

HUBBARD COMMUNICATIONS OFFICE
Saint Hill Manor, East Grinstead, Sussex
HCO BULLETIN OF 13 JUNE 1970
Issue II

Remimeo
HC

HUBBARD CONSULTANT

STUDY STRESS ANALYSIS

A competent operator of an E-Meter, which is used in stress analysis, needs very little training but needs to be highly observant in meter reading.

A student who is having trouble is placed across a table from the Hubbard consultant. The student is given the leads to hold one in each hand and the meter balanced.

The Hubbard consultant makes a consultant report. This is a form or plain sheet with the student's name at the top, the date and the course name, or a description of the material being handled.

The time and the meter reading is placed routinely at appropriate intervals on the left edge of the sheet.

The questions asked by the Hubbard consultant are written down with the student's answers in brief.

The Hubbard consultant is trained to ask what he is supposed to and to listen to and acknowledge what the student says. The Hubbard consultant never comments by words or expression and makes no cracks or evaluations. He is trained to:

1. Operate the meter
2. Ask questions
3. Acknowledge
4. Take notes
5. Note down times and meter actions
6. Assess a list of prepared items for meter reads
7. To say „That is all” at the end of the period
8. To staple and file the notes in the student's folder.

HUBBARD CONSULTANT STRESS ANALYSIS No. 1

This is two way communication.

The Hubbard consultant asks if there is anything the student is having trouble with.

The Hubbard consultant acknowledges and continues to prompt the student to talk about it until the student seems more cheerful about it.

HUBBARD CONSULTANT STRESS ANALYSIS No. 2

The Hubbard consultant asks if there is anything in the course materials or other material being studied that the student disagrees with.

The student answers.

The Hubbard consultant acknowledges and prompts until the student has resolved it.

HUBBARD CONSULTANT STRESS ANALYSIS No. 3

(For use where the difficulty is with tape recorded material.)

The student is asked at what point of the tape he bogged down.

This tape is procured, put on a player and the earphone placed on the student.

The material is played from a point earlier than the student said.

The student is on the meter. The Hubbard consultant has control of the tape player start-stop.

As the tape plays the Hubbard consultant watches his meter needle. As soon as it reads (falls) the Hubbard consultant stops the machine and asks what word or term that was.

If the student can't tell him the tape section is replayed from an even earlier point.

A needle read is watched for and the machine stopped.

The Hubbard consultant asks for the word or term the student has just heard. The student gives it.

The Hubbard consultant has the student look up the word:

(a) If a non-technical word in the student's language it is looked up in a good dictionary of that language which must be available.

(b) If it is a technical word or term in the subject, it is looked up in the glossary.

(c) If in the glossary the student reads the term aloud and the Hubbard consultant watches the needle. Any word that reads is looked up in the student's language dictionary as in (a) above.

HUBBARD CONSULTANT STRESS ANALYSIS No. 4

In the case of written material, the student is not placed on a tape player but reads the material to the Hubbard consultant who proceeds as in Hubbard consultant stress analysis No. 3 (a), (b) and (c).

Students who go to sleep during study are asked if they have had enough sleep the night before. If not, they are taken off study and given manual or clerical work to do for the remainder of that day.

If the student has had enough sleep, he is given the appropriate Hubbard consultant stress analysis action as above.

Students given Hubbard consultant stress analysis should be cheerful and relieved at the end.

If E-Meters are not available for stress analysis a Hubbard consultant can be trained to do the four actions above by watching the facial characteristic change of the student. This is more difficult than in using an E-Meter.

The meter readings when the matter is cleared up should be between 2(F) and 3(M) on the 1 to 6 dial and the needle should be „floating”.

On the 1 to 6 dial the position 2 measures 5,000 ohms across the leads with the needle at set. The position 3 measures 12,500 ohms.

A floating needle is the idle uninfluenced movement of the needle on the dial without any patterns or reactions in it. It moves to the right at the same speed as it moves to the left. It is loose and free.

When the student has resolved the matter, is more cheerful about it and the floating needle is observed, the matter is not taken any further. This indication to stop must be observed so that the consultant action is not overdone. Overdoing this action could cause further difficulty.

If the needle is agitated with small jerky movements the student is upset and is not being frank with the Hubbard consultant or has been provoked by the Hubbard consultant. Discussion cleans this up.

If the meter is reading above 3 the stress has not been resolved.

An E-Meter measures body tension. It is useful to management in locating points of stress after physical tests on equipment (as in test pilots or machine operators) so that faults of design where the machine is not well adjusted to man can be accurately remedied. It also works on physical stresses resulting from the tension of concentrating particularly when the student or trainee is unable to grasp materials or handle a subject or equipment.

By the use of the E-Meter a Hubbard consultant can isolate the exact point of a man's difficulty with a subject or equipment and clear this up. Or the exact point can be found where equipment is not well adapted to man.

Its use in study can pin-point the exact thing that has halted the flow of comprehension. Thus it can be cleared up.

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