVEL "I" PROBLEMS

19. INVENT PROBLEMS PROCESS

Ref: HCOB 11 Jan 1959 AN AMUSINGLY EFFECTIVE PROCESS

Fill in the blank with pc's worry or malady. Several different items can be run; in turn.

- F1. "Invent a problem you could have with another for which _____ is the answer."
to EP _____
- F2. "Invent a problem another could have with you for which _____ is the answer."
to EP _____
- F3. "Invent a problem another could have with others for which _____ is the answer"
to EP _____
- F0. "Invent a problem you could have with yourself for which _____ is the answer."
to EP _____

20. HAS V

Ref: HCOB 19 Jan 1961 ADDITIONAL HAS PROCESSES

- F1. "Get the idea of solving a problem."
"Get the idea of not solving a problem." to EP _____
- F2. "Get the idea of another solving a problem."
"Get the idea of another not solving a problem." to EP _____
- F3. "Get the idea of others solving a problem."
"Get the idea of others not solving a problem." to EP _____
- F0. "Get the idea of you solving a problem of your own."
"Get the idea of you not solving a problem of your own." to EP _____

The Case Supervisor may add a terminal if the pc complains about lots of problems with that terminal. The commands used would be:

- F1. "Get the idea of solving a problem with (terminal)."
"Get the idea of not solving a problem with (terminal)." to EP _____
- F2. "Get the idea of (terminal) solving a problem with you."
"Get the idea of (terminal) not solving a problem with you." to EP _____
- F3. "Get the idea of (terminal) solving a problem with others."
"Get the idea of (terminal) not solving a problem with others." to EP _____
- F0. "Get the idea of solving a problem you gave yourself about (terminal)."
"Get the idea of not solving a problem you gave yourself about (terminal)." to EP _____

21. PROBLEMS PROCESSES FOR PTPs

Ref: HCOB 16 Dec 1957 PRESENT TIME PROBLEM

Run on key charged terminal in PTP.

- F1. "Invent something worse than _____." to EP _____
- F2. "Invent something worse for _____ than you." to EP _____
- F3. "Invent something worse for others than _____." to EP _____
- F0. "Invent something worse for yourself than _____." to EP _____

also run:

1. "Spot where (key terminal in PTP) is now."
 "Spot where you are now." run alternately to EP _____

22. PROBLEM OF COMPARABLE MAGNITUDE

Ref: HCOB 16 Dec 1957 PRESENT TIME PROBLEM
 HCOB 1 Mar 1958 PROBLEM OF COMPARABLE MAGNITUDE

Run on key charged terminal of problem.

- F1. "Invent a problem that is of comparable magnitude to _____"
 "How could that be a problem to you?"
 NOTE: The above question can be omitted only if the pc tells you how it could be a problem in answering the first question.
 "Can you conceive yourself figuring on that?" to EP _____
- F2. "Invent a problem that is of comparable magnitude to you for _____"
 "How could that be a problem to _____?"
 "Can you conceive _____ figuring on that?" to EP _____
- F3. "Invent a problem that is of comparable magnitude to _____ for others."
 "How could that be a problem to others?"
 "Can you conceive _____ figuring on that?" to EP _____
- F0. "Invent a problem that is of comparable magnitude to _____ for you."
 "How could that be a problem to you?"
 "Can you conceive yourself figuring on that?" to EP _____

23. 31 MAR 60 PROBLEMS PROCESS

Ref: HCOB 31 Mar 1960 THE PTP

- F1. "What problem could you confront?" to EP _____
- F2. "What problem could another confront?" to EP _____
- F3. "What problem could others confront?" to EP _____
- F0. "What problem about yourself could you confront?" to EP _____
- also:
- F1. "Tell me a problem with another."
 "What part of that problem have you been responsible for?" to EP _____
- F2. "Tell me a problem of another with you."
 "What part of that problem has another been responsible for?" to EP _____
- F3. "Tell me a problem of others with others."
 "What part of that problem have others been responsible for?" to EP _____
- F0. "Tell me a problem with yourself."
 "What part of that problem have you been responsible for?" to EP _____
- also:
- F1. "What two things can you confront?" to EP _____
- F2. "What two things can another confront?" to EP _____
- F3. "What two things can others confront?" to EP _____
- F0. "What two things about yourself can you confront?" to EP _____

24. ROUTINE 1A PROBLEMS PROCESS

Ref: HCOB 6 July 1961 ROUTINE 1A

F1. "What problem could you confront?"
What problem don't you have to confront?" to EP _____

F2. "What problem could another confront?"
"What problem wouldn't another confront?" to EP _____

On Flow Two the command may be "What problem could another confront" which ever checks out on meter

F3. "What problem could others confront?"
"What problem wouldn't others confront?" to EP _____

F0. "What problem about yourself could you confront?"
"What problem about yourself don't you have to confront?" to EP _____

25. SOLUTION to SOLUTIONS

Ref: HCOB 3 May 1959 SOLUTION TO SOLUTIONS

F1. "What solution could you make stick?" to EP _____

F2. "What solution could another make stick?" to EP _____

F3. "What solution could others make stick?" to EP _____

F0. "What solution about yourself could you make stick?" to EP _____

26. R2-20 USE OF PROBLEMS AND SOLUTIONS

Ref: CREATION OF HUMAN ABILITY

Have pc pick out or pick up room object, have him examine this object until he is sure it is real. On each flow the Command is run repetitively until pc is convinced that he can create problems at will.

F1. "What problems could this object be to you?" to EP _____

F2. "What problems could this object be to another?" to EP _____

F3. "What problems could this object be to others?" to EP _____

F0. "What problem have you caused yourself over _____?" to EP _____

27. PROBLEMS INTENSIVE

Ref: HCOB 27 Sept 62 PROBLEMS INTENSIVE USE
TAPE 6110C11 SH Spec 65 PROBLEMS INTENSIVE
BTB 10 Apr 72 PREPCHECKS
HCOB 30 July 62 A SMOOTH HGC 25 HR INTENSIVE

a) Pc gives all self determined changes he made this lifetime. (Only self determined major changes.)

"What self determined changes have you made this life?"

You can vary the question to get all different angles of changes (per tape Problems Intensives).

(b) Take the biggest reading change and ask when the prior confusion was.

(c) Auditor predates the time of the prior confusion by a month.

(d) Auditor Prepchecks - "Since _____ (date in stop c) has anything been (button)?" to EP _____

28. LEVEL ONE QUAD

Ref: HCOB 19 Nov 65 PROBLEMS PROCESS

Run 2nd command to bleed all charge off 1st answer. (One gets the pc to give his problem then runs TA off solutions. Then a new statement of the problem and more questions about solutions.)

- | | | | |
|-----|--|-------|-------|
| F1. | “What problem have you had with someone?”
“What solutions have you had for that problem?” | to EP | _____ |
| F2. | “What problem has another had with you?” “
What solutions has another had for that problem?” | to EP | _____ |
| F3. | “What problem has someone had with another?”
“What solutions have they had for that problem?” | to EP | _____ |
| F0. | “What problem have you caused yourself?”
“What solution have you had for that problem?” | to EP | _____ |

29. HAVINGNESS

- | | | | |
|-----|---|-------|-------|
| F1. | Point out something desirable. | to EP | _____ |
| F2. | Point out something another would find desirable. | to EP | _____ |
| F3. | Point out something another could get others to desire. | to EP | _____ |
| F0. | Point out something you would find desirable. | to EP | _____ |

BDCS:DM:KU:JE:DM:JG:PD:MH:AL:dr

Revised and Re-issued as
 BTB by FMO 1234
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