NARCONON®

Ups & Downs in Life Course

5

Based on the works of

L. Ron Hubbard

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This book is part of the works of L. Ron Hubbard. It is presented to the reader as part of the record of his personal research into life, and the application of same by others, and should be construed only as a written report of such research and not as a statement of claims made by the author or organization. Any verbal representations made to the contrary are not authorized.

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Narconon® Ups and Downs in Life Course

Name: _____ Organization: _____

Address: _____

_____

Date started: _____ Date completed: _____

This checksheet is part of the Narconon Program and is done following the Narconon Communication and Perception Course.

The purpose of this course is to give you knowledge you need to achieve greater personal stability and happiness in your life.

The length of this course is 4 to 5 days of full-time study.

When you have studied the first item called for in Section One of the checksheet and you are sure you understand it, put your initials and the date on the blank on the right-hand side of the page. Then go to the next item on the checksheet. Drills and other actions are initialed only when you have successfully done the action called for. By continuing through the checksheet in this way, step by step, you will be able to move smoothly through the course. Do not skip

around on the checksheet or do its steps in some other order; the sequence of the checksheet has been carefully worked out to ensure you cover all the information of the course on a proper gradient. When the checksheet is fully initialed, it is complete, meaning you may now be granted the award for completion.

A glossary, a collection of words and their meanings, is provided at the back of this course booklet. The glossary or a good, simple dictionary should be used to look up any words you do not understand.

The end result of this course is an individual who knows and can apply the data on how to overcome ups and downs in life.

To begin, remove this checksheet from the course booklet and staple it together.

Section One: Introduction

1. Read the article "Introduction" starting on page 3 in your course booklet. _____

Section Two: Two Types of People

1. Read the article "Two Types of People" starting on page 11 in your course booklet. _____
2. Demonstrate, using a demo kit, what the two types of behavior are. _____
3. **PRACTICAL ASSIGNMENT:** Describe, from your own experience, an action you have observed to be destructive. Note down why it was destructive, using the sheet provided for this on page 25 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____
4. **PRACTICAL ASSIGNMENT:** Describe, from your own experience, an action you have observed to be constructive. Note down why it was constructive, using the sheet provided for this on page 27 in your

course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

Section Three: The Antisocial Personality

1. Read the article "The Antisocial Personality" starting on page 31 in your course booklet. _____

2. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone speaking in broad generalities, as covered in the first attribute of the antisocial personality. Use the sheet provided for this on page 75 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

3. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone dealing mainly in bad news or hostile remarks, as covered in the second attribute of the antisocial personality. Use the sheet provided for this on page 77 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

4. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone altering (to worsen) communication when relaying a message, as covered in the third attribute of the antisocial personality. Use the sheet provided for this on page 79 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

5. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone not responding to treatment or reform, as covered in the fourth attribute of the antisocial personality. Use the sheet provided for this on page 81 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

6. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone being surrounded by cowed or ill associates or friends, as covered in the fifth attribute of the antisocial personality. Use the sheet provided for this on page 83 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

7. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone habitually selecting the wrong target, as covered in the sixth attribute of the antisocial personality. Use the sheet provided for this on page 85 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

8. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone not being able to finish a cycle of action, as covered in the seventh attribute of the antisocial personality. Use the sheet provided for this on page 87 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

9. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone freely confessing to a most alarming crime, with no faintest sense of responsibility for it, as covered in the eighth attribute of the antisocial personality. Use the sheet provided for this on page 89 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

10. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone supporting only destructive groups and attacking any constructive or betterment group, as covered in the ninth attribute of the antisocial personality. Use the sheet provided for this on page 91 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

11. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone approving only of destructive actions and fighting against constructive or helpful actions, as covered in the tenth attribute of the antisocial personality. Use the sheet provided for this on page 93 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

12. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone going berserk over the idea of helping others but closely supporting activities which destroy in the name of help, as covered in the eleventh attribute of the antisocial personality. Use the sheet provided for

this on page 95 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

13. **PRACTICAL ASSIGNMENT:** Describe an example of or a time you have observed someone having a bad sense of property and the idea that nothing is ever really owned, as covered in the twelfth attribute of the antisocial personality. Use the sheet provided for this on page 97 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

14. Read the article "The Basic Reason" starting on page 99 in your course booklet. _____

15. Demonstrate, using a demo kit, the basic reason the antisocial personality behaves as he or she does. _____

Section Four: The Social Personality

1. Read the article "The Social Personality" starting on page 117 in your course booklet. _____

2. Demonstrate, using a demo kit, how you would identify the social and the antisocial personalities. _____

3. Demonstrate, using a demo kit, that if someone who is under stress reacts with a momentary flash of antisocial conduct, it does not make him antisocial. _____

4. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who was specific in relating circumstances and gave sources of data where important or possible as covered in the first attribute of the social personality. Use the sheet provided for this on page 181 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

5. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who was eager to relay good news and reluctant to relay bad, as covered in the second attribute of the social personality. Use the sheet provided for this on page 183 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

6. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who passed on communication without much alteration and if he deleted anything he tended to delete injurious matters, as covered in the third attribute of the social personality. Use the sheet provided for this on page 185 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

7. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who changed or improved easily, as covered in the fourth attribute of the social personality. Use the sheet provided for this on page 187 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

8. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone whose friends and associates tended to be well, happy and of good morale, as covered in the fifth attribute of the social personality. Use the sheet provided for this on page 189 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

9. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who tended to select correct targets for correction, as covered in the sixth attribute of the social personality. Use the sheet provided for this on page 191 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

10. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who ordinarily completed cycles of action that he had begun, as covered in the seventh attribute of the social personality. Use the sheet provided for this on page 193 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

11. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who was ashamed of his misdeeds, was reluctant to confess them and took responsibility for his errors, as covered in the eighth attribute of the social personality. Use the sheet provided for this on page 195 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

12. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who was supportive of constructive groups and tended to protest or resist destructive groups, as covered in the ninth attribute of the social personality. Use the sheet provided for this on page 197 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

13. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who protested destructive actions and assisted constructive or helpful actions, as covered in the tenth attribute of the social personality. Use the sheet provided for this on page 199 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

14. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who helped others and actively resisted actions which harmed others, as covered in the eleventh attribute of the social personality. Use the sheet provided for this on page 201 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

15. **PRACTICAL ASSIGNMENT:** Describe a time you have observed someone who considered that property was property and its theft or misuse was prevented or frowned upon, as covered in the twelfth attribute of the social personality. Use the sheet provided for this on page 203 in your course booklet. When finished, tear out the page and place it on the Supervisor's desk. _____

16. Read the article "The Basic Motivation" starting on page 205 in your course booklet. _____

17. Demonstrate, using a demo kit, the difference in motives of the antisocial personality and the social personality. _____

Section Five: Basic Definitions

1. Read the article "Basic Definitions" starting on page 217 in your course booklet. _____

2. Demonstrate, using a demo kit, what a suppressive person is. _____

3. Demonstrate, using a demo kit, what a potential trouble source is. _____

4. Demonstrate, using a demo kit, what causes roller-coastering. _____

Section Six: Basic Types of PTS

1. Read the article "Basic Types of PTS" starting on page 239 in your course booklet. _____

2. Demonstrate, using a demo kit, someone PTS to a suppressive person in his or her present time environment. _____

3. Demonstrate, using a demo kit, someone PTS due to restimulation of some past suppression. _____

4. Demonstrate, using a demo kit, someone PTS to a person who is antagonistic to him bettering himself. _____

Section Seven:
Handling the Potential Trouble Source

1. Read the article "Handling the Potential Trouble Source" on page 257 in your course booklet. _____

2. Demonstrate, using a demo kit, what causes stress. _____

3. **PRACTICAL ASSIGNMENT:** Describe an example of a situation where someone may need to disconnect from a person to handle a PTS condition. Then describe an example of when disconnection would not be used to handle a PTS condition. Use the sheets provided for this on pages 319–320 in your course booklet. When finished, tear out the pages and place them on the Supervisor's desk. _____

4. **PRACTICAL ASSIGNMENT:** Describe an example of how a PTS situation could be handled so as to move a potential trouble source from effect to slight gentle cause over his or her situation. Use the sheets provided for this on pages 321–322 in your course booklet. When finished, tear out the pages and place them on the Supervisor's desk. _____

Section Eight: Final Course Exercise

1. Write an essay on how you can apply each of the fundamentals you have learned on this course to handle any source of antagonism or suppression that you may need to address. Your essay must include how you will apply each of the following principles and skills: the data on the two types of people; knowing the attributes of the antisocial personality and the social personality; the cause of roller-coastering; the basic types of PTS and the various handlings that can be done by the potential trouble source to handle his condition. _____

Section Nine: Student Completion

I attest that I have studied the materials on this checksheet and I know and can apply the data to overcome ups and downs in my life.

Student: _____ Date: _____

I attest that I have trained this student to the best of my ability and that he has studied the materials of this course and can apply the data he has learned.

Supervisor: _____ Date: _____

STUDENT EXAMINER

Verifies that the student's checksheet is complete and that the student has met all the requirements of the course.

Student Examiner: _____ Date: _____

STUDENT ATTEST AT CERTIFICATES AND AWARDS

I attest:

a. I have enrolled properly on the course.

b. I have paid for the course.

c. I have studied and understand all the materials of the checksheet.

d. I have done all the drills of the checksheet.

e. I am able to use the data in my life.

Student: _____ Date: _____

Certificates & Awards: _____ Date: _____

The student is presented the certificate of

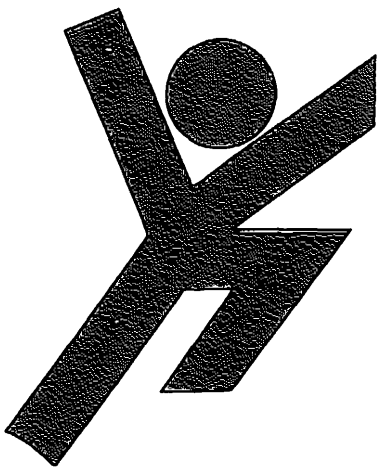
NARCONON UPS AND DOWNS IN LIFE COURSE
GRADUATE

Certificates & Awards: _____ Date: _____

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

Section 1

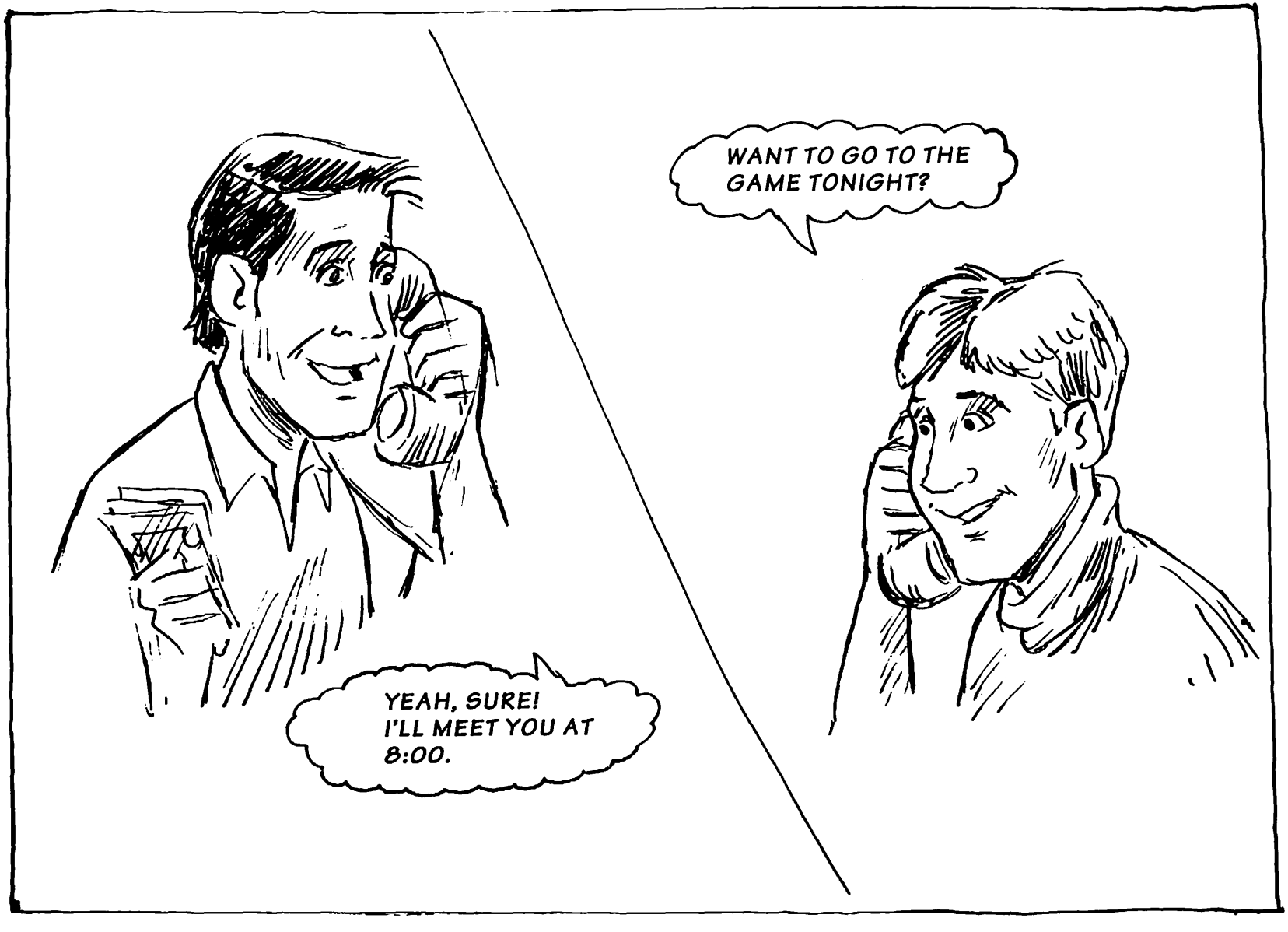
Introduction

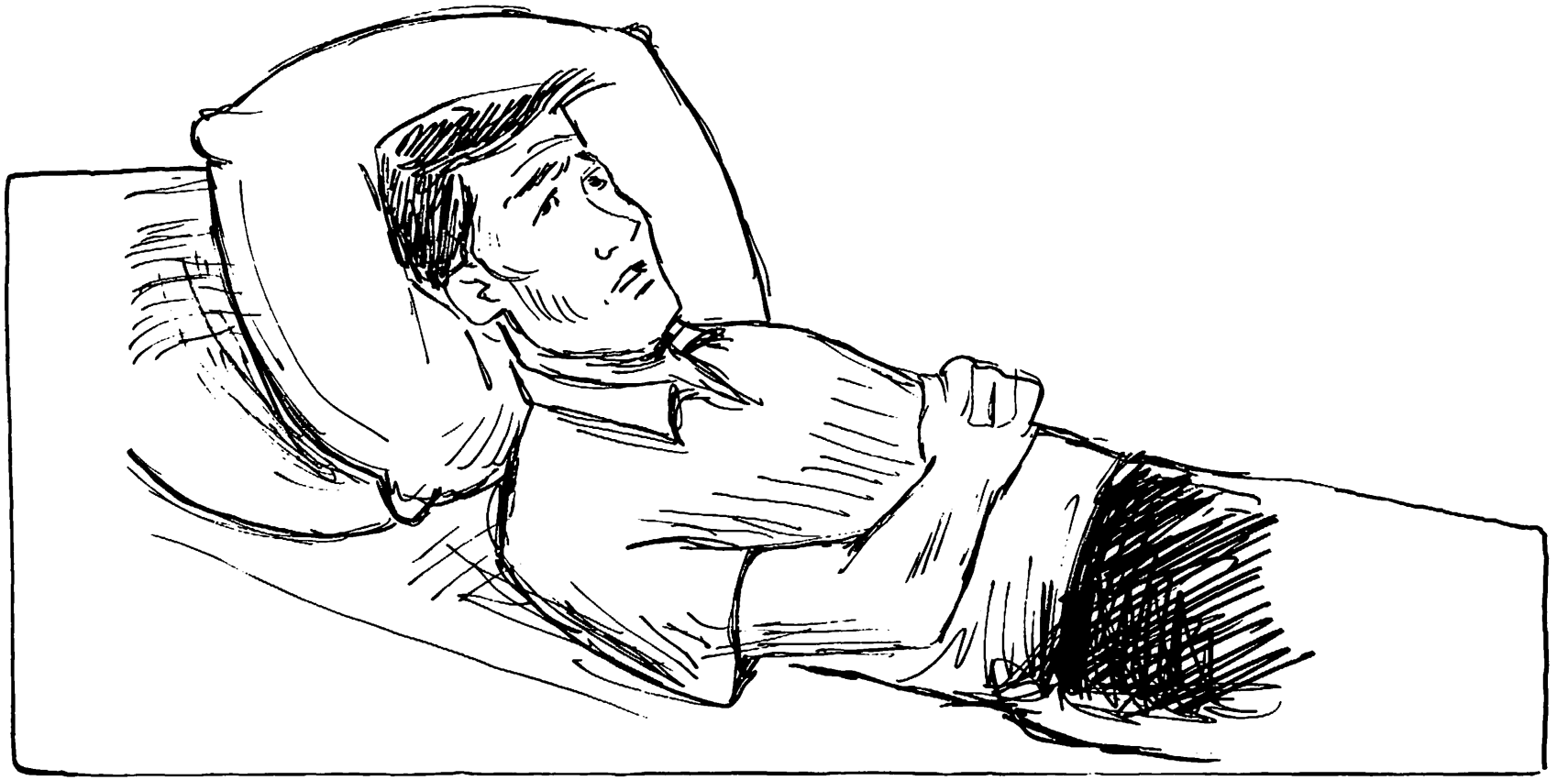


Introduction

Have you ever experienced a time when you felt very good and then later, felt bad for no apparent reason?

Have you ever wondered why you got ill suddenly when everything seemed to be going along all right?


WANT TO GO TO THE GAME TONIGHT?
YEAH, SURE! I'LL MEET YOU AT 8:00.



Have you sometimes felt very energetic and then after a time felt not so energetic or even sluggish or worn down and you couldn't figure out what happened?

Have you been badly affected by stress in your life or by certain people in your environment, while at the same time feeling that you could not handle these things well and with confidence?

Some people have used drugs as a solution to handle such circumstances. However, this only masked the real situations in their lives—the *real* cause for such bad experiences becoming further hidden from view by the drugs and their effects on the person.

There is a reason behind such occurrences and a person's seeming inability to cope with them.

The discovery of the true cause for much of man's unhappiness and suffering, his tendency to go UP and then go DOWN emotionally and the general instability and insecurity that many people experience, is a major breakthrough for mankind. It is possible for a person to uncover and get rid of the true source of these difficulties and regain his stability and sense of self and thus attain real and lasting happiness.

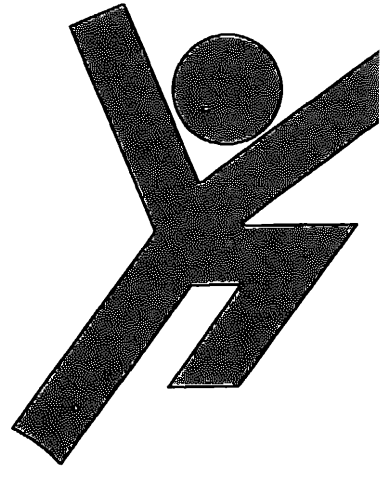
The steps of the Narconon Program you have done thus far have freed you from the need to take drugs. In this course you will find information to assist you to achieve greater personal stability and happiness in life.

The principles and procedures given in this course have provided many many individuals with the data and ability to achieve a much greater happiness in their lives. By doing this course, you too can become more stable and secure, improve your life and gain the satisfaction of having done so.

Good luck!

Section 2

Two Types of People



Two Types of People

There has been a fundamental discovery about man and life that you should know about.

You probably have speculated on this many times—are there two kinds of people: good people and bad people? Society is more or less organized on the basis that there are. And certainly one sees that some are successful and some aren't, some are good to know and some aren't.

Even in modern TV fiction one has the cowboys in the white hats and the cowboys in the black hats; indeed one probably couldn't have stories at all to man's way of thinking unless there were heroes and ogres. And even fiction is rigged as a moral lesson in good and bad people.

Philosophers long before Greece pondered moral conduct in terms of good and bad. And Diogenes was looking for an honest man, implying some weren't.

More recent speculation in the nineteenth century termed all men evil unless forced to be good.

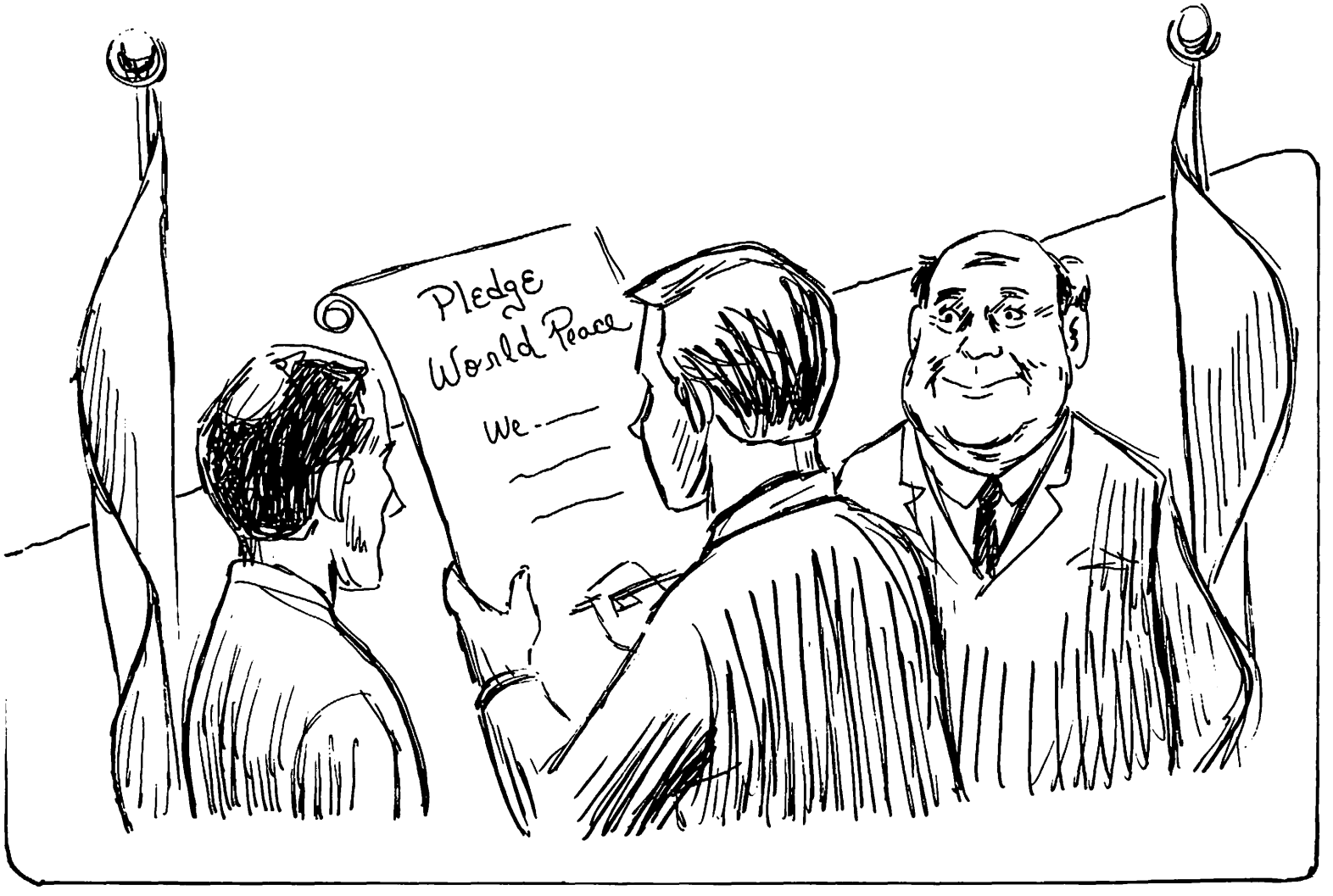
Some schools of thought tried to avoid the point by saying early childhood formed character. Yet other schools maintained man would always be evil unless personally threatened, which gives us the presence of police in the society. But even police sometimes work on the idea that there are good and bad people.

From all this one could judge that man had a problem about whether people are good or bad.

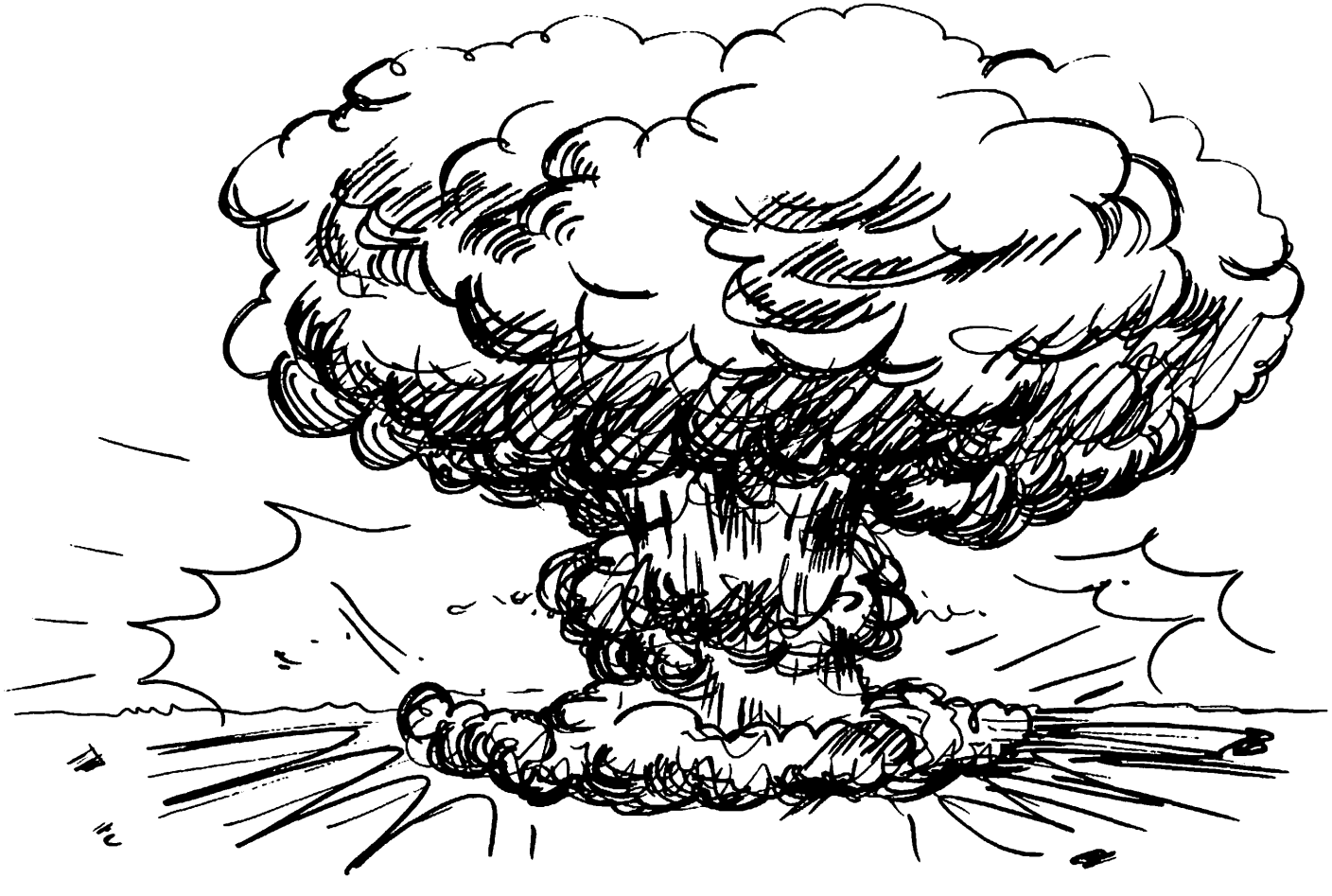
Probably at this minute you could think of some examples of good people and bad people. You may know of those who rave and gnaw the rug at the very thought of anything helping anyone, so therefore there must be people of evil intention toward their fellows.

And there are.

There are two types of behavior—that calculated to be constructive,



and that calculated to be disastrous.



These are the two dominant behavior patterns. There are people then who are trying to build things up,

and others who are trying to tear things down.

And there are no other types. Actually there aren't even shades of gray.

The disaster type can be repressed into inactivity (and illness) and the constructive type can also be repressed (and made ill).

Thus there are two basic actions, each with many other subsidiary actions.

There is also a cyclic or combined type who is alternately constructive and disastrous.

So there are cowboys in white hats and cowboys in black hats. And the cowboys in the gray hats are too sick to be in the game.

One scholarly chap (a very sick fellow) hopefully once said that there were no true villains, no purely evil people. He was whistling past the graveyard. There may not be evil people, but there are people currently devoted to doing evil actions.

All such conduct is apparent and dominant. We see such people all the time. We just don't want to see them.

To all practical purposes for man, some are good and some are evil.

A "bad person," acted upon powerfully by life, will become good. But they also become sick. It is no cure to act upon them with shock "treatment" as the nineteenth century mentalists have done. Such changes are accompanied by severe illness and early death. The person is thrown violently out of present time and into a painful past.

The problem is a problem of disastrous motives and constructive motives and the degree to which either is suppressed.

These facts are more than philosophic observations. They deliver to us understanding and more chance to be right about people. And they give us as well the wide-open door to making people well.

Later in this course you will learn how to spot the white hats and the black hats *and* how you can handle a black hat so as not to be adversely affected by such a personality.

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Demonstrate, using a demo kit, what the two types of behavior are.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe, from your own experience, an action you have observed to be destructive. Note down why it was destructive.

(Continue on next page.)

Tear out this page and place it on the Supevisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe, from your own experience, an action you have observed to be constructive. Note down why it was constructive.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Section 3

The Antisocial Personality

The Antisocial Personality

There are certain characteristics and mental attitudes which cause about twenty percent of a race to oppose violently any betterment activity or group.

Such people are known to have antisocial tendencies.

When the legal or political structure of a country becomes such as to favor such personalities in positions of trust, then all the civilizing organizations of the country become suppressed and a barbarism of criminality and economic duress ensues.

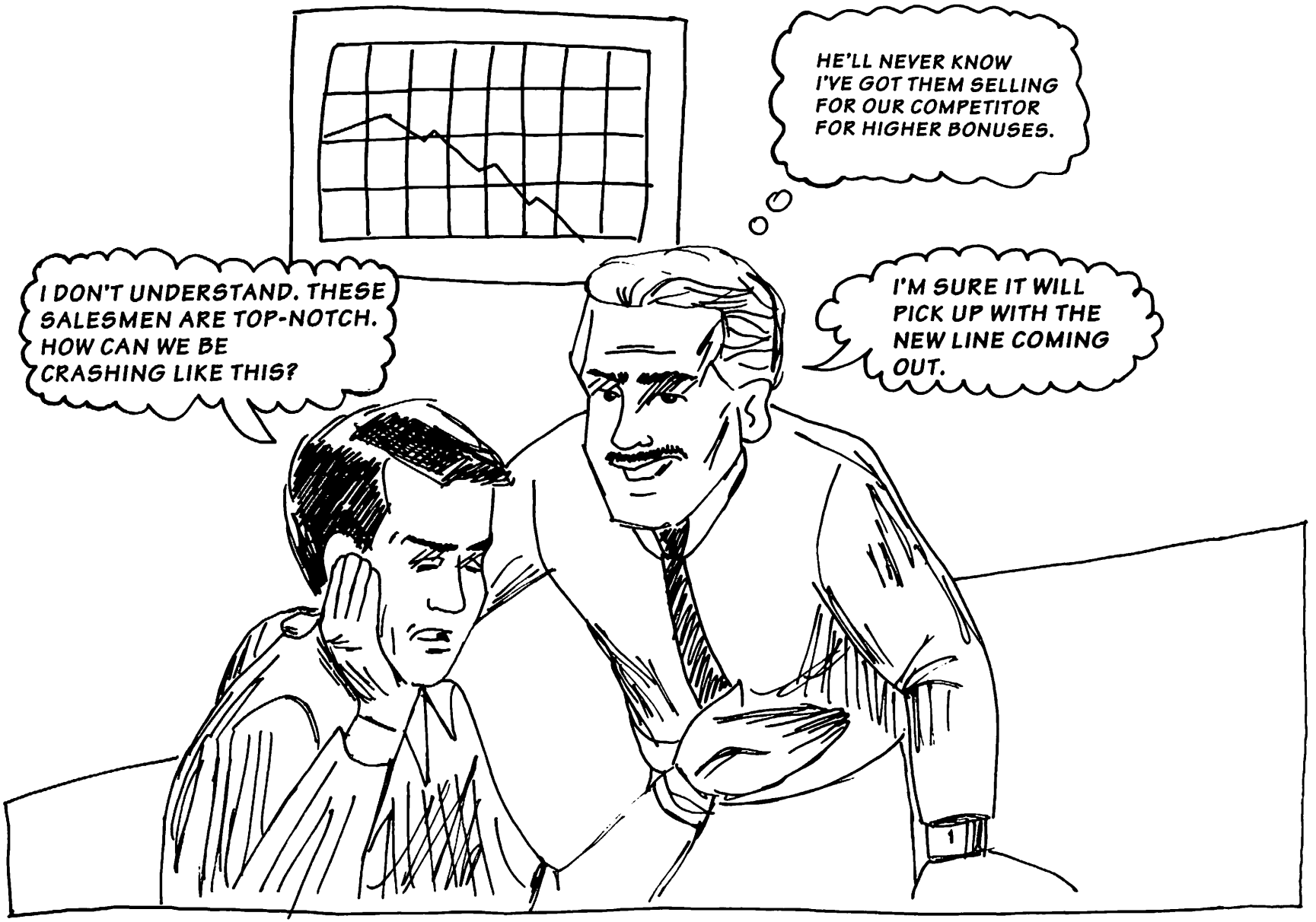
Crime and criminal acts are perpetrated by antisocial personalities. Inmates of institutions commonly trace their state back to contact with such personalities.

Thus, in the fields of government, police activities and mental health, to name a few, we see that it is important to be able to detect and isolate this personality type so as to protect society and individuals from the destructive consequences attendant upon letting such have free rein to injure others.

As they only comprise twenty percent of the population and as only two-and-a-half percent are truly dangerous, we see that with a very small amount of effort we could considerably better the state of society.

Well-known, even stellar examples of such a personality are, of course, Napoleon and Hitler. Dillinger, Pretty Boy Floyd, Christie and other famous criminals were well-known examples of the antisocial personality. But with such a cast of characters in history we neglect the less stellar examples and do not perceive that such personalities exist in current life, very common, often undetected.

When we trace the cause of a failing business, we will inevitably discover somewhere in its ranks the antisocial personality hard at work.


I DON'T UNDERSTAND. THESE SALESMEN ARE TOP-NOTCH. HOW CAN WE BE CRASHING LIKE THIS?
HE'LL NEVER KNOW I'VE GOT THEM SELLING FOR OUR COMPETITOR FOR HIGHER BONUSES.
I'M SURE IT WILL PICK UP WITH THE NEW LINE COMING OUT.

In families which are breaking up, we commonly find one or the other of the persons involved to have such a personality.


I'M FILING FOR A DIVORCE! I'VE HAD IT WITH YOUR "FLINGS".
WHO WILL SUPPORT YOU, THEN? YOU KNOW YOU'LL NEVER MAKE IT ON YOUR OWN. YOU HAVE NO MONEY. YOU ARE NOTHING WITHOUT ME.

Where life has become rough and is failing, a careful review of the area by a trained observer will detect one or more such personalities at work.

As there are eighty percent of us trying to get along and only twenty percent trying to prevent us, our lives would be much easier to live were we well informed as to the exact manifestations of such a personality. Thus, we could detect it and save ourselves much failure and heartbreak.

It is important then to examine and list the attributes of the antisocial personality. Influencing as it does the daily lives of so many, it well behooves decent people to become better informed on this subject.

The antisocial personality has definite attributes, which are given on the following pages.

1. He or she speaks only in very broad generalities. "They say..." "Everybody thinks..." "Everyone knows..." and such expressions are in continual use, particularly when imparting rumor. When asked "*Who* is everybody?" it normally turns out to be one source, and from this source the antisocial person has manufactured what he or she pretends is the whole opinion of the whole society.

This is natural to them since to them all society is a large hostile generality, against the antisocial in particular.


YOU KNOW MARY,
EVERYONE AT SCHOOL DISLIKES
THE WAY YOU DRESS.

2. Such a person deals mainly in bad news, critical or hostile remarks, invalidation and general suppression.

"Gossip" or "harbinger of evil tidings" or "rumormonger" once described such persons.

It is notable that there is no good news or complimentary remark passed on by such a person.

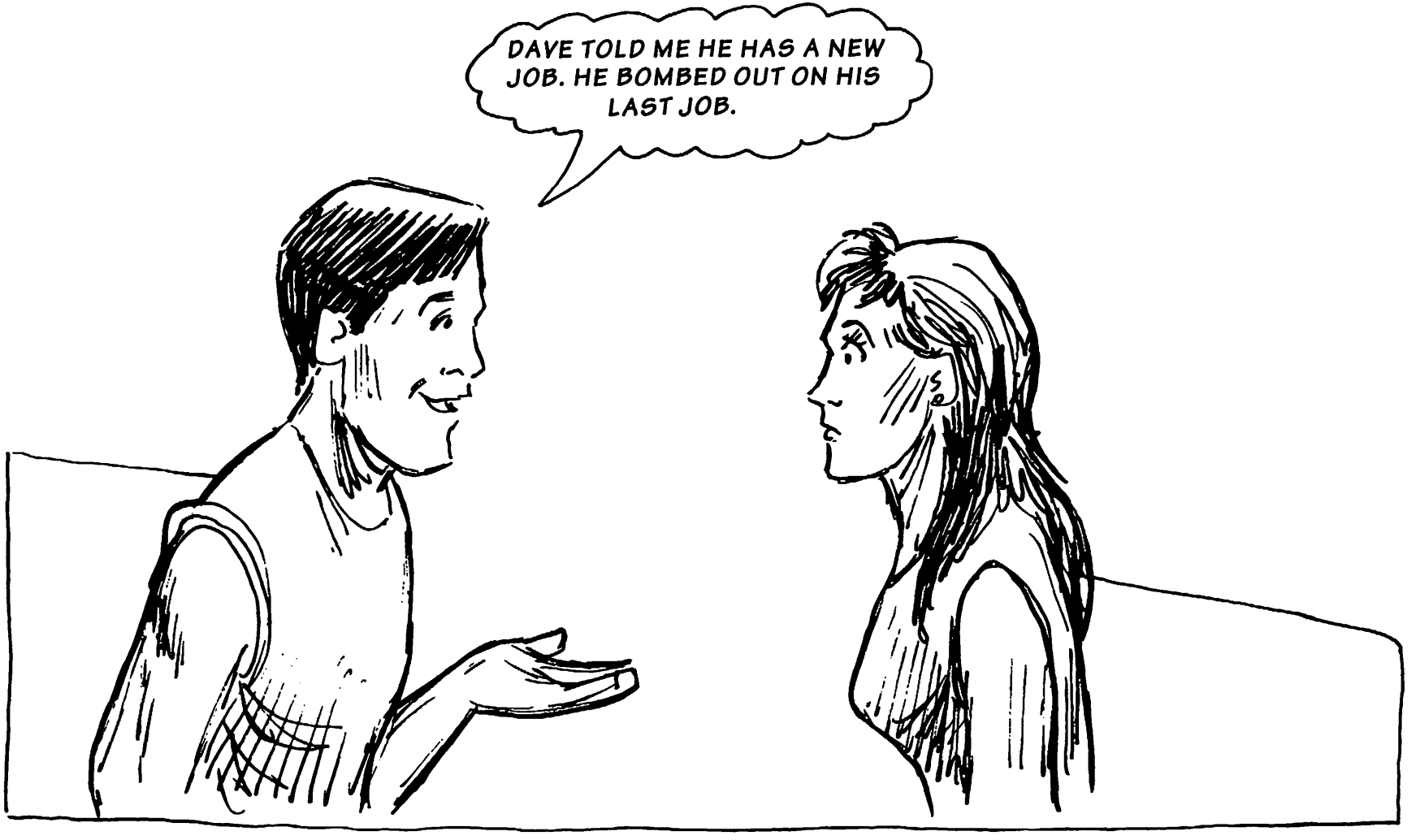
For example, if you were to get off drugs and you felt you really accomplished something by doing so, an antisocial personality would invalidate this accomplishment.


SO, YOU THINK YOU KICKED THE HABIT AGAIN? WE'LL SEE HOW LONG YOU LAST.

3. The antisocial personality alters, to worsen, communication when he or she relays a message or news. Good news is stopped and only bad news, often embellished, is passed along.

Such a person also pretends to pass on "bad news" which is in actual fact invented.


GUESS WHAT! I HAVE A NEW JOB. IT'S MUCH BETTER THAN MY OLD ONE.


DAVE TOLD ME HE HAS A NEW JOB. HE BOMBED OUT ON HIS LAST JOB.

4. A characteristic, and one of the sad things about an antisocial personality, is that it does not respond to treatment or reform or psychotherapy.

It is not that this fellow has acted insane in a society; it's that he would go insane the instant anyone looked like they were going to do anything to him mentally. The one thing that this person can't do is confront his own mind.

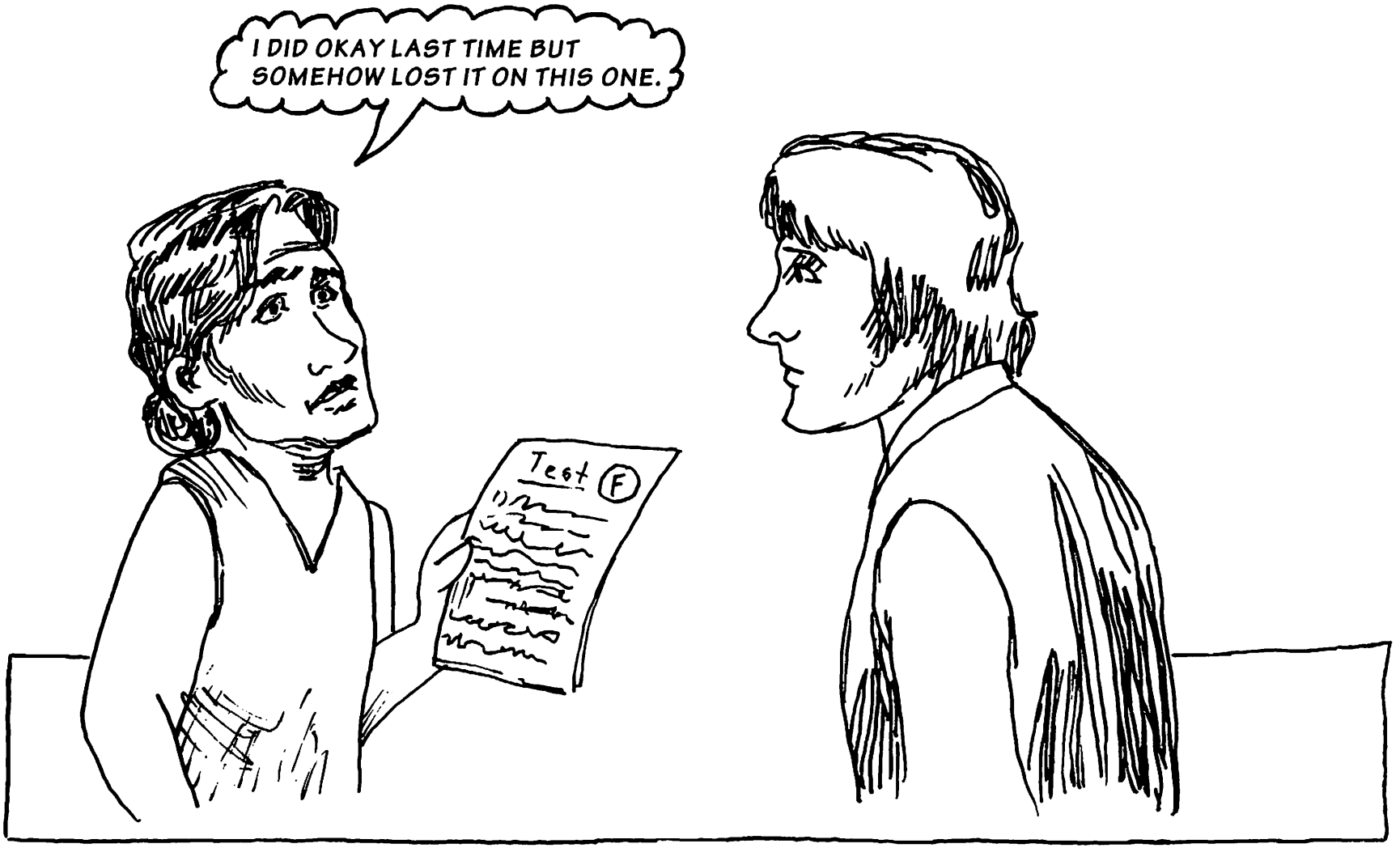

DID I TELL YOU? I SIGNED UP FOR A COURSE ON HOW TO IMPROVE RELATIONSHIPS. WANT TO COME?
FORGET IT! THOSE THINGS NEVER WORK. YOU ARE WASTING YOUR TIME.

5. Surrounding such a personality we find cowed or ill associates or friends who, when not driven actually insane, are yet behaving in a crippled manner in life, failing, not succeeding.

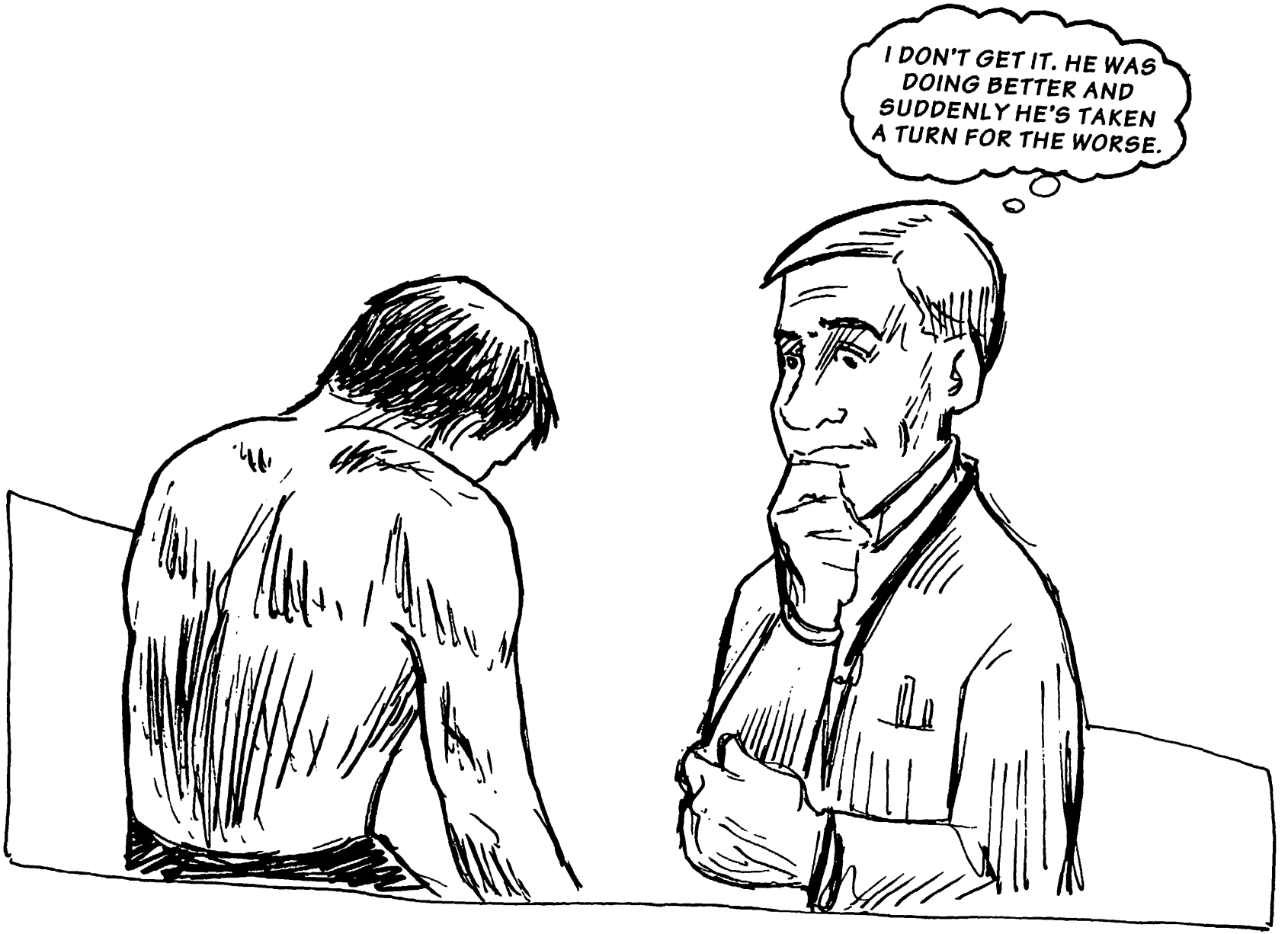
   Such people make trouble for others.


YOU'RE LIKE YOUR FATHER. A BIG FAT ZERO. BIG IDEAS THAT DON'T AMOUNT TO ANYTHING. YOU WON'T AMOUNT TO ANYTHING. YOU HAVEN'T YET. WHY DON'T YOU JUST FACE THAT FACT?
BUT I WANT TO GO TO COLLEGE, MOM!
Application Turndown Smith College

When treated or educated, the near associate of the antisocial personality has no stability of gain but promptly relapses or loses his advantages of knowledge, being under the suppressive influence of the other.


I DID OKAY LAST TIME BUT SOMEHOW LOST IT ON THIS ONE.
Test F

Physically treated, such associates commonly do not recover in the expected time but worsen and have poor convalescences.


I DON'T GET IT. HE WAS DOING BETTER AND SUDDENLY HE'S TAKEN A TURN FOR THE WORSE.

It is quite useless to treat or help or train such persons so long as they remain under the influence of the antisocial connection.

The largest number of insane are insane because of such antisocial connections and do not recover easily for the same reason.

Unjustly we seldom see the antisocial personality actually in an institution. Only his "friends" and family are there.

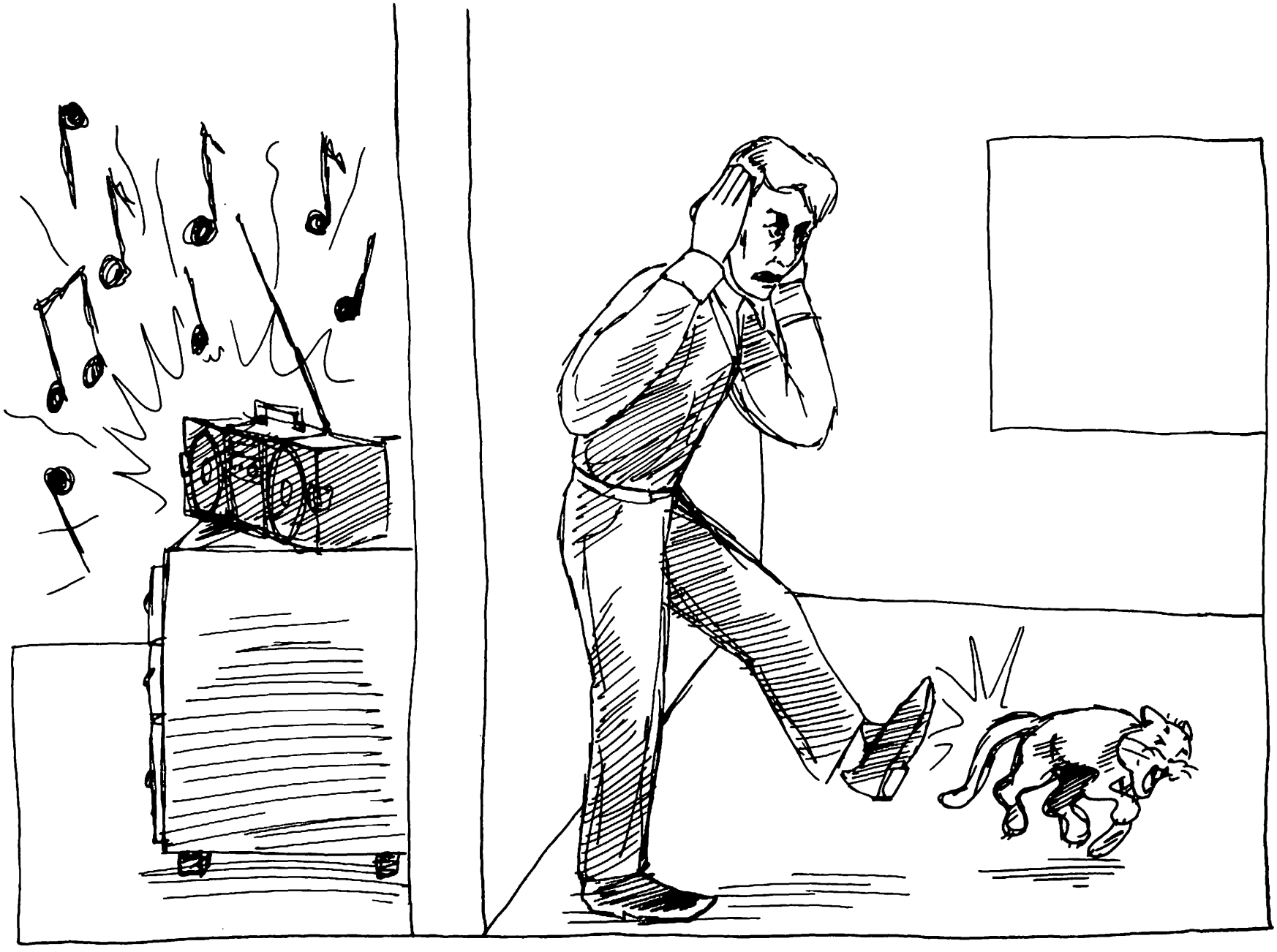

SALLY, YOU NEED HELP. TOM CAN'T CONTINUE TO TAKE EVERYTHING OUT ON YOU.


I HAVE NO IDEA WHY SHE WOULD TRY TO KILL HERSELF. SHE'S MY WIFE. I LOVE HER VERY MUCH.
AS SOON AS SHE'S DECLARED INCOMPETENT I CAN TAKE OVER THE ESTATE.

6. The antisocial personality selects habitually the wrong target.

If a tire is flat from driving over nails, he or she curses a companion or a noncausative source of the trouble. If the radio next door is too loud, he or she kicks the cat.

If A is the obvious cause, the antisocial personality inevitably blames B or C or D.



7. The antisocial cannot finish a cycle of action.

   Such become surrounded with incomplete projects.


MR. SMITH, THESE ARE THE REPORTS THAT CAME IN LAST WEEK. YOU STILL HAVEN'T RESPONDED TO THE REPORTS FROM THREE WEEKS AGO EITHER.

8. Many antisocial persons will freely confess to the most alarming crimes when forced to do so, but will have no faintest sense of responsibility for them.

Their actions have little or nothing to do with their own volition. Things "just happened."

They have no sense of correct causation and particularly cannot feel any sense of remorse or shame therefore.


HEY, JOE I HEARD YOUR GIRLFRIEND IS IN THE HOSPITAL WITH A BUSTED ARM. WHAT HAPPENED?
YEAH—SHE TRIED TO LEAVE ME. SHE SAID I WAS TOO ROUGH ON HER. TOO BAD, HUH!

9. The antisocial personality supports only destructive groups and rages against and attacks any constructive or betterment group.


SAY "NO" TO DRUGS IN OUR SCHOOLS
PARENTS AGAINST DRUGS
GET DRUGS OFF SCHOOL CAMPUSES
POLICE! THERE ARE TRESPASSERS ON MY PROPERTY. COME AND REMOVE THEM IMMEDIATELY!

10. This type of personality approves only of destructive actions and fights against constructive or helpful actions or activities.

The artist in particular is often found as a magnet for persons with antisocial personalities who see in his art something which must be destroyed and covertly, "as a friend," proceed to try.


JOE, I'M QUITTING. I'M NOT GOING TO DO DOPE ANYMORE. I'M GOING STRAIGHT. TOMORROW I START A PROGRAM.
WELL BUDDY, I CAN DIG IT. BUT FOR OLD-TIMES SAKE, HOW ABOUT ONE MORE TIME?
YEAH. I'LL MAKE SURE IT'S YOUR LAST ONE, TOO.

11. Helping others is an activity which drives the antisocial personality nearly berserk. Activities, however, which destroy in the name of help are closely supported.


POLICE. THERE'S A RIOT DOWN HERE. THEY'RE VIOLENT. GET HERE QUICK!
END THE WAR
PEACE NOT WAR
END

12. The antisocial personality has a bad sense of property and conceives that the idea that anyone owns anything is a pretense, made up to fool people. Nothing is ever really owned.


LET ME ALONE! HE LEFT HIS WALLET OUT ON THE BENCH—TOUGH LUCK.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone speaking in broad generalities, as covered in the first attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone dealing mainly in bad news or hostile remarks, as covered in the second attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone altering (to worsen) communication when relaying a message, as covered in the third attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone not responding to treatment or reform, as covered in the fourth attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone being surrounded by cowed or ill associates or friends, as covered in the fifth attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone habitually selecting the wrong target, as covered in the sixth attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone not being able to finish a cycle of action, as covered in the seventh attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone freely confessing to a most alarming crime, with no faintest sense of responsibility for it, as covered in the eighth attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone supporting only destructive groups and attacking any constructive or betterment group, as covered in the ninth attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone approving only of destructive actions and fighting against constructive or helpful actions, as covered in the tenth attribute of the anti-social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone going berserk over the idea of helping others but closely supporting activities which destroy in the name of help, as covered in the eleventh attribute of the antisocial personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of, or a time you have observed someone having a bad sense of property and the idea that nothing is ever really owned, as covered in the twelfth attribute of the antisocial personality.

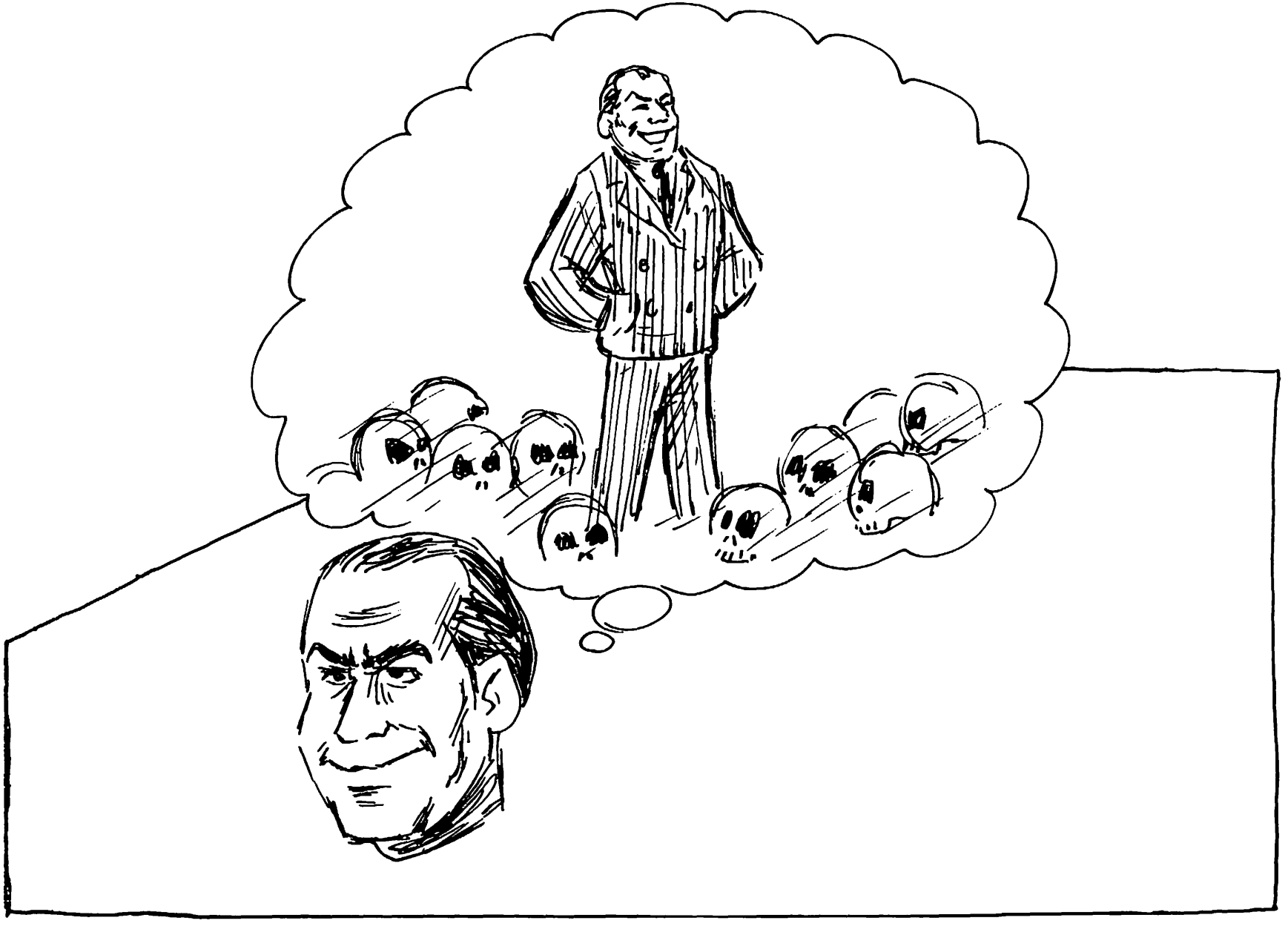
(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

The Basic Reason

The basic reason the antisocial personality behaves as he or she does lies in a hidden terror of others.

To such a person every other being is an enemy, an enemy to be covertly or overtly destroyed.



The fixation is that survival itself depends on "keeping others down" or "keeping people ignorant."

If anyone were to promise to make others stronger or brighter, the antisocial personality suffers the utmost agony of personal danger.

They reason that if they are in this much trouble with people around them weak or stupid, they would perish should anyone become strong or bright.

Such a person has no trust to a point of terror. This is usually masked and unrevealed.

When such a personality goes insane, the world is full of Martians or the FBI and each person met is really a Martian or FBI agent.


WATCH IT, MARY. SHE'S AN FBI AGENT. THEY'RE EVERYWHERE.
WHAT ARE YOU TALKING ABOUT? SHE'S MY SISTER! YOU MUST BE OUT OF YOUR MIND.

But the bulk of such people exhibit no outward signs of insanity. They appear quite rational. They can be *very* convincing.

However, the list of antisocial attributes consists of things which such a personality cannot detect in himself or herself. This is so true that if you thought you found yourself in one of them, you most certainly are not antisocial. Self-criticism is a luxury the antisocial cannot afford. They must be RIGHT because they are in continual danger in their own estimation. If you proved one WRONG, you might even send him or her into a severe illness.

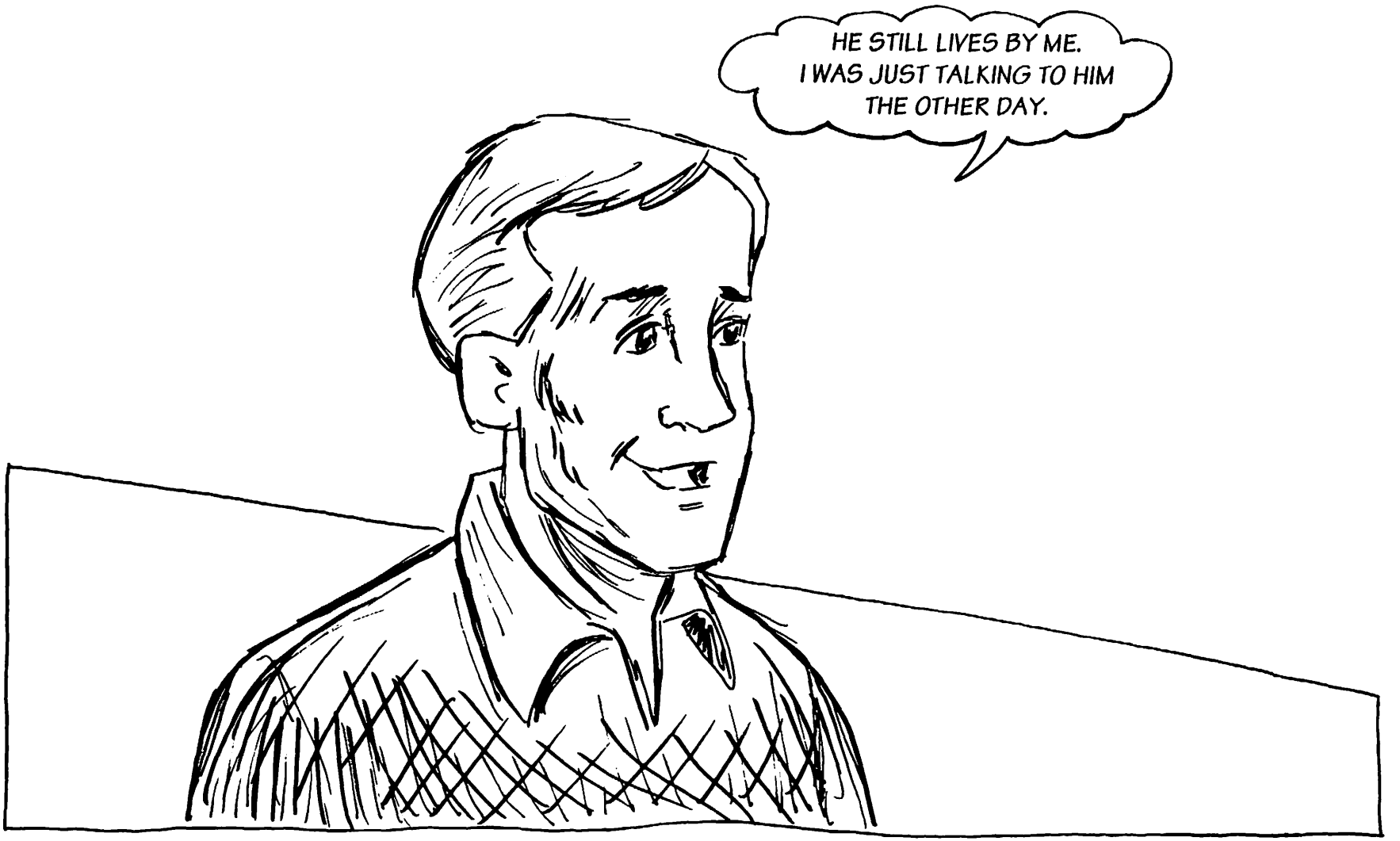
Only the sane, well-balanced person tries to correct his conduct.

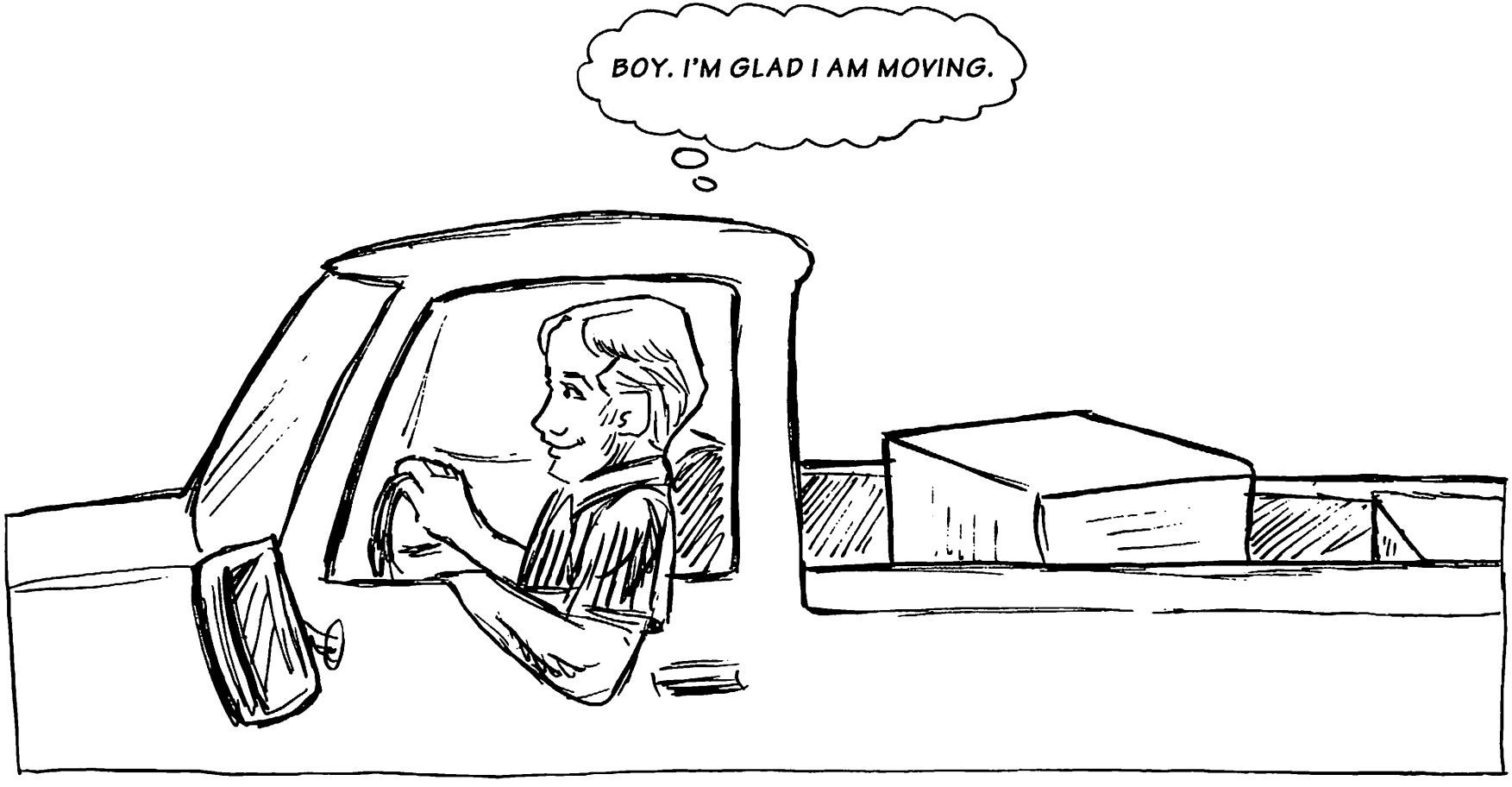
Relief

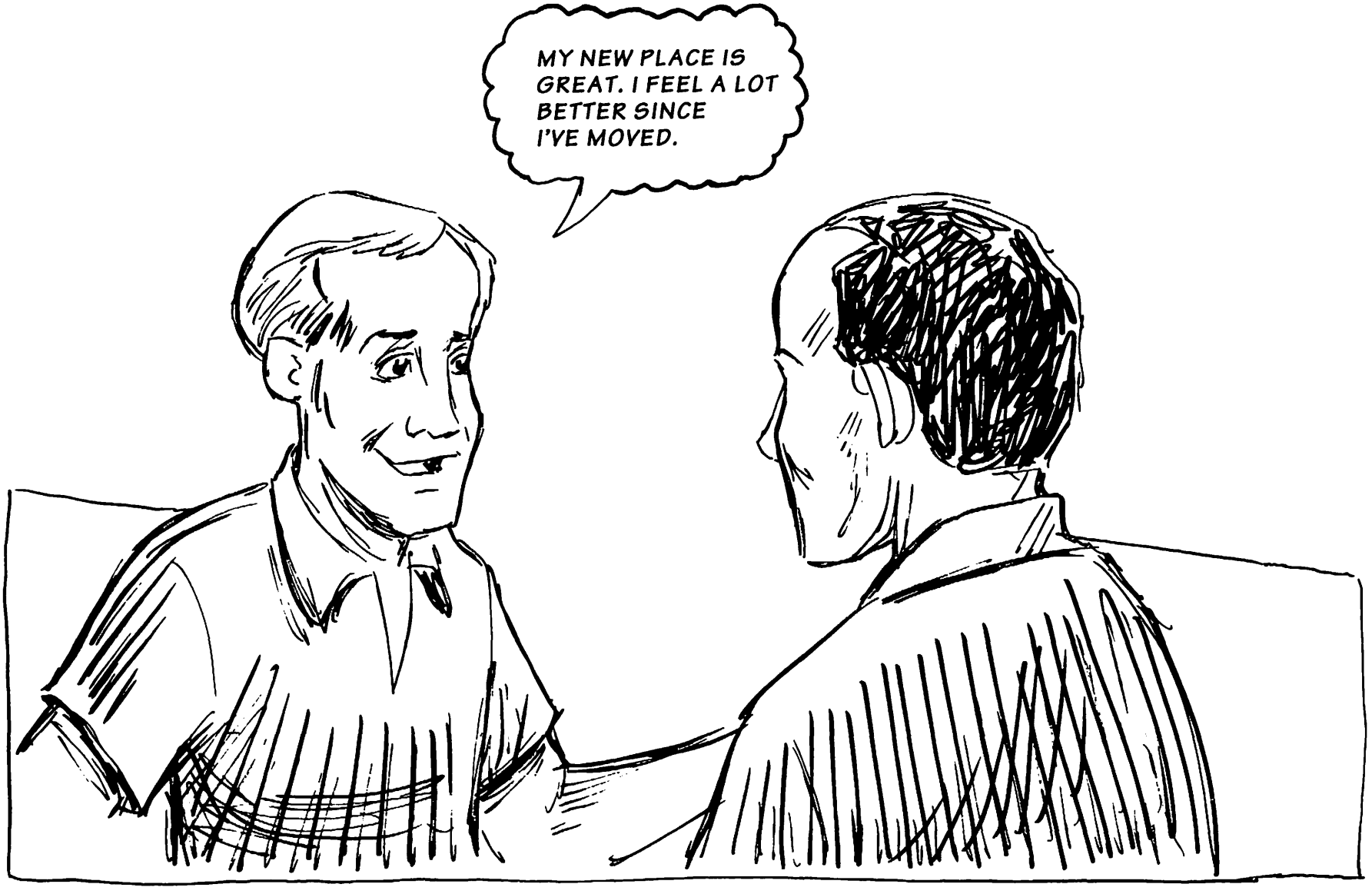
If you were to weed out of your past by proper search and discovery those antisocial persons you have known and if you then disconnected, you might experience great relief.

Similarly, if society were to recognize this personality type as a sick being, as they now isolate people with smallpox, both social and economic recoveries could occur.


WANT SOME OF THESE?
IT WAS FRANK. HE LIVED ON THE SAME BLOCK WHEN I WAS A KID.


HE STILL LIVES BY ME.
I WAS JUST TALKING TO HIM
THE OTHER DAY.


BOY. I'M GLAD I AM MOVING.


MY NEW PLACE IS GREAT. I FEEL A LOT BETTER SINCE I'VE MOVED.

Things are not likely to get much better so long as twenty percent of the population is permitted to dominate and injure the lives and enterprise of the remaining eighty percent.

As majority rule is the political manner of the day, so should majority sanity express itself in our daily lives without the interference and destruction of the socially unwell.

The pity of it is, they will not permit themselves to be helped and would not respond to treatment if help were attempted.


COME WITH ME. I KNOW YOU CAN BE HELPED.
I DON'T NEED HELP FROM ANYONE!

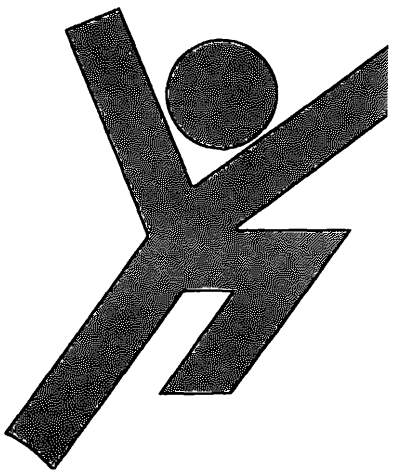
An understanding and ability to recognize such personalities could bring a major change in society and our lives.

Narconon Ups and Downs in Life Course

Demonstrate, using a demo kit, the basic reason the antisocial personality behaves as he or she does.

Section 4

The Social Personality



The Social Personality

Man in his anxieties is prone to witch hunts.

All one has to do is designate "people wearing black caps" as the villains and one can start a slaughter of people in black caps.

This characteristic makes it very easy for the antisocial personality to bring about a chaotic or dangerous environment.

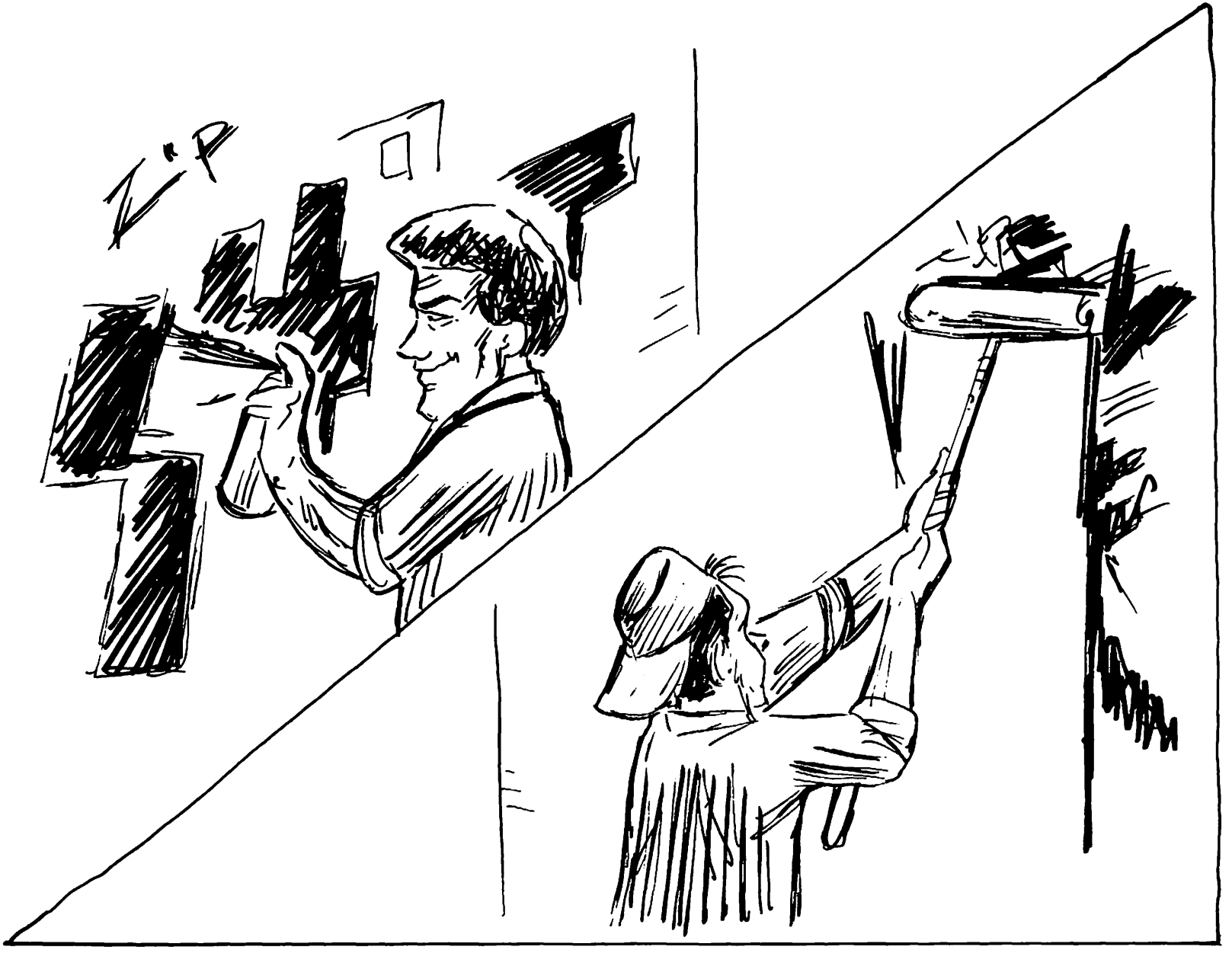
Man is not naturally brave or calm in his human state. And he is not necessarily villainous.

Even the antisocial personality, in his warped way, is quite certain that he is acting for the best and commonly sees himself as the only good person around, doing all for the good of everyone—the only flaw in his reasoning being that if one kills everyone else, none are left to be protected from the imagined evils. His *conduct* in his environment and toward his fellows is the only method of detecting either the antisocial or the social personalities. Their motives for self are similar— self-preservation and survival. They simply go about achieving these in different ways.

Thus, as man is naturally neither calm nor brave, anyone to some degree tends to be alert to dangerous persons and, hence, witch hunts can begin.

It is therefore even more important to identify the social personality than the antisocial personality. One then avoids shooting the innocent out of mere prejudice or dislike or because of some momentary misconduct.

The social personality can be defined most easily by comparison with his opposite, the antisocial personality.



This differentiation is easily done and no test should ever be constructed which isolates only the antisocial. On the same test must appear the upper as well as lower ranges of man's actions.

A test that declares only antisocial personalities without also being able to identify the social personality would be itself a suppressive test. It would be like answering "Yes" or "No" to the question "Do you still beat your wife?" Anyone who took it could be found guilty. While this mechanism might have suited the times of the Inquisition, it would not suit modern needs.

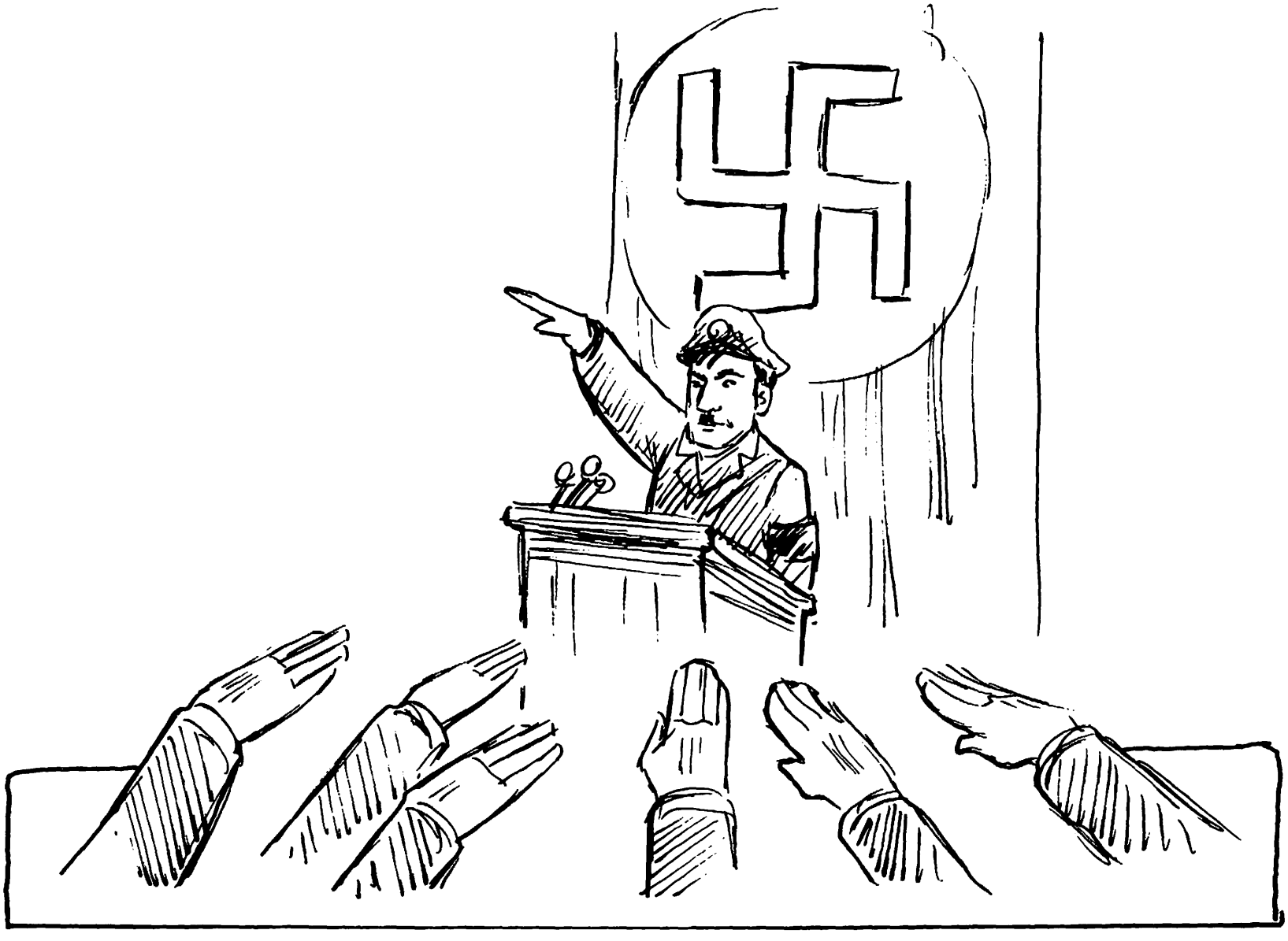
As the society runs, prospers and lives *solely* through the efforts of social personalities, one must know them, as *they,* not the antisocial, are the worthwhile people. These are the people who must have rights and freedom. Attention is given to the antisocial solely to protect and assist the social personalities in the society.

All majority rules, civilizing intentions and even the human race will fail unless one can identify and thwart the antisocial personalities and help and forward the social personalities in the society. For the very word "society" implies social conduct, and without it there is no society at all, only a barbarism with all men, good or bad, at risk.

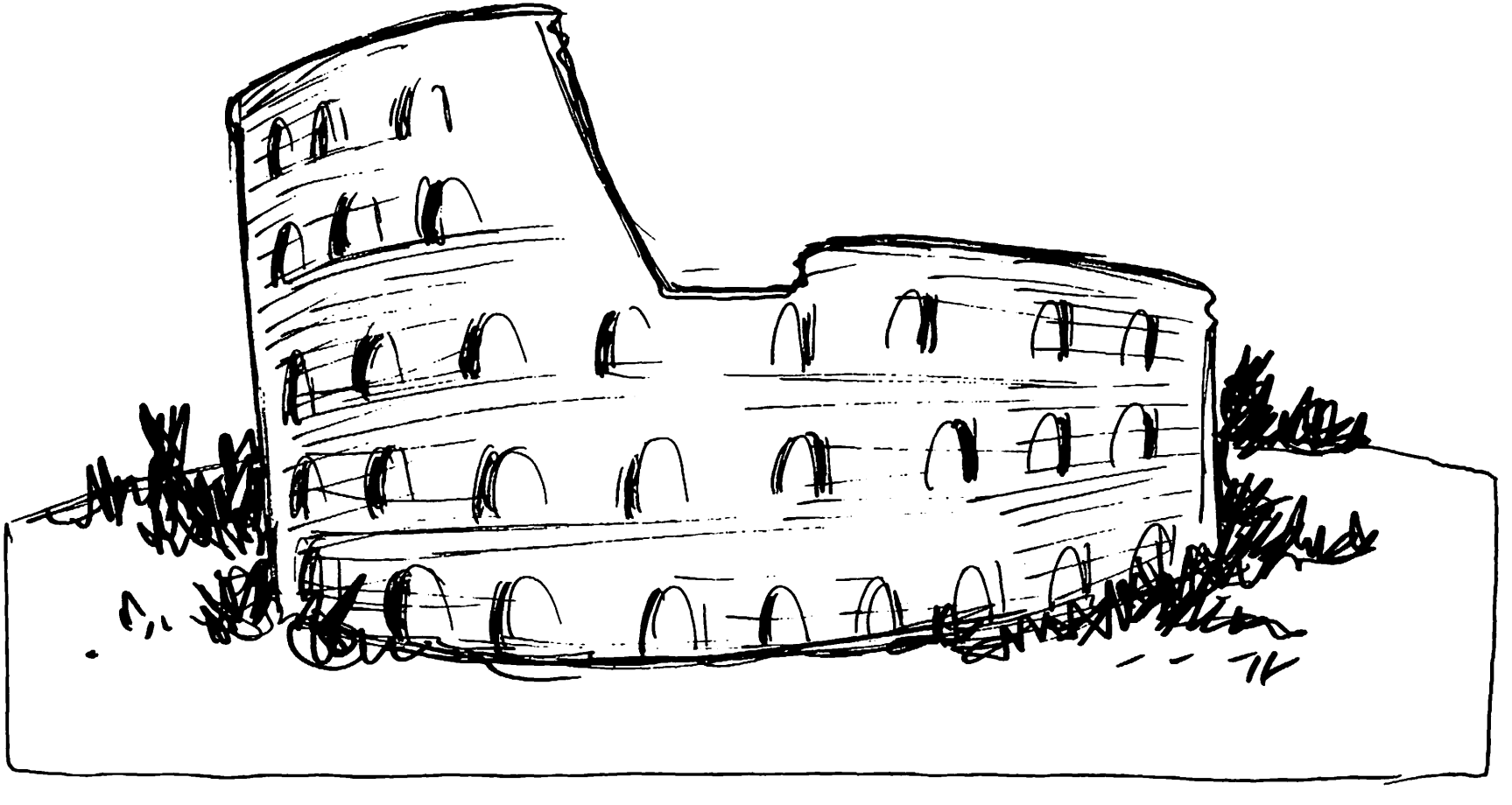
The frailty of showing how the harmful people can be known is that these then apply the characteristics to decent people to get them hunted down and eradicated.

The swan song of every great civilization is the tune played by arrows, axes or bullets used by the antisocial to slay the last decent men.

Government is only dangerous when it can be employed by and for antisocial personalities.



The end result is the eradication of all social personalities and the resultant collapse of Egypt, Babylon, Rome, Russia or the West.



You will note in the characteristics of the antisocial personality that intelligence is not a clue to the antisocial. They are bright or stupid or average. Thus those who are extremely intelligent can rise to considerable, even head-of-state, heights.

Importance and ability or wish to rise above others are likewise not indexes to the antisocial. When they do become important or rise they are, however, rather visible by the broad consequences of their acts. But they are as likely to be unimportant people or hold very lowly stations and wish for nothing better.

Thus it is the twelve given characteristics alone which identify the antisocial personality. And these same twelve reversed are the sole criteria of the social personality if one wishes to be truthful about them.

The identification or labeling of an antisocial personality cannot be done honestly and accurately unless one *also,* in the same examination of the person, reviews the positive side of his life.

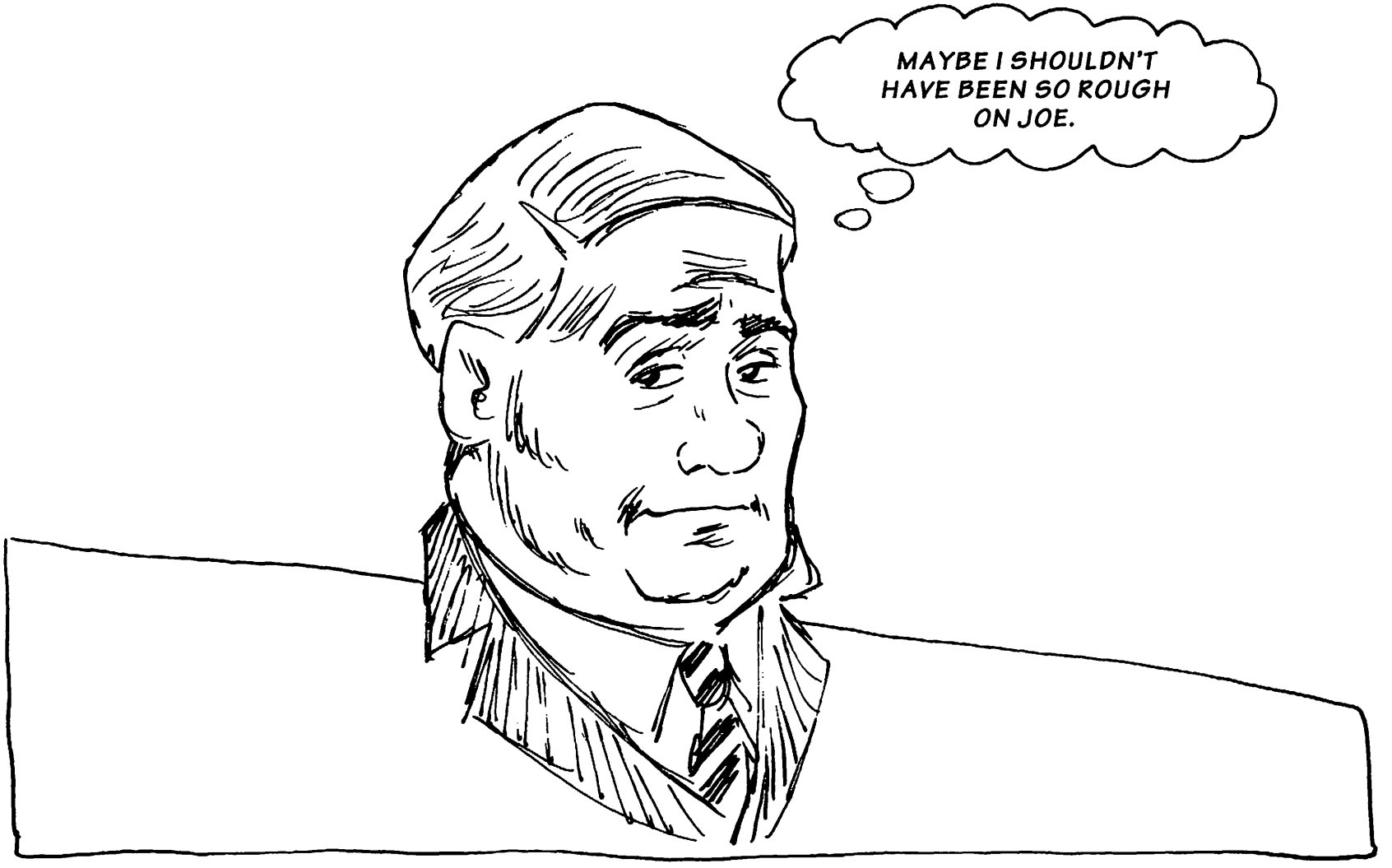
All persons under stress can react with momentary flashes of antisocial conduct. This does not make them antisocial personalities.

The true antisocial person has a majority of antisocial characteristics.

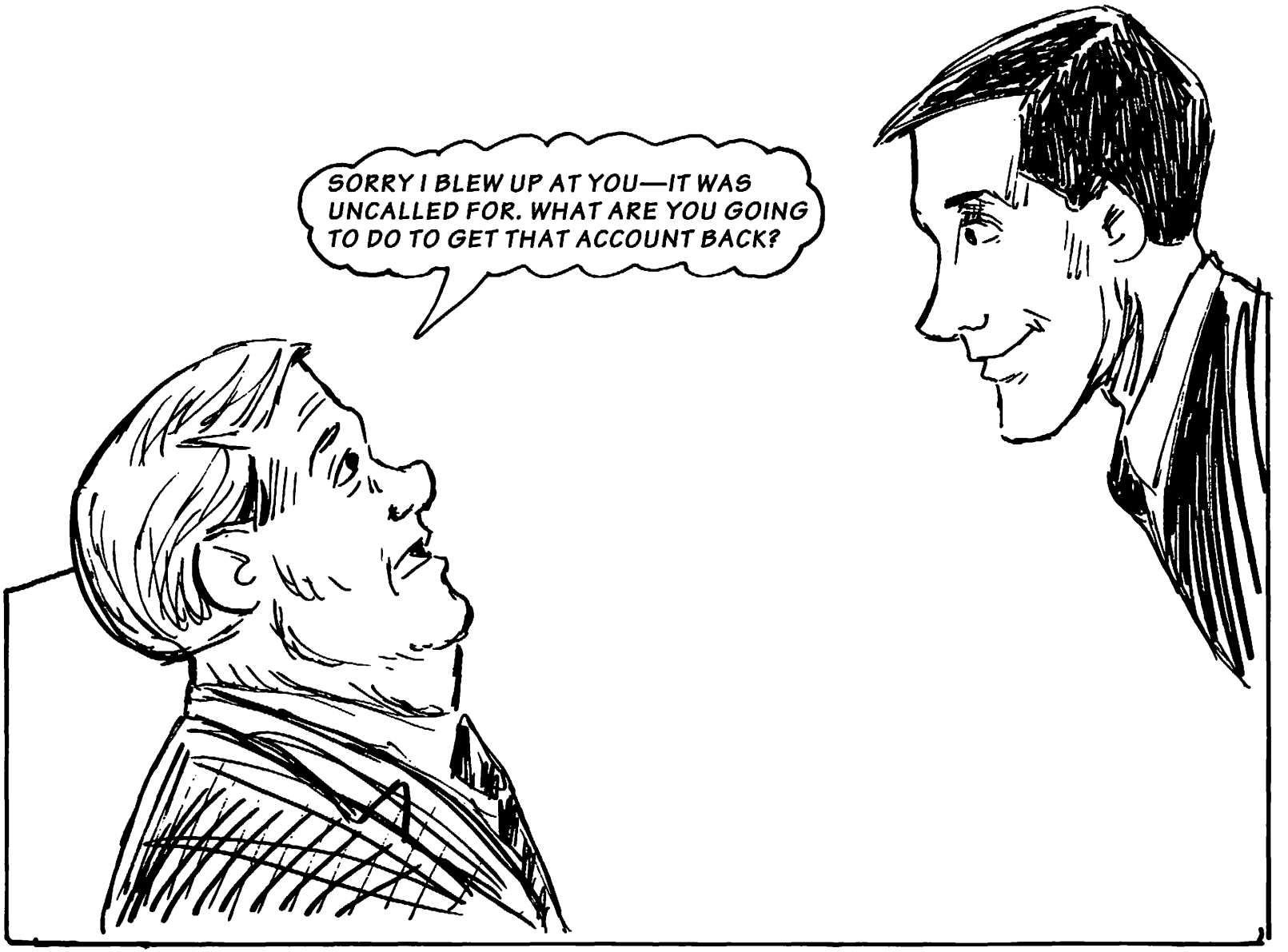
The social personality has a majority of social characteristics.

Thus one must examine the good with the bad before one can truly label the antisocial or the social.


JOE, I CAN'T BELIEVE YOU LOST THAT ACCOUNT. YOU CAN'T DO ANYTHING RIGHT!


MAYBE I SHOULDN'T HAVE BEEN SO ROUGH ON JOE.


JOE—COME IN AND SEE ME.

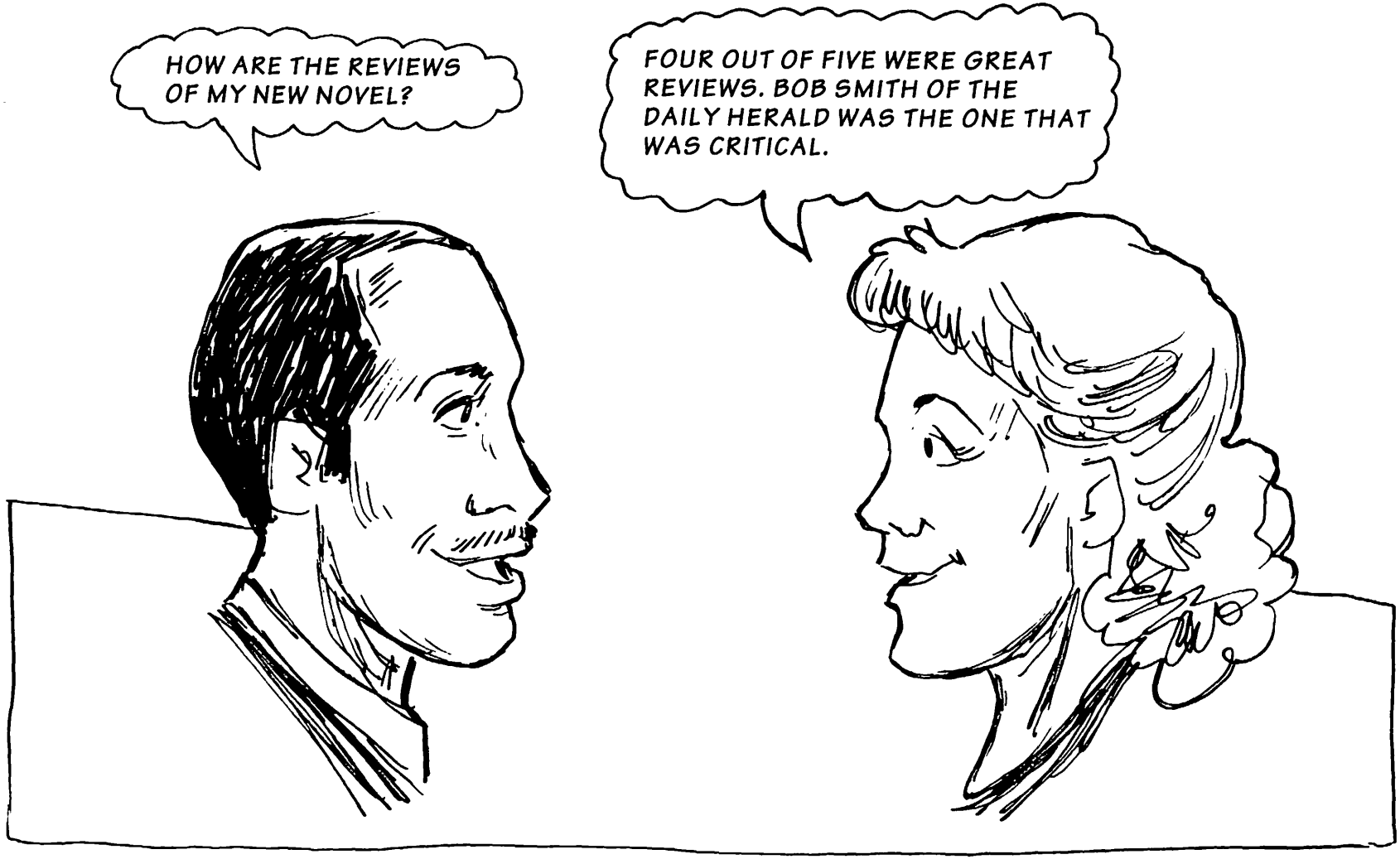

SORRY I BLEW UP AT YOU—IT WAS UNCALLED FOR. WHAT ARE YOU GOING TO DO TO GET THAT ACCOUNT BACK?

In reviewing such matters, very broad testimony and evidence are best. One or two isolated instances determine nothing. One should search all twelve social and all twelve antisocial characteristics and decide on the basis of actual evidence, not opinion.

The twelve primary characteristics of the social personality are covered on the following pages.

1. The social personality is specific in relating circumstances. "Joe Jones said..." "The Star Newspaper reported..." and gives sources of data where important or possible.

He may use the generality of "they" or "people" but seldom in connection with attributing statements or opinions of an alarming nature.


HOW ARE THE REVIEWS OF MY NEW NOVEL?
FOUR OUT OF FIVE WERE GREAT REVIEWS. BOB SMITH OF THE DAILY HERALD WAS THE ONE THAT WAS CRITICAL.

2. The social personality is eager to relay good news and reluctant to relay bad.

He may not even bother to pass along criticism when it doesn't matter.

He is more interested in making another feel liked or wanted than disliked by others and tends to err toward reassurance rather than toward criticism.


HAVE YOU SEEN JOHN?
HE JUST GOT OUT OF THE HOSPITAL.
HE'S STILL BANDAGED UP, BUT
HE'S DOING A LOT BETTER.


HI JOHN — TONY TOLD ME YOU WERE OUT OF THE HOSPITAL. I'M GLAD YOU'RE HOME.

3. A social personality passes communication without much alteration and if deleting anything tends to delete injurious matters.

He does not like to hurt people's feelings. He sometimes errs in holding back bad news or orders which seem critical or harsh.


STEVE HAD BETTER HAVE THAT REPORT ON MY DESK BY THREE O'CLOCK. HE'S BEEN SLOWING DOWN LATELY AND HE'D BETTER PICK UP SOME SPEED.
ALL RIGHT SIR.

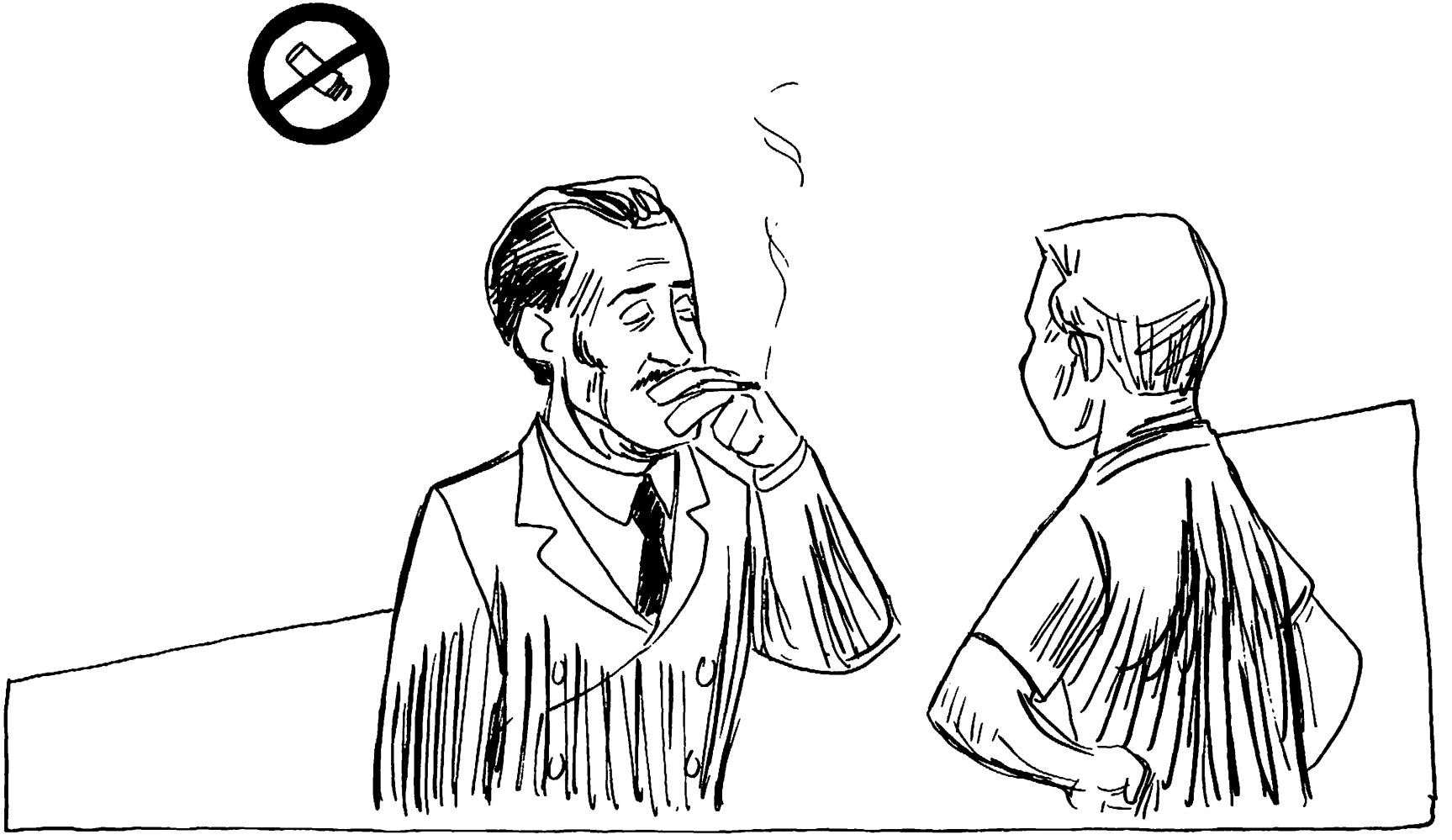

STEVE, THE BOSS IS REALLY EXPECTING YOUR REPORT BY THREE. MAKE SURE IT'S ON HIS DESK BY THEN.
OKAY, MARY. IT WILL GET IN THERE BY THEN.

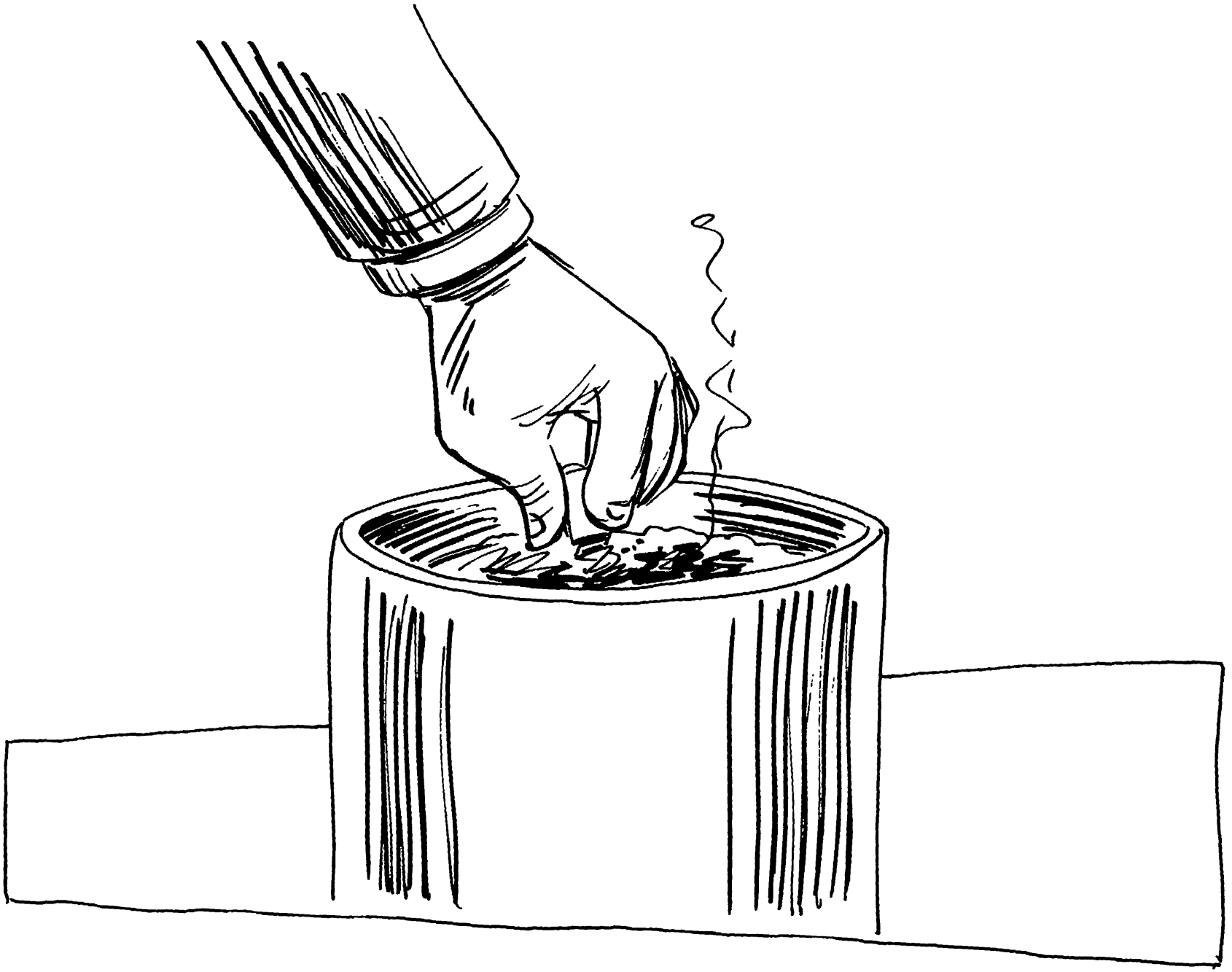
4. Treatment, reform and psychotherapy particularly of a mild nature work very well on the social personality.

Whereas antisocial people sometimes promise to reform, they do not. Only the social personality can change or improve easily.

It is often enough to point out unwanted conduct to a social personality to completely alter it for the better.

Criminal codes and violent punishment are not needed to regulate social personalities.





5. The friends and associates of a social personality tend to be well, happy and of good morale.

A truly social personality quite often produces betterment in health or fortune by his mere presence on the scene.

At the very least he does not reduce the existing levels of health or morale in his associates.

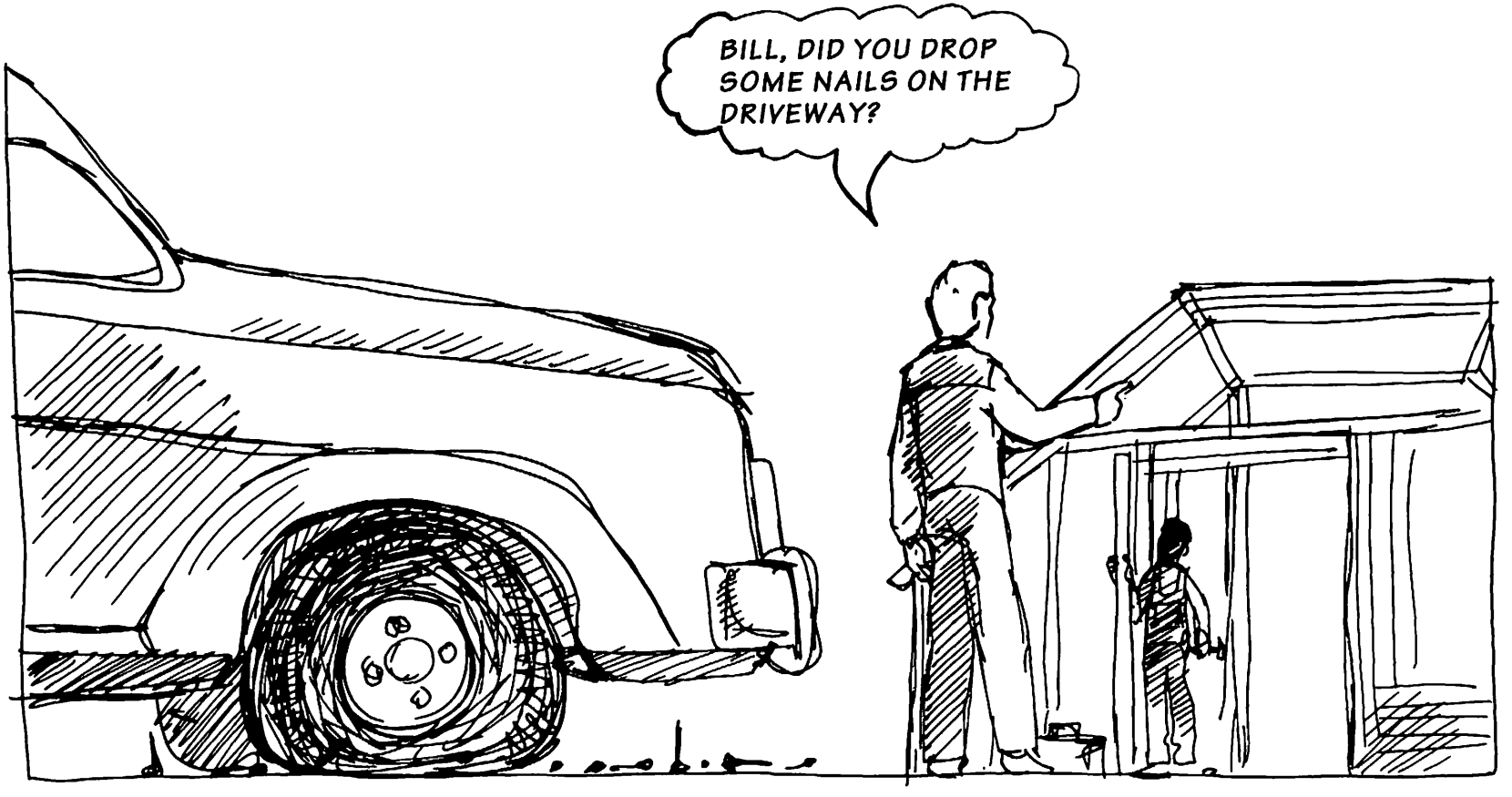
When ill, the social personality heals or recovers in an expected manner, and is found open to successful treatment.


WE'RE GLAD TO HAVE YOU BACK IN UNIFORM, TY!
THAT WAS A FAST RECOVERY, MAN!

6. The social personality tends to select correct targets for correction.

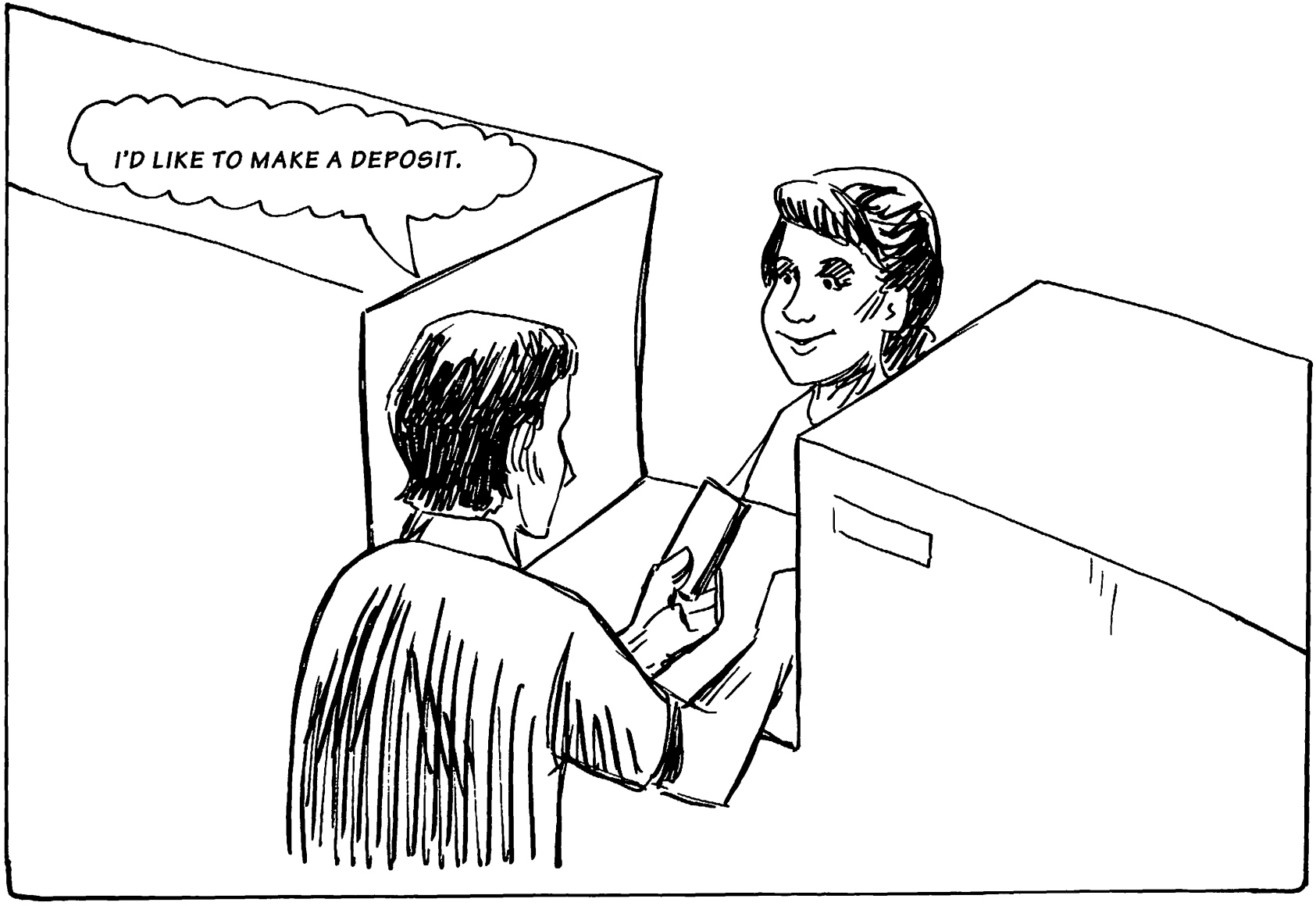
He fixes the tire that is flat rather than attack the windshield.

In the mechanical arts he can therefore repair things and make them work.


BILL, DID YOU DROP SOME NAILS ON THE DRIVEWAY?

7. Cycles of action begun are ordinarily completed by the social personality, if possible.


EARNING EXTRA CASH TO BUY A CAR.
WHY ARE YOU WORKING HERE FRED?


I'D LIKE TO MAKE A DEPOSIT.

Three months later...

8. The social personality is ashamed of his misdeeds and reluctant to confess them. He takes responsibility for his errors.


UH-OH! I'M $20.00 SHORT.


WHAT'S THE MATTER, MARY?


MR. JONES, I GUESS I MADE AN ERROR. IT LOOKS LIKE I GAVE A CUSTOMER TOO MUCH CHANGE AND I'M $20.00 SHORT. I CAN PAY IT BACK OUT OF MY PAYCHECK.
SOUNDS FINE. I APPRECIATE YOUR HONESTY.

9. The social personality supports constructive groups and tends to protest or resist destructive groups.


SUPPORT CLEAN RIVER ACT
PLEASE SIGN OUR PETITION TO PREVENT POLLUTION OF OUR RIVER.


SAVE OUR RIVER
STOP POLLUTING OUR RIVER
FIGHT WATER POLLUTION

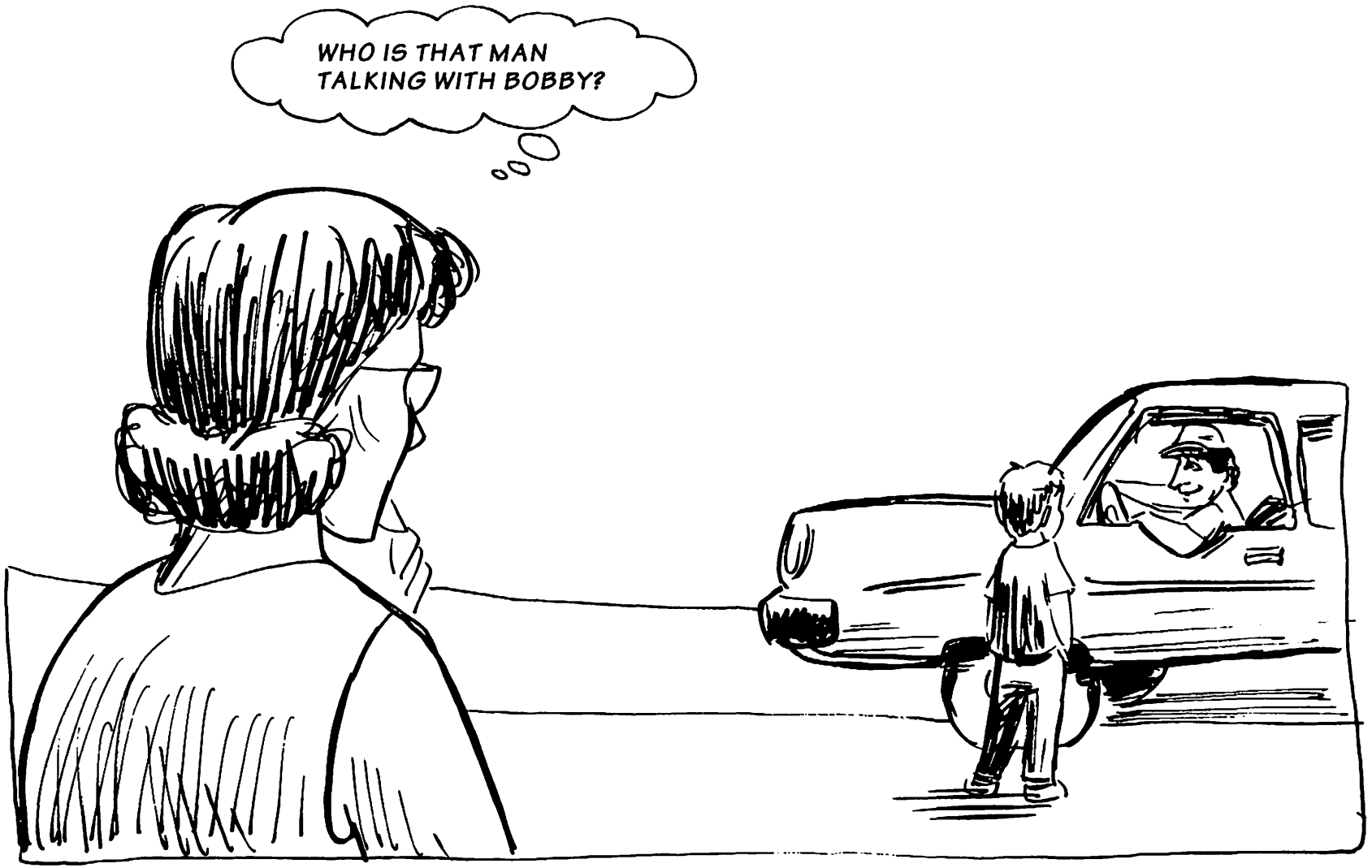
10. Destructive actions are protested by the social personality. He assists constructive or helpful actions.


HEY, STOP THAT!

VOLUNTEER
INNER CITY
TUTORING SERVICE

11. The social personality helps others and actively resists acts which harm others.


WANNA GO FOR A RIDE? IT'LL BE MORE FUN THAN SCHOOL.


WHO IS THAT MAN
TALKING WITH BOBBY?


LET'S GET YOU TO SCHOOL RIGHT AWAY.

12. Property is property of someone to the social personality and its theft or misuse is prevented or frowned upon.


WOW! WHAT A SYSTEM. LET'S PLAY SOME MUSIC.
NO JOHN. IT'S PRETTY EXPENSIVE AND WE DON'T KNOW HOW IT WORKS. LET'S WAIT UNTIL MIKE GETS BACK. AFTER ALL, IT IS HIS STEREO SYSTEM.

Narconon Ups and Downs in Life Course

Demonstrate, using your demo kit, how you would identify the social and the antisocial personalities.

Narconon Ups and Downs in Life Course

Demonstrate, using a demo kit, that if someone who is under stress reacts with a momentary flash of antisocial conduct, it does not make him antisocial.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who was specific in relating circumstances and gave sources of data where important or possible as covered in the first attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who was eager to relay good news and reluctant to relay bad, as covered in the second attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who passed on communication without much alteration and if he deleted anything he tended to delete injurious matters, as covered in the third attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who changed or improved easily, as covered in the fourth attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone whose friends and associates tended to be well, happy and of good morale, as covered in the fifth attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who tended to select correct targets for correction, as covered in the sixth attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who ordinarily completed cycles of action that he had begun, as covered in the seventh attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who was ashamed of his misdeeds, was reluctant to confess them and took responsibility for his errors, as covered in the eighth attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who was supportive of constructive groups and tended to protest or resist destructive groups, as covered in the ninth attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who protested destructive actions and assisted constructive or helpful actions, as covered in the tenth attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who helped others and actively resisted actions which harmed others, as covered in the eleventh attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe a time you have observed someone who considered that property was property and its theft or misuse was prevented or frowned upon, as covered in the twelfth attribute of the social personality.

(Continue on next page.)

Tear out this page and place it on the Supervisor's desk.

The Basic Motivation

The social personality naturally operates on the basis of the greatest good.

He is not haunted by imagined enemies but he does recognize real enemies when they exist.

The social personality wants to survive and wants others to survive,


I KNOW I CAN GET THEM TO GRADUATE.

whereas the antisocial personality really and covertly wants others to succumb.

Basically, the social personality wants others to be happy and do well, whereas the antisocial personality is very clever in making others do very badly indeed.

A basic clue to the social personality is not really his successes but his motivations. The social personality when successful is often a target for the antisocial and by this reason he may fail. But his intentions included others in his success, whereas the antisocial only appreciates the doom of others.

Unless we can detect the social personality and hold him safe from undue restraint and detect also the antisocial and restrain him, our society will go on suffering from insanity, criminality and war, and man and civilization will not endure.

Of all our technical skills, such differentiation ranks the highest since, failing, no other skill can continue, as the base on which it operates—civilization—will not be here to continue it.

Do not smash the social personality and do not fail to render powerless the antisocial in their efforts to harm the rest of us.

Just because a man rises above his fellows or takes an important part does not make him an antisocial personality. Just because a man can control or dominate others does not make him an antisocial personality.

It is his motives in doing so and the consequences of his acts which distinguish the antisocial from the social.

Unless we realize and apply the true characteristics of the two types of personality, we will continue to live in a quandary of who our enemies are and, in doing so, victimize our friends.

All men have committed acts of violence or omission for which they could be censured. In all mankind there is not one single perfect human being.

But there are those who try to do right and those who specialize in wrong and upon these facts and characteristics you can know them.

Narconon Ups and Downs in Life Course

Demonstrate, using a demo kit, the difference in motives of the antisocial personality and the social personality.

Section 5

Basic Definitions

Basic Definitions

As you have learned, there are basically two types of people: the social personality and the antisocial personality.

A social personality can be connected or associated with an antisocial personality. And, knowingly or unknowingly, the social personality can become adversely affected by the antisocial.

DEFINITION:

Suppressive Person. This means a person who seeks to *suppress,* or squash, any betterment activity or group. A suppressive person suppresses other people in his vicinity. This is the person whose behavior is calculated to be disastrous. "Suppressive person" is another name for the "antisocial personality" which was covered in the earlier pages of this book.

DEFINITION:

Potential Trouble Source (abbreviated "PTS"). This means a person who is in some way connected to and being adversely affected by a suppressive person. He is called a *potential trouble source* because he can be a lot of trouble to himself and to others.

An indicator of someone being a potential trouble source is *not* whether that person is hangdog or not cheerful or is having trouble with his boss. Those are not things that indicate whether someone is a PTS. The indicators are very precise.

The suppressive person keeps the potential trouble source from functioning in life. Therefore, the potential trouble source can do well in life or in some activity and then, when he meets up with or is affected by the suppressive person (who is somehow invalidating or making less of him or his efforts), he gets worse. When he is away from the suppressive person, he gets better.

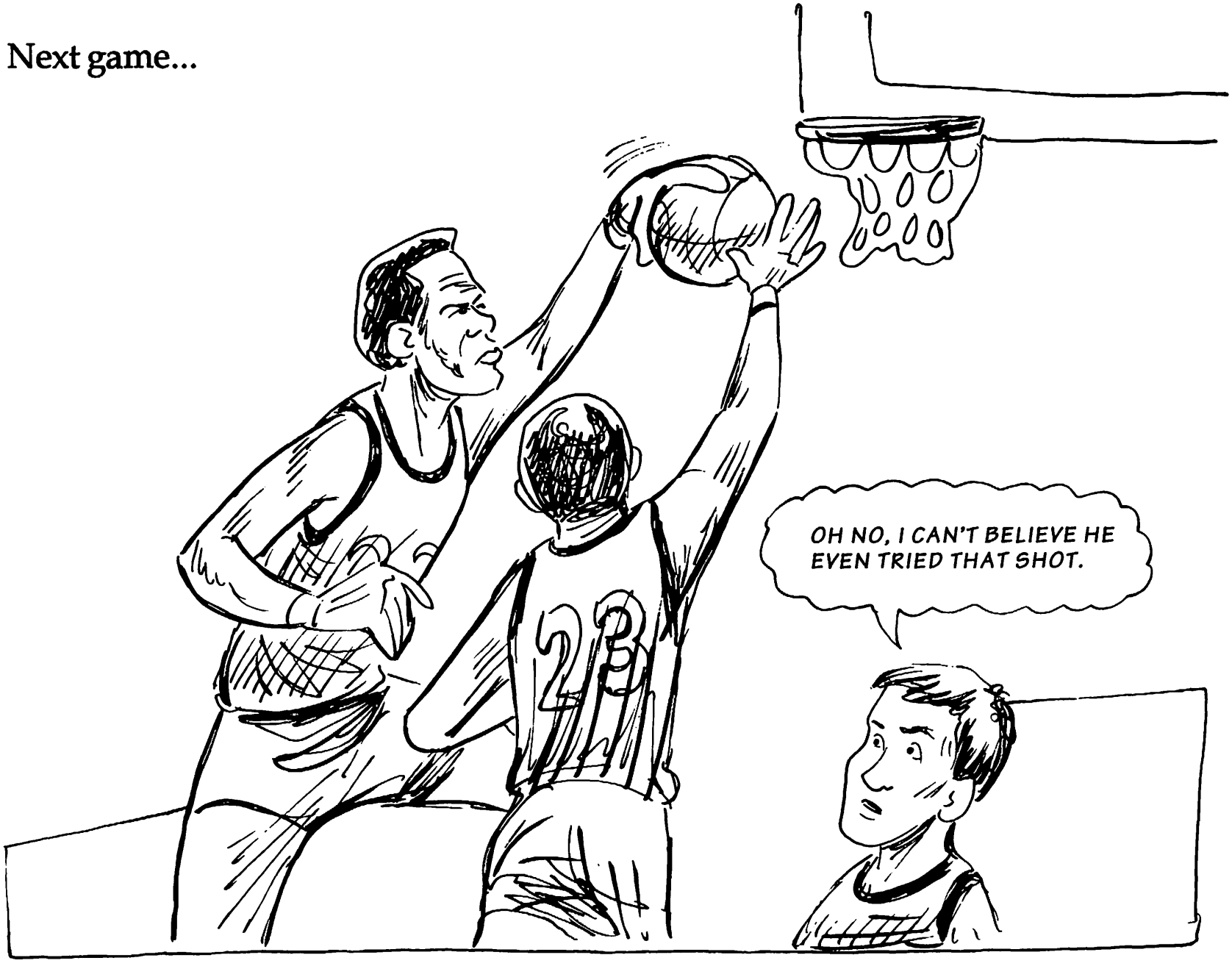
A potential trouble source is doing well and then not doing well, doing well, not doing well. When he is not doing well, he is sometimes ill.


YOU MADE THE DIFFERENCE IN THIS GAME.
AT THIS RATE WE'LL WIN THE BIG GAME NEXT WEEK. YOU'RE GREAT!
15
2


HI HONEY, DID YOU SEE THE GAME?
BOY DID I. THOSE GUYS WERE BLIND AS BATS AND YOU WERE SO CLUMSY. I DON'T UNDERSTAND WHY YOU EVEN BOTHER TO SHOW UP ON THE COURT.


MAYBE I'M NOT AS GOOD AS I THOUGHT . . .

Next game...




I DON'T GET IT. ONE MINUTE HE'S THE BEST, THEN HE'S A WIPE-OUT.
YEAH, I DON'T KNOW WHAT'S WRONG WITH HIM.

This condition is known as *roller-coaster.* The term roller-coaster was derived from a ride of the same name in an amusement park (a "roller-coaster"), which is a small railroad that moves along a high sharply winding trestle with steep inclines that produce sudden, speedy plunges for its passengers.

And that is the first indicator of a potential trouble source— the person is roller-coastering.

In the presence of suppression, mistakes occur. That is another factor in suppression and an indicator of someone who is a potential trouble source—they will make mistakes. People making mistakes or doing stupid things is evidence that a suppressive person exists in that vicinity.

ALL ILLNESS, IN GREATER OR LESSER DEGREE, AND ALL FOUL-UPS STEM DIRECTLY AND ONLY FROM A PTS CONDITION.


YOU'LL NEVER AMOUNT TO ANYTHING AROUND HERE. YOU'RE JUST A STUPID KID.


YOU CAME UP $15.00 SHORT. I KNEW IT. YOU ARE STUPID. THIS PLACE WILL CLOSE DOWN BECAUSE OF YOU.
GEE, I'M SORRY MR. JONES. I'LL PAY IT BACK.


I MUST REALLY BE STUPID. I CAN'T FIGURE OUT WHY I DID THAT.

Narconon Ups and Downs in Life Course

Demonstrate, using a demo kit, what a suppressive person is.

Narconon Ups and Downs in Life Course

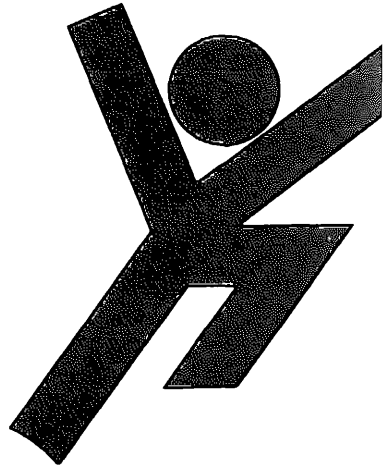
Demonstrate, using a demo kit, what a potential trouble source is.

Narconon Ups and Downs in Life Course

Demonstrate, using a demo kit, what causes roller-coastering.

Section 6

Basic Types of PTS



Basic Types of PTS

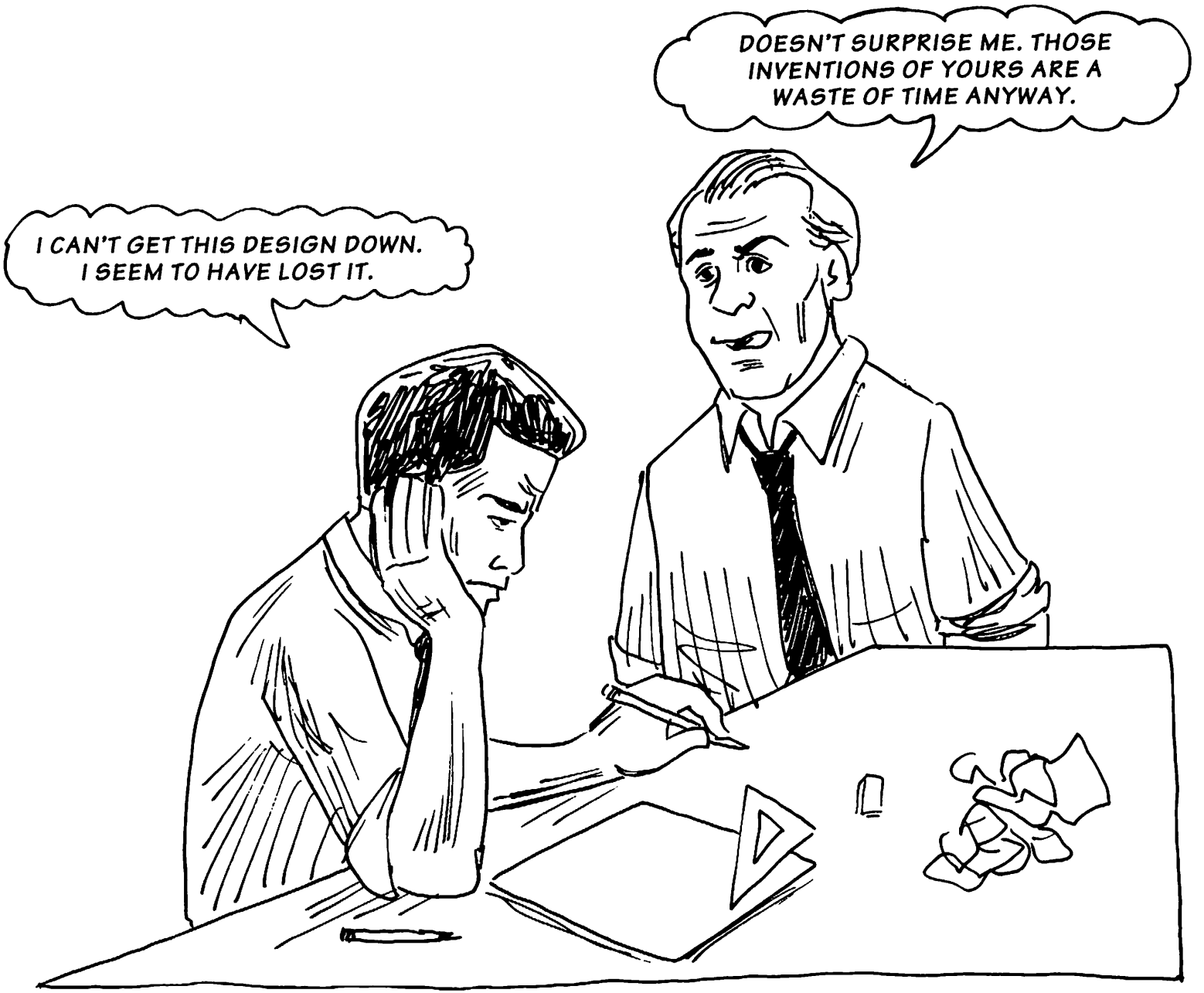
There are different basic types of PTS.

The first type of PTS person is one who is associated with or connected to a suppressive person in his present time environment. By "connected to" is meant in the vicinity of, or in communication with in some way, whether a social, familial or business relationship.

An artist may have a "friend" hanging around who is actually a suppressive person, invalidating his work and ambitions. The artist may become ill or give up his work.


TAKE MY ADVICE—GIVE IT UP.
YOU'RE NOT THE TYPE TO DO THIS.

An executive with a suppressive person for a business associate will roller-coaster and may find himself making mistakes in his work, suffering setbacks or becoming sick.


I CAN'T GET THIS DESIGN DOWN. I SEEM TO HAVE LOST IT.
DOESN'T SURPRISE ME. THOSE INVENTIONS OF YOURS ARE A WASTE OF TIME ANYWAY.

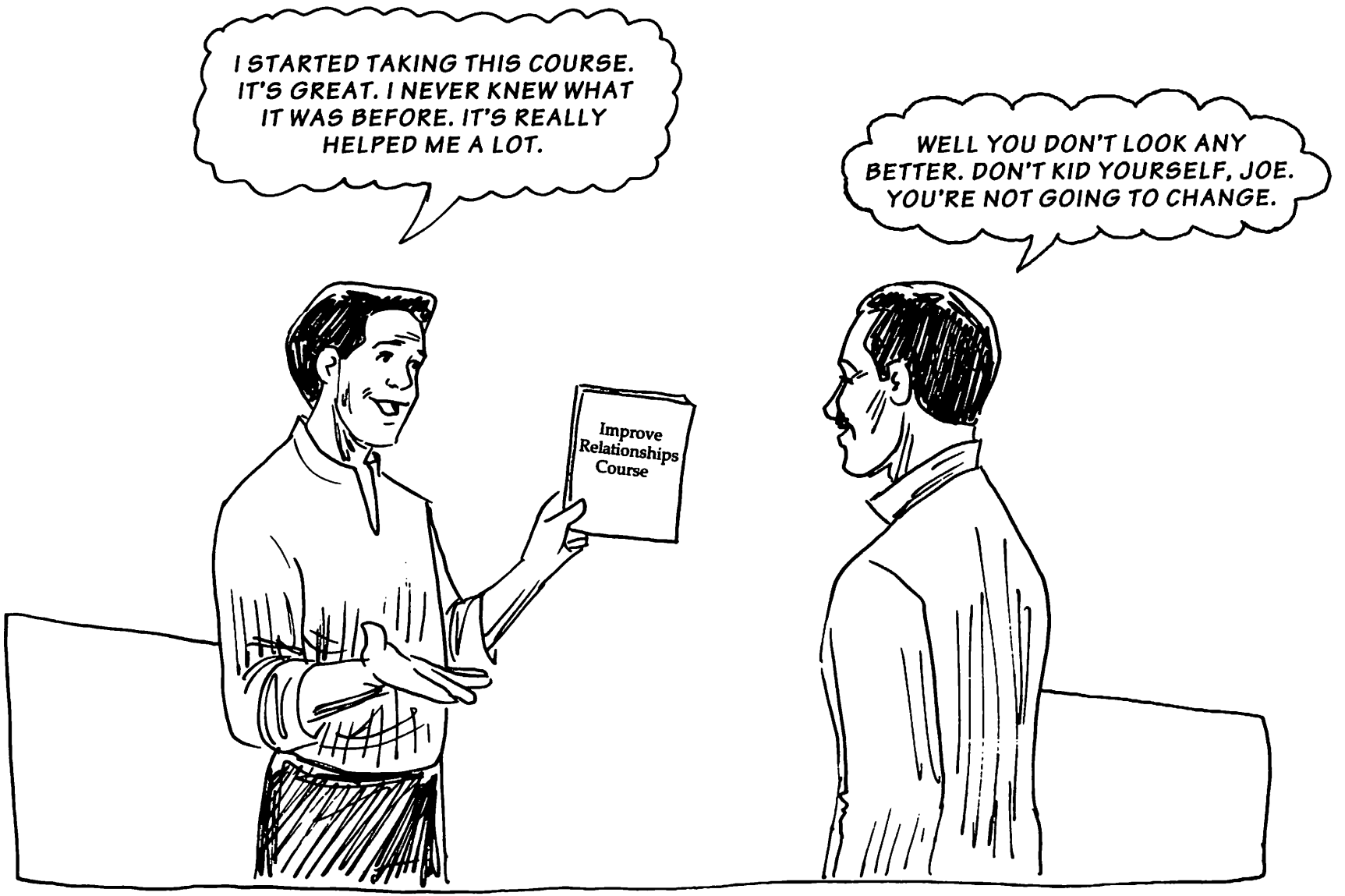
It should be understood that the fact that some person is raising the devil does not make him a suppressive person. A suppressive is often a "quiet type" who has little or nothing to say and speaks softly. Such a suppressive person might quietly work his way into a position of responsibility and from there covertly ruin people and activities by his actions. The suppressive person may be sitting back with a covert Mona Lisa smile while the potential trouble source is busy going up in smoke or running around and doing weird things.

In the second type of PTS, a *past* suppression is being restimulated by someone or something in the present time environment. A person wouldn't even have to see the suppressive person to go PTS but can become so just by seeing something that reminds him of the suppressive.

For example, if someone has been suppressed by a drug dealer and visits the area where he used to buy drugs (when the drug dealer isn't even around), that could be enough to cause him to roller-coaster.


Friday's Dance Club
WHAT'S WRONG?
I HAVE TO GO, I'M NOT FEELING VERY WELL.
Friday's Dance Club

There is another specific type of PTS. This is the person who is working at bettering himself but who is also connected, knowingly or unknowingly, to a suppressive person. A betterment activity makes people more able. A suppressive person is *terrified* of anyone becoming stronger or more able, as he is sure that the person would then destroy him. So the suppressive attacks that activity and the other's interest and involvement in it.


I STARTED TAKING THIS COURSE. IT'S GREAT. I NEVER KNEW WHAT IT WAS BEFORE. IT'S REALLY HELPED ME A LOT.
Improve Relationships Course
WELL YOU DON'T LOOK ANY BETTER. DON'T KID YOURSELF, JOE. YOU'RE NOT GOING TO CHANGE.


WELL, YEAH, MAYBE I'M NOT DOING THAT WELL.

A person who is PTS is often the last person to suspect it. He may have become temporarily or momentarily so. And he may have become so very slightly. Or he may be *very* PTS and have been so for a long time. Therefore, the very first step in handling this condition is to gain an understanding of the fundamentals of the technology concerning potential trouble sources and suppressive persons so that the situation can be handled.

And it CAN be handled.

Narconon Ups and Downs in Life Course

Demonstrate, using a demo kit, someone PTS to a suppressive person in his or her present time environment.

Narconon Ups and Downs in Life Course

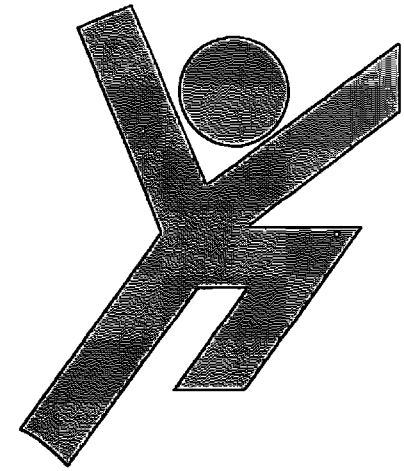
Demonstrate, using a demo kit, someone PTS due to restimulation of some past suppression.

Narconon Ups and Downs in Life Course

Demonstrate, using a demo kit, someone PTS to a person who is antagonistic to him bettering himself.

Section 7

Handling the Potential Trouble Source



Handling the Potential Trouble Source

There are two stable data which anyone has to have, understand and KNOW ARE TRUE in order to obtain results in handling a PTS condition.

These data are:

1. THAT ALL ILLNESS, IN GREATER OR LESSER DEGREE, AND ALL FOUL-UPS STEM DIRECTLY AND ONLY FROM A PTS CONDITION.
2. THAT GETTING RID OF THE CONDITION REQUIRES THREE BASIC ACTIONS: (A) DISCOVER; (B) HANDLE OR DISCONNECT.

Handling a PTS situation can be done very easily, far more easily than some believe. The basic stumbling block is thinking that there are exceptions or that there is other technology or that the two above data have modifiers or are not sweeping. The moment a person who is trying to handle PTSes gets persuaded there are other conditions or reasons or technology, he is at once lost and will lose the game and not obtain results. And this is too bad because it is not difficult and the results are there to be obtained.

A PTS person may be in a state of deficiency or pathology which prevents a ready recovery, but at the same time he will not fully recover unless the PTS condition is also handled. For he became prone to deficiency or pathological illness because he was PTS. And unless the condition is relieved, no matter what medication or nutrition he may be given, he might not recover and certainly will not recover permanently. This seems to indicate that there are "other illnesses or reasons for illness besides being PTS." To be sure, there are deficiencies and illnesses just as there are accidents and injuries. But strangely enough the person himself precipitates them because being PTS predisposes him to them.


HUMMM . . . WE SHOULD HAVE SEEN SOME IMPROVEMENT BY NOW. I'LL SCHEDULE YOU FOR MORE TESTS.

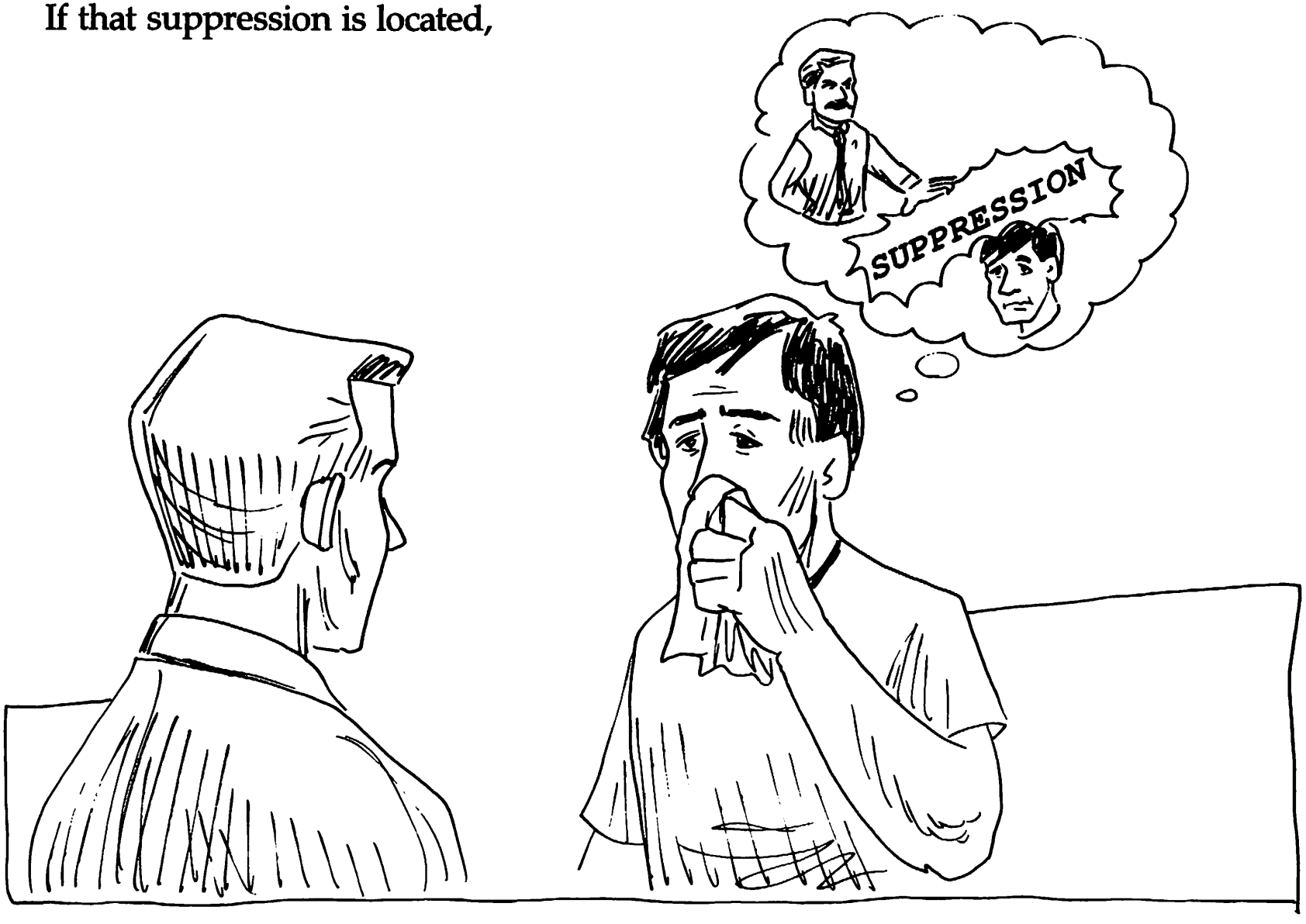

YOU'RE A WORTHLESS NOTHING. STILL SICK, ARE YOU? I KNEW IT WAS A MISTAKE TO MARRY YOU.

In a more garbled way, the medical doctors and nutritionists are always talking about "stress" causing illness. Lacking full technology, they yet have an inkling that this is so because they see it is somehow true. They cannot handle it. Yet they recognize it, and they state that it is a senior situation to various illnesses and accidents. Well, we have the technology of this in more ways than one.

What is this thing called "stress"? It is more than the medical doctor defines it. He usually says it comes from operational or physical shock, and in this he has too limited a view.

A person under stress is actually under a suppression on one or more areas of life.

If that suppression is located,



and the person handles or disconnects,

the condition diminishes.

Usually the person has insufficient understanding of life to grasp his own situation. He is confused. He believes all his illnesses are true because they occur in such heavy books!

At some time he was predisposed to illness or accidents. When a serious suppression then occurred, he suffered a precipitation or occurrence of the accident or illness, and then with repeated similar suppressions on the same chain, the illness or tendency to accidents became prolonged or chronic.

To say then that a person is PTS to his current environment would be very limited as a diagnosis. If he continues to do or be something to which the suppressive person or group objected, he may become or continue to be ill or have accidents.


ANOTHER COLD? THAT'S FROM ALL YOUR RUNNING AROUND TO FIND JOBS. BEING AN ACTRESS IS PIE-IN-THE SKY. YOU SHOULD HAVE MARRIED THAT ACCOUNTANT.

Actually, the problem of PTS is not very complicated. Once you have grasped the two data first given, the rest of it becomes simply an analysis of how they apply to the given situation.

A PTS person can be markedly helped in three ways:

a. gaining an understanding of the technology of the condition;

b. discovering to what or to whom he is PTS;

c. handling or disconnecting.

Discovering

Let us consider the easiest level of approach:

1. Have the potential trouble source study the material on the subject so that he knows the elements like "PTS" and "suppressive." He may have a sudden realization right there and be much better. It has happened.

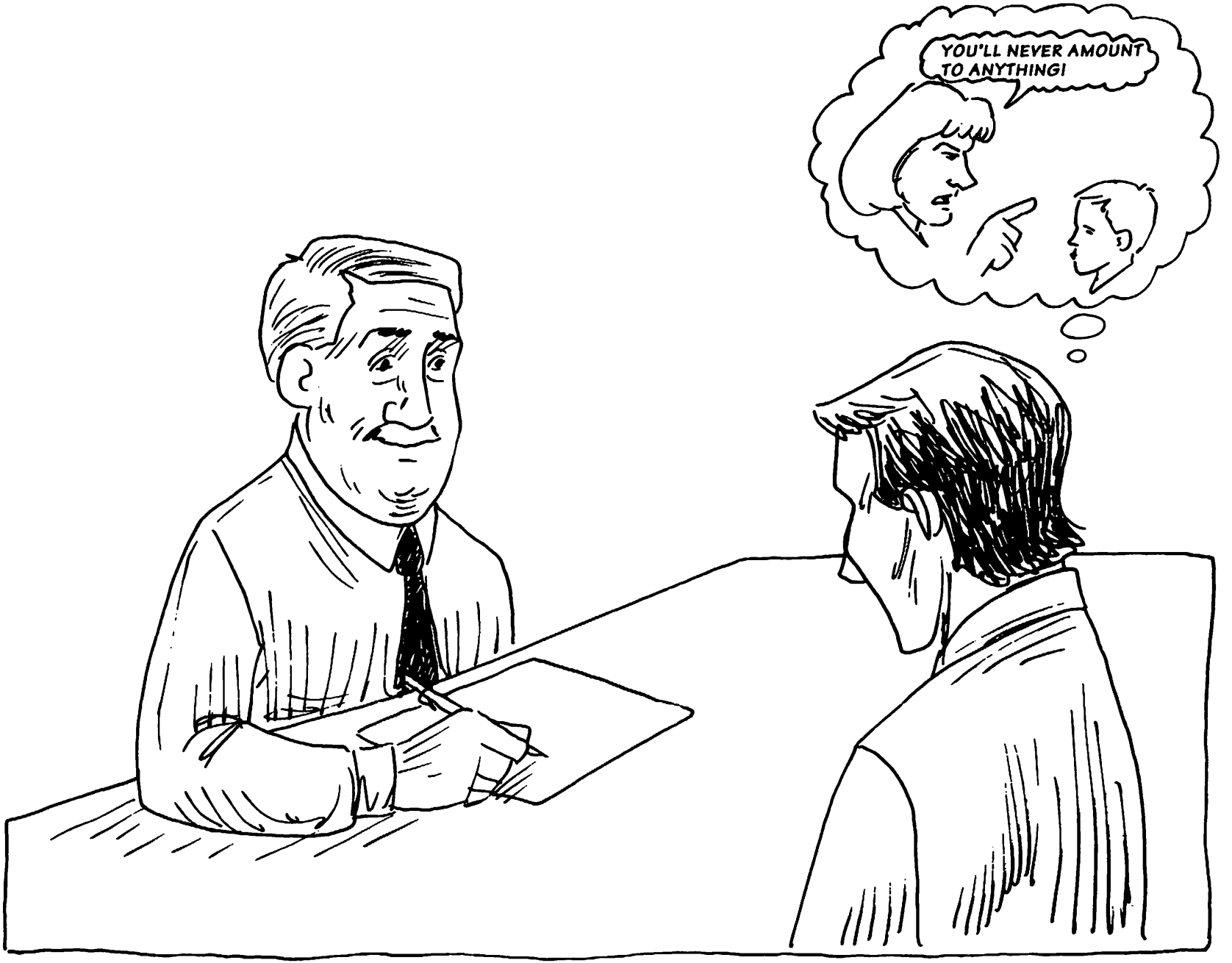

UPS
AND
DOWN

2. Have him discuss the illness or accident or condition, without much prodding or probing, that he thinks now may be the result of suppression.


Ethics
Officer

He will usually tell you it is right here and now or was a short time ago and will be all set to explain it (without any relief) as stemming from his current environment or a recent one. If you let it go at that, he would simply be a bit unhappy and not get well, as he is discussing usually a recent disturbing experience that has a lot of earlier experiences before it.

3. Ask when he recalls first having that illness or having such accidents. He will at once begin to roll this back and realize that it has happened before. He will get back to some early point in his life, usually.


YOU'LL NEVER AMOUNT TO ANYTHING!

4. Now ask him *who* it was. He will usually tell you promptly. You are not trying to do more than release him from the suppression in present time, so you don't probe any further. He may have brightened up considerably at this point.


IT WAS AUNT BETSY.

5. You will usually find that he has named a person to whom he is still connected! So you ask him whether he wants to handle or disconnect. Now, as the sparks will really fly in his life if he dramatically disconnects and if he can't see how he can, you persuade him to begin to handle on a gradient.


I JUST SAW HER LAST WEEK. I HADN'T SEEN HER IN 2 YEARS AND AS SOON AS SHE SEES ME, SHE STARTS UP WITH ME.

Handling

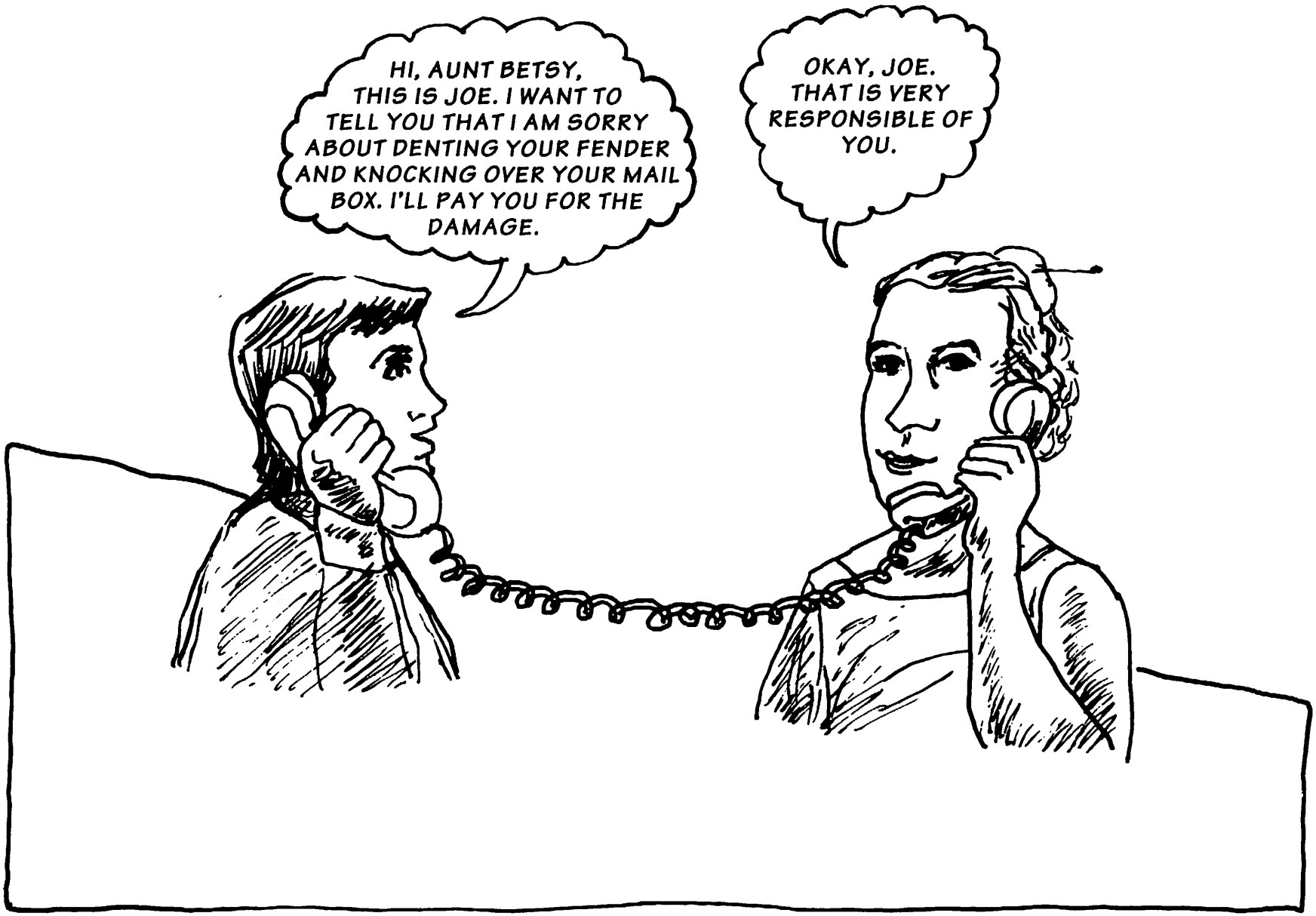
What is generally required in any PTS handling is to *move the potential trouble source from effect to slight gentle cause* over his situation.

By **effect** we mean a condition whereby a person is at the receiving end of some suppression or some hostile action and unable to effectively deal with it.

By **cause** we simply mean a state where a person is taking effective actions to handle a situation in his environment.

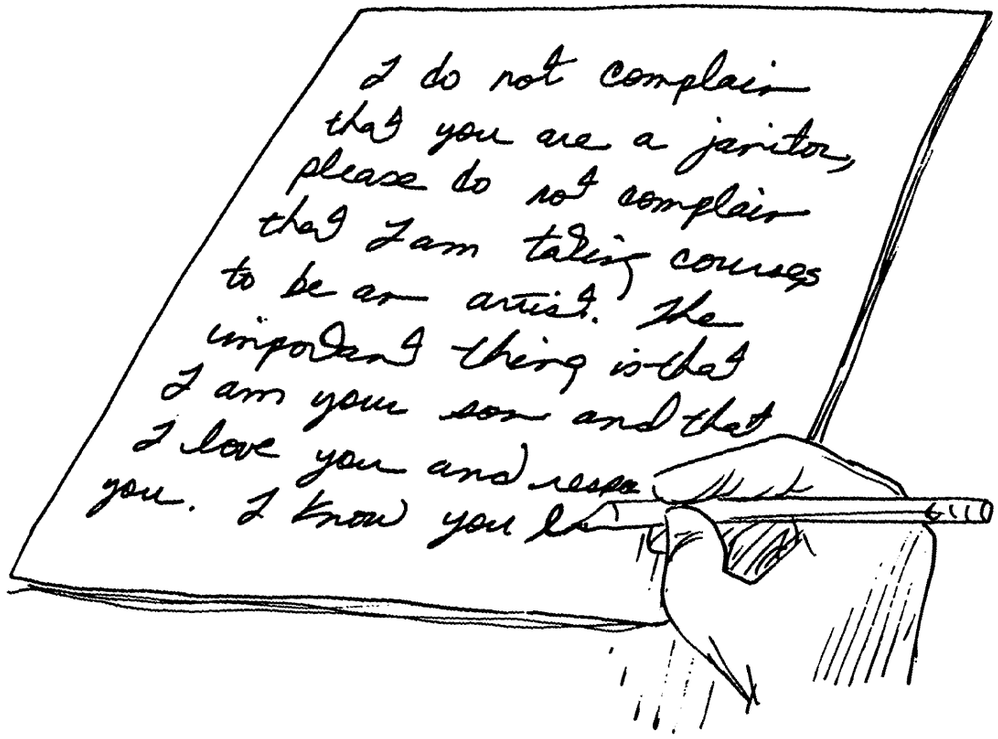
If the potential trouble source has an antagonistic source in his environment, the handling may consist of imposing some slight discipline on him such as requiring him to realistically look at how he estranged the person and then handling that.


LOOK AT HOW YOU MAY HAVE ESTRANGED YOUR AUNT BETSY.
MAYBE IT'S BECAUSE I BORROWED HER CAR AND THEN DENTED THE FENDER AND KNOCKED OVER HER MAILBOX.


HI, AUNT BETSY, THIS IS JOE. I WANT TO TELL YOU THAT I AM SORRY ABOUT DENTING YOUR FENDER AND KNOCKING OVER YOUR MAIL BOX. I'LL PAY YOU FOR THE DAMAGE.
OKAY, JOE. THAT IS VERY RESPONSIBLE OF YOU.

Or, the handling could be as simple as the potential trouble source sitting down with a teacher (if the teacher were found to be antagonistic towards her) and saying, "I know you have had great hopes for my making a career as a lawyer; I appreciate all you have done to help me in that direction and I greatly value all that you've taught me. However, after looking at my own life and what I really feel I should do with it, I would not be being honest with myself or with you if I did not pursue my interest in music. I hope you can understand this and that you will support me in my decision."

A young man found to be roller-coastering due to antagonism from his father might write to him, saying, "I do not complain that you are a janitor, please do not complain that I am taking courses to be an artist. The important thing is that I am your son and that I love and respect you. I know you love me, but please learn to respect me as an adult individual who knows what he wants in life."


I do not complain
that you are a janitor,
please do not complain
that I am taking courses
to be an artist. The
important thing is that
I am your son and that
I love you and respe
you. I know you lo

Another way to go about handling a PTS condition would be to have the potential trouble source communicate to the antagonistic person on a "good roads and good weather" basis.

"Good roads and good weather" could simply consist of, when communicating with someone who is antagonistic, acknowledging any nice parts of the conversation that you can find.

An example of good roads and good weather could be as follows:

Say you are talking to your mother and she is antagonistic towards you. She is saying, "Papa went hunting and you're a dirty dog and I've never seen the like of you and you're an ungrateful brat and why don't you be like your great Uncle Oscar who is doing time in Sing Sing."

And you say, "I hope Daddy had a fine hunting trip."

That's the only part of it you would answer. That's good roads and good weather, acknowledging the nice parts you can find.

These are simple handlings. There can be complexities such as a person being PTS to an unknown person in his immediate vicinity that he may have to find before he can handle or disconnect. You can find anything you can find in a case. But simple handling ends when it looks pretty complex. And that's when you call in someone who is trained to handle more complex PTS situations.

Disconnection

Perhaps the most fundamental right of any being is the right to communicate. Without this freedom, other rights deteriorate.

Communication, however, is a two-way flow. If one has the right to communicate, then one must also have the right to not receive communication from another. It is this latter corollary of the right to communicate that gives us our right to privacy.

These rights are so basic that governments have written them into laws—witness the American Bill of Rights.

However, groups have always regulated these rights to one degree or another. For with the freedom to communicate come certain agreements and responsibilities.

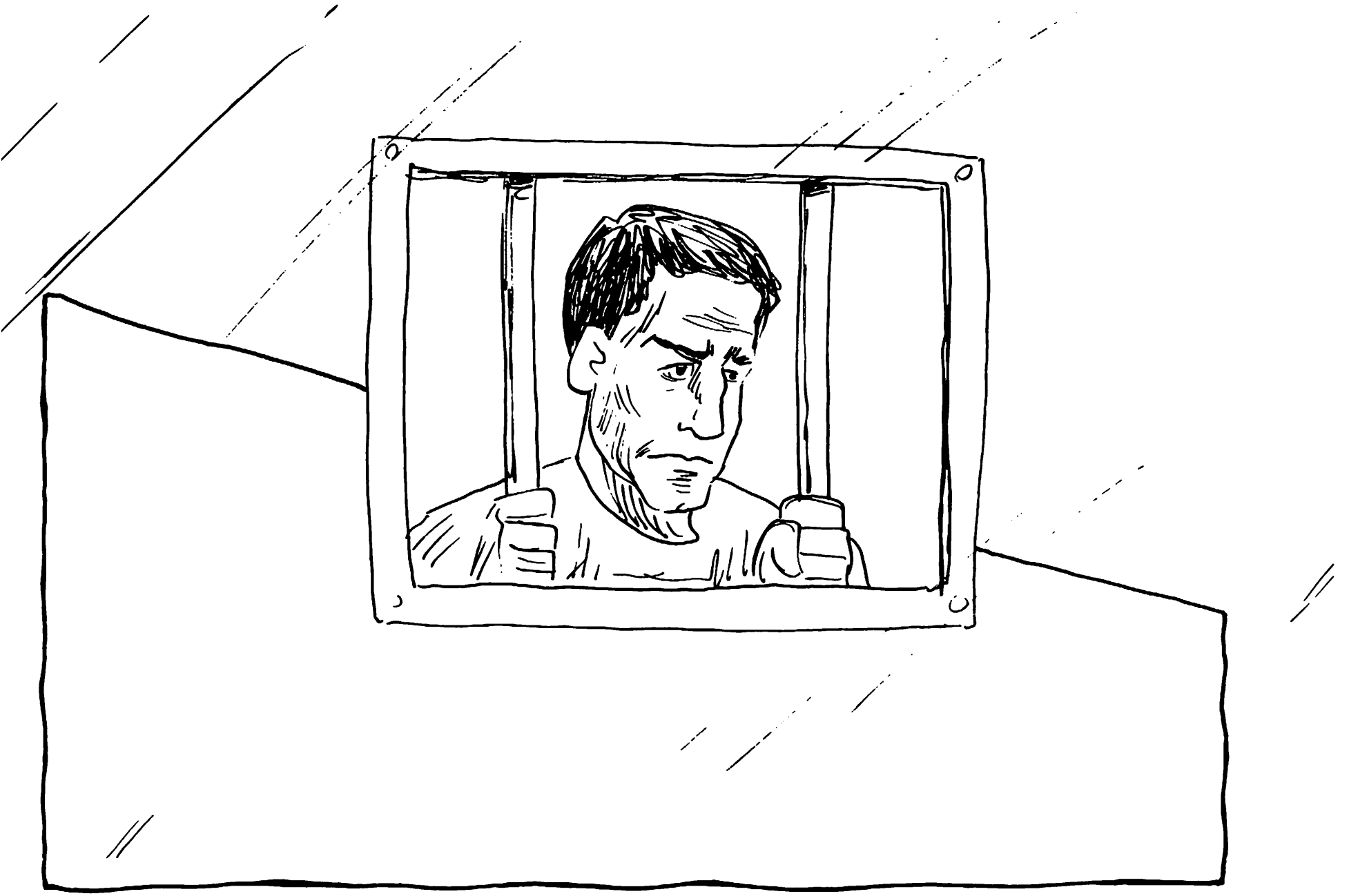
In PTS technology we use the phrase "handle or disconnect." It means simply that.

The term "handle" most commonly means, when used in relation to PTS technology, to smooth out a situation with another person with communication.

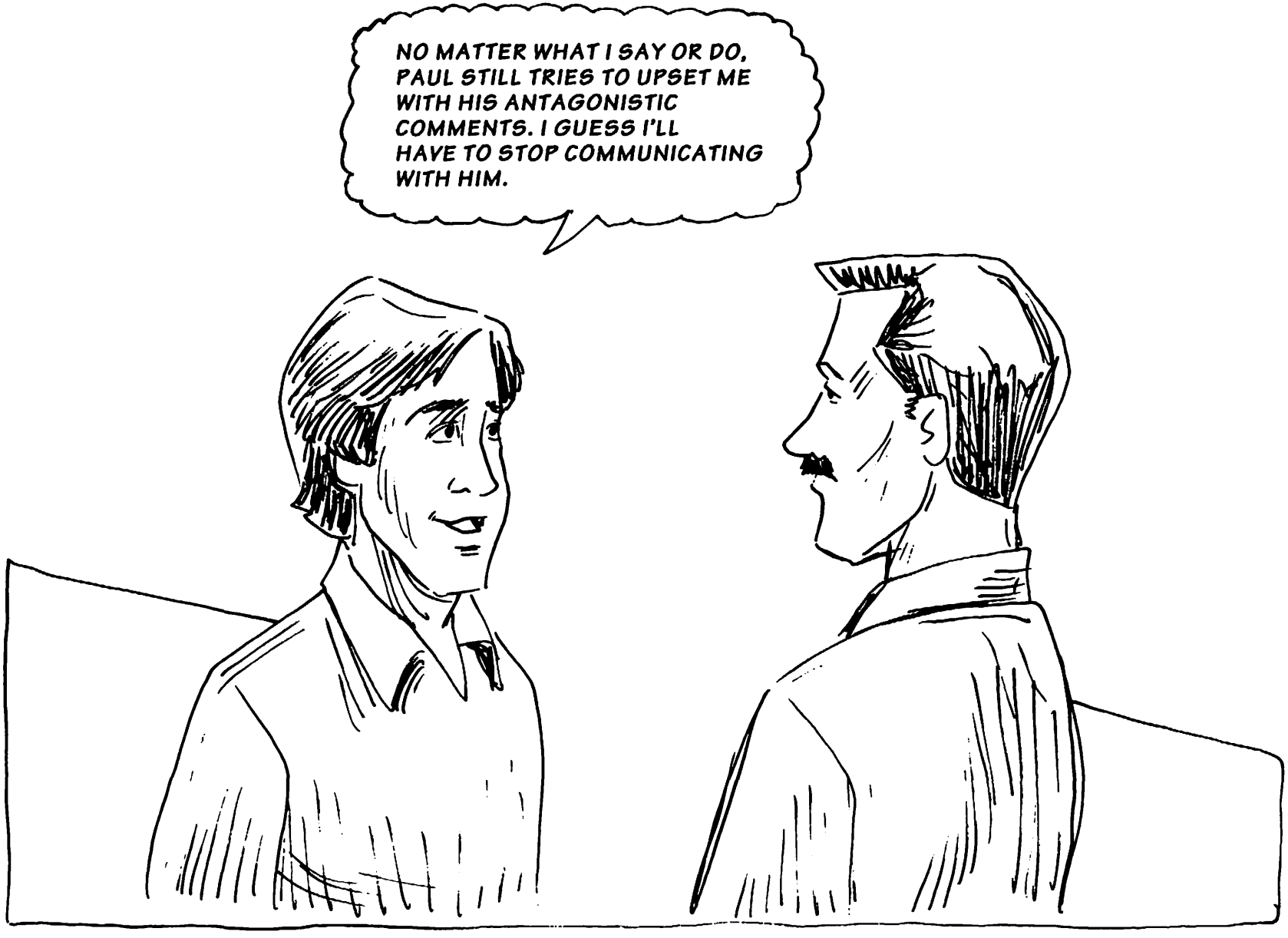
The term "disconnection" is defined as a self-determined decision made by an individual that he is not going to be connected to another. It is a severing of a communication line.

The basic principle of handle or disconnect exists in any group and ours is no different.

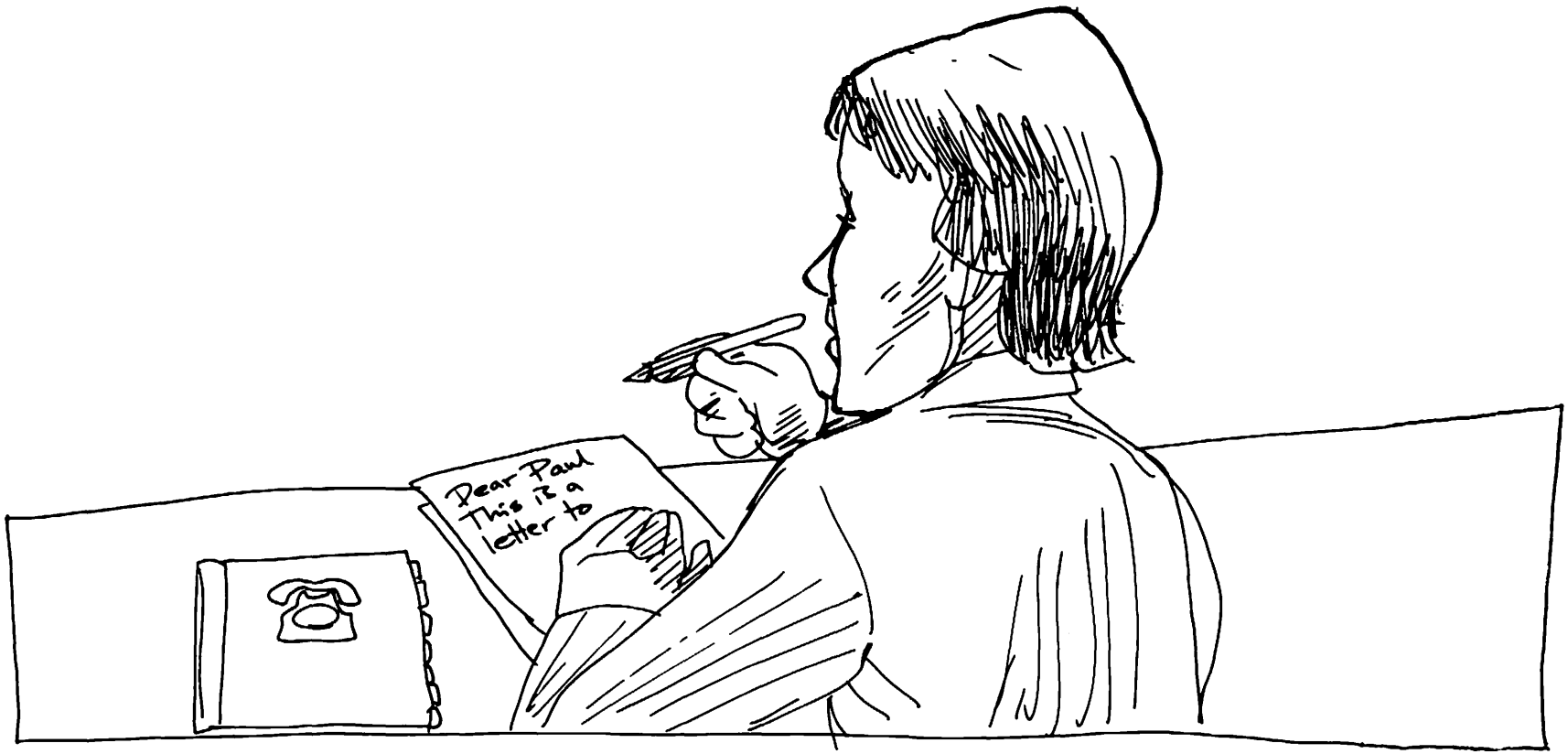
It is much like trying to deal with a criminal. If he will not handle, the society resorts to the only other solution: It "disconnects" the criminal from the society. In other words, they remove the guy from society and put him in a prison because he won't HANDLE his problem or otherwise cease to commit criminal acts against others.



A person can become PTS by reason of being connected to someone who is antagonistic towards a betterment activity in which the person is involved. In order to resolve the PTS condition, he either HANDLES the other person's antagonism or, as a last resort when all attempts to handle have failed, he disconnects from the person. He is simply exercising his right to communicate or not to communicate with a particular person.


NO MATTER WHAT I SAY OR DO, PAUL STILL TRIES TO UPSET ME WITH HIS ANTAGONISTIC COMMENTS. I GUESS I'LL HAVE TO STOP COMMUNICATING WITH HIM.


Peter Stone
676-1179
Jack Franks
498-2196

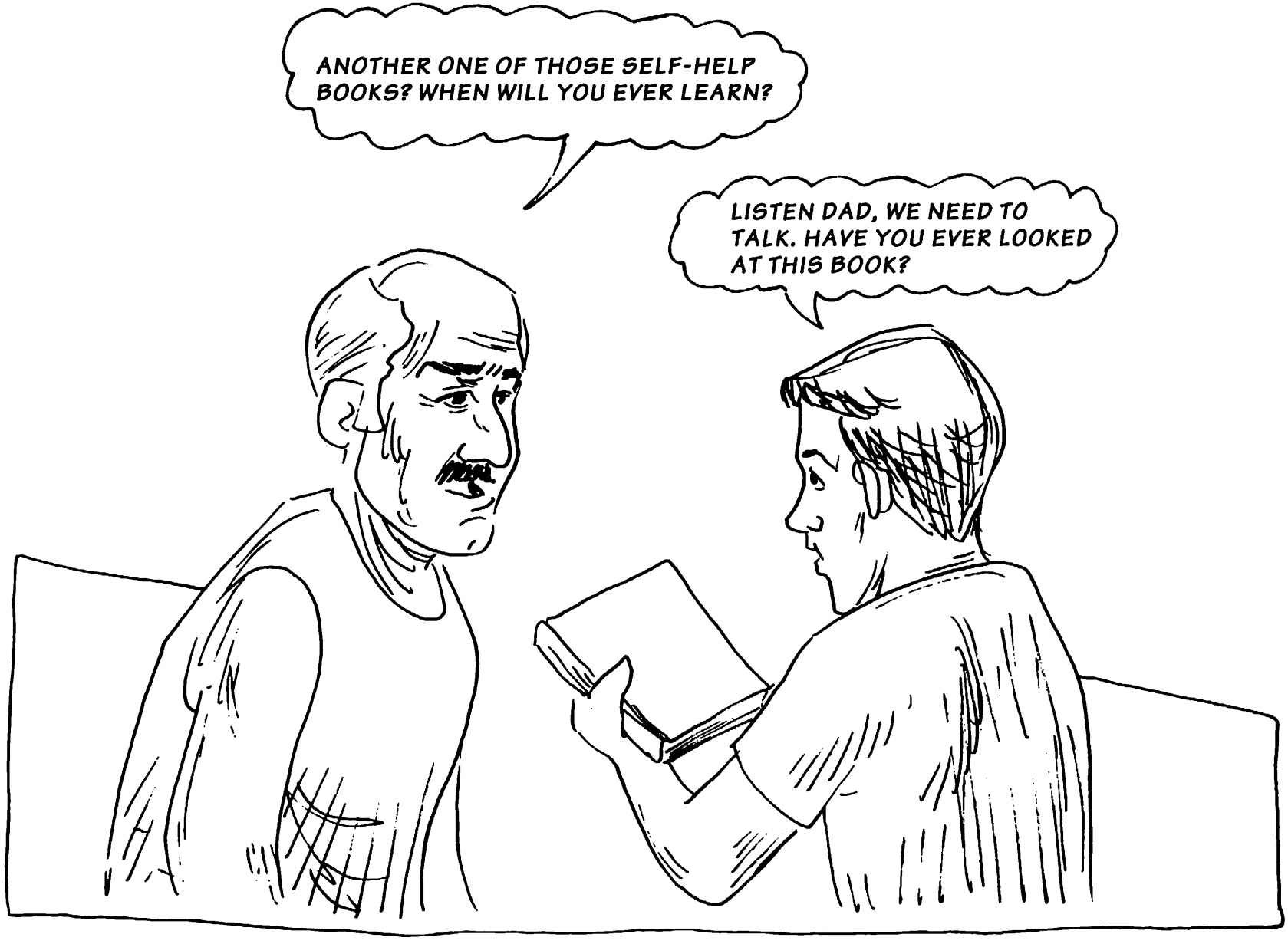

Dear Paul
This is a
letter to

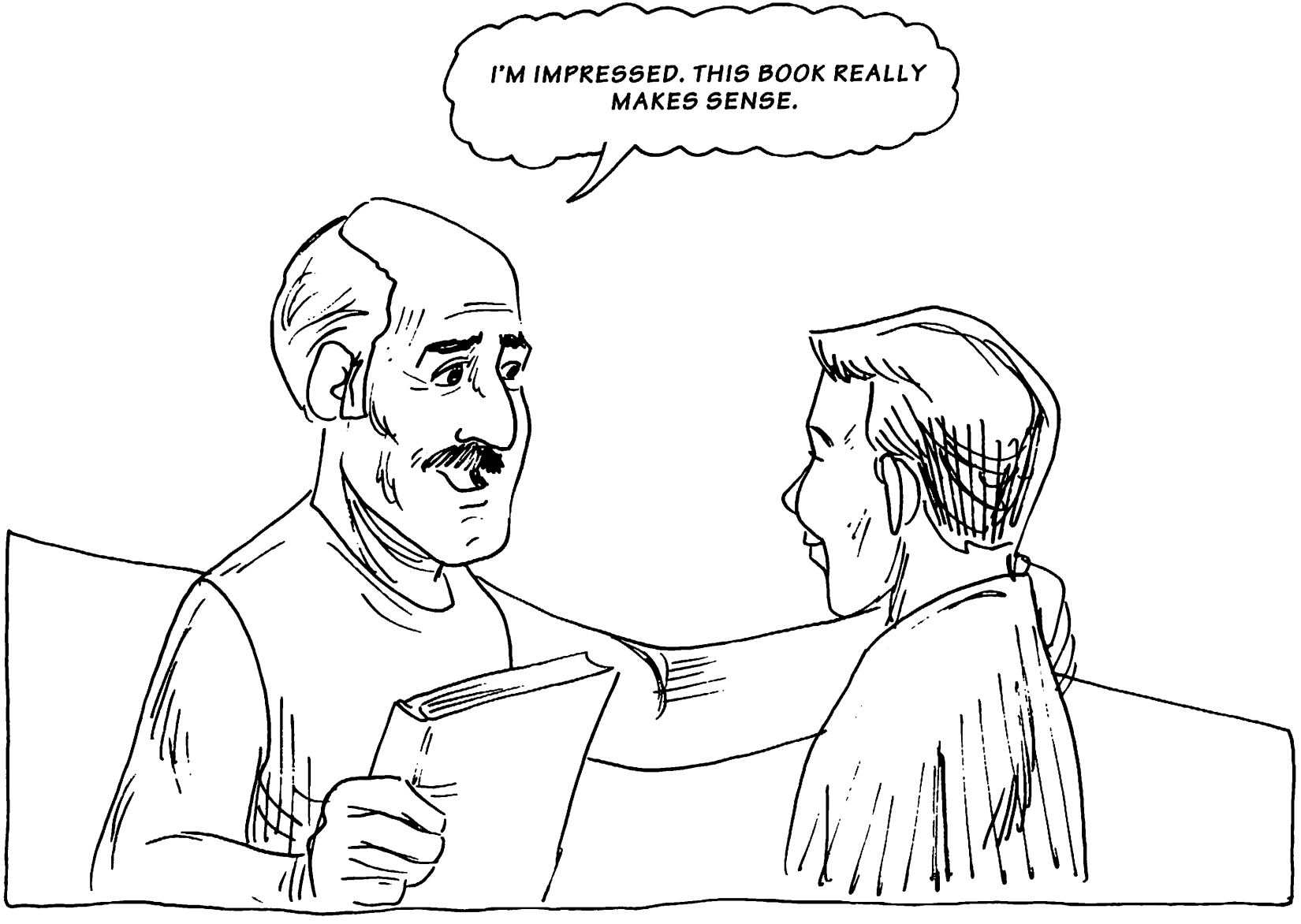
With our technology of handle or disconnect, we are in actual fact doing nothing different than any society or group or marriage down through thousands of years.

We cannot afford to deny that basic freedom that is granted to everyone else: the right to choose whom one wishes to communicate with or not communicate with. It's bad enough that there are governments trying, through the use of force, to prevent people from disconnecting from them! Witness those who want to leave Russia but can't.

The bare fact is that disconnection is a vital tool in handling PTSness and can be very effective when used correctly.

In the great majority of cases, where a person has some family member or close associate who appears antagonistic to his getting better through some activity, it is *not* really a matter of the antagonistic source wanting the PTS to *not get better.* It is most commonly a lack of correct information about the activity in which the person is involved that causes the problem or upset.


ANOTHER ONE OF THOSE SELF-HELP BOOKS? WHEN WILL YOU EVER LEARN?
LISTEN DAD, WE NEED TO TALK. HAVE YOU EVER LOOKED AT THIS BOOK?


I'M IMPRESSED. THIS BOOK REALLY MAKES SENSE.

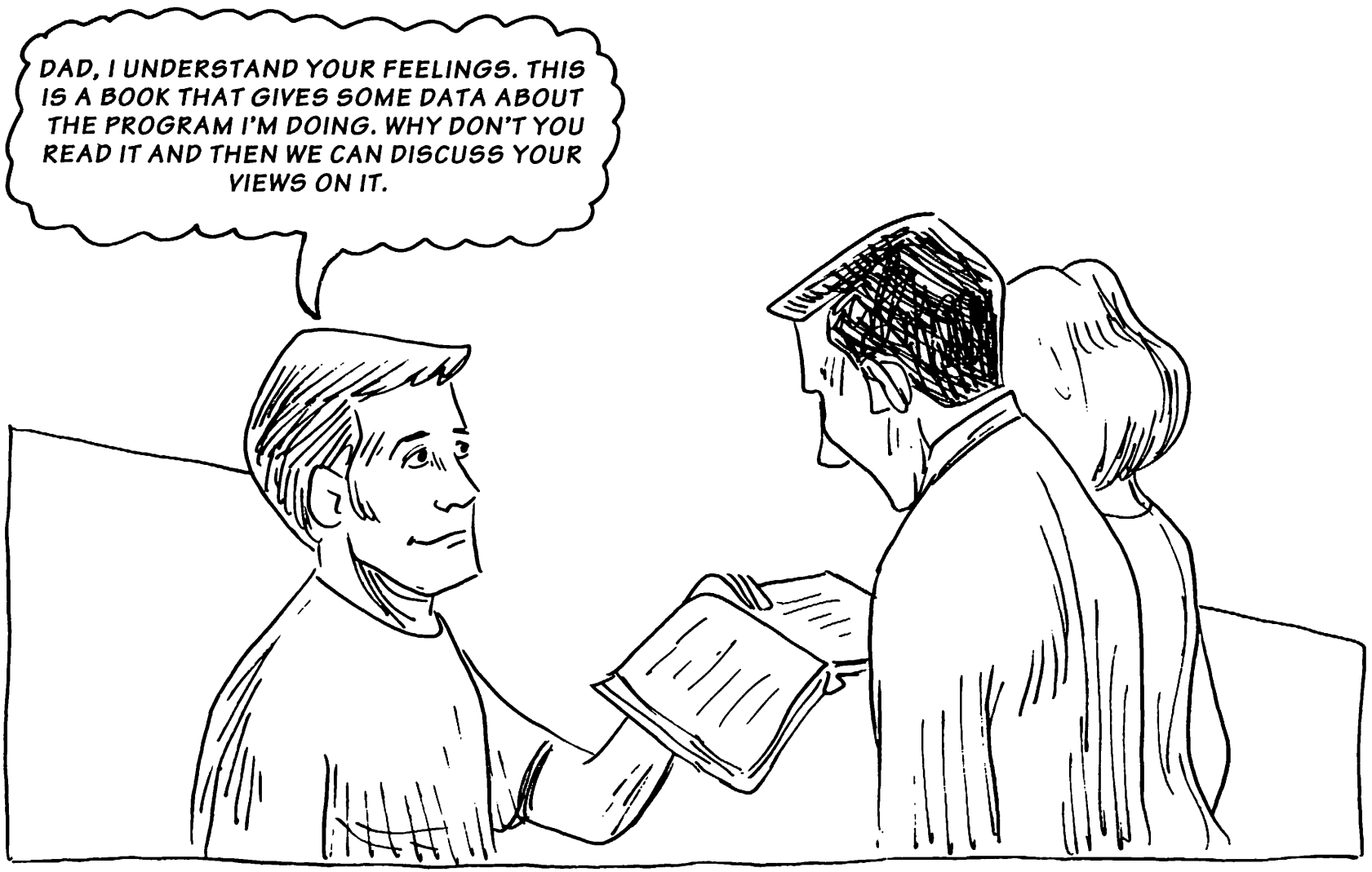
In such a case, simply having the PTS disconnect would not help matters and would actually be a nonconfront of the situation. It is quite common that the PTS has a low confront on the person and situation.

When one finds that a person is PTS to a family member, he does *not* recommend that the person disconnect from the antagonistic source. His advice is to *handle*.

The handling for such a situation is to educate him in the technology of PTSness and suppression, and then skillfully and firmly guide the PTS through the steps needed to restore good communication with the antagonistic source. This eventually dissolves the situation by bringing about an *understanding* on the part of the antagonistic source as to what the activity is that the person is involved in and why he is interested in it.


The Passie
Mechanism


I GIVE UP.
I JUST HOPE
THAT YOU COME TO YOUR
SENSES ONE
DAY.


DAD, I UNDERSTAND YOUR FEELINGS. THIS IS A BOOK THAT GIVES SOME DATA ABOUT THE PROGRAM I'M DOING. WHY DON'T YOU READ IT AND THEN WE CAN DISCUSS YOUR VIEWS ON IT.


THAT BOOK MAKES A LOT OF SENSE.
I GUESS I JUDGED HIM TOO HARSHLY.


THANKS, DAD. I REALLY DO FEEL I'M GETTING A LOT OUT OF THE PROGRAM.
SON, I READ THE BOOK—LOOKS OKAY TO ME, IF YOU FEEL IT'S HELPING YOU.

When Disconnection is Used

One can encounter a situation where someone is factually connected to a suppressive person, in present time. This is a person whose normal operating basis is one of making others smaller, less able, less powerful. He does not want anyone to get better, at all.

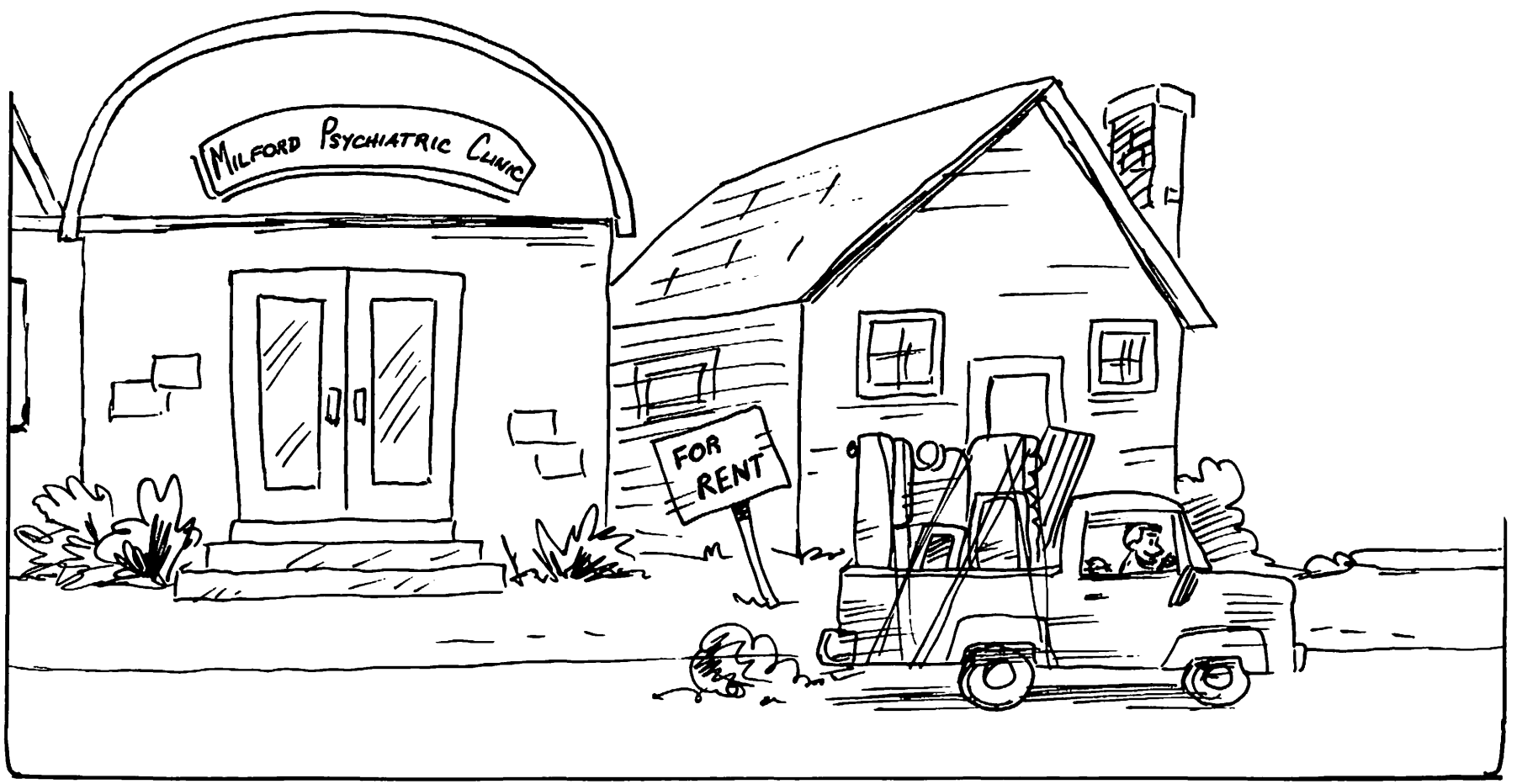
In truth, a suppressive person is absolutely, completely terrified of anyone becoming more powerful.

In such an instance the PTS isn't going to get anywhere trying to "handle" the person. The answer is to sever the connection.

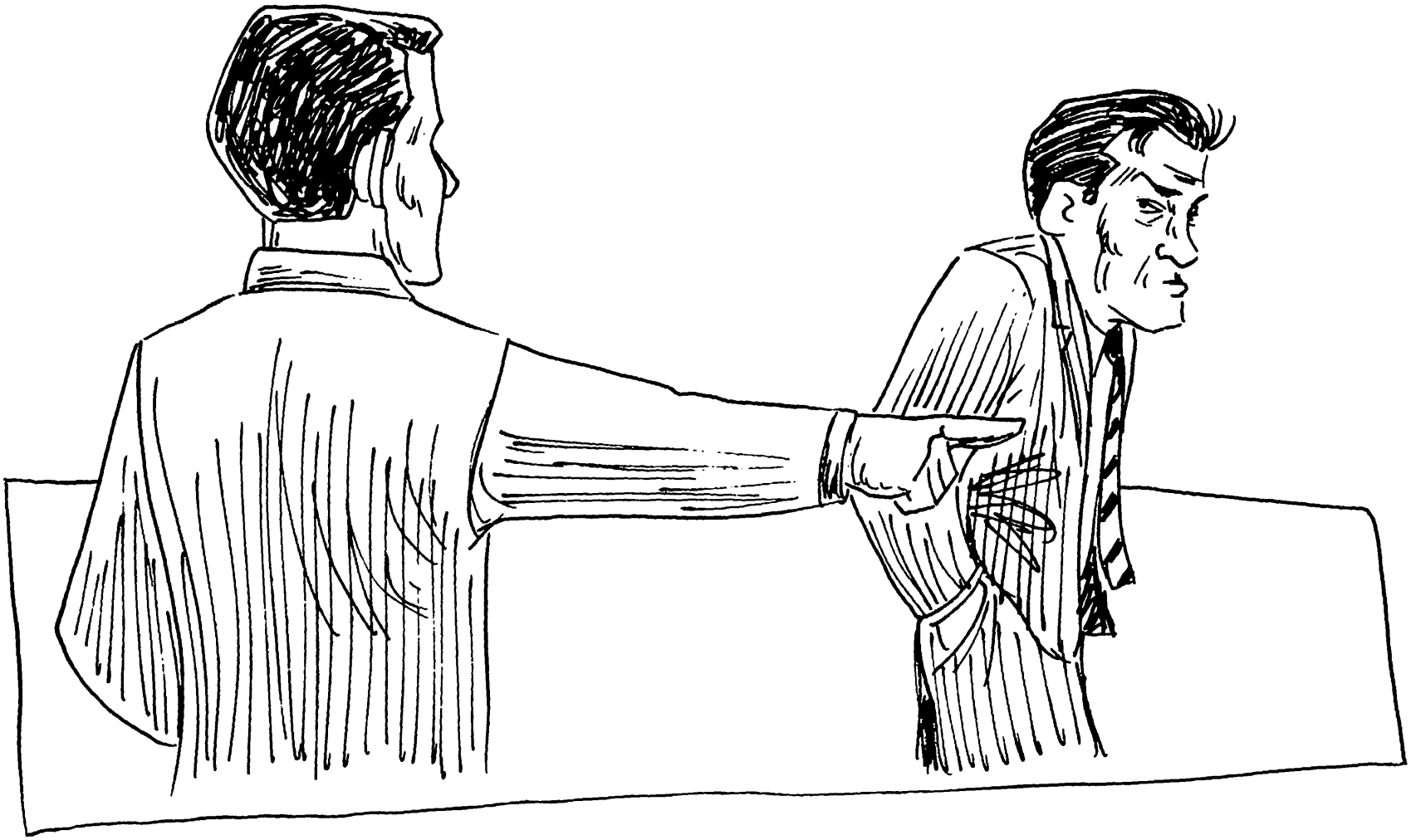
How to Disconnect

How a disconnection is done depends on the circumstances.

Example: A person lives next door to, say, a psychiatric clinic and feels PTS due to this environment. The remedy is simple—he can move to another apartment in another location. He need not write any sort of "disconnection letter" to the psychiatric clinic. He simply changes his environment which is, in effect, a disconnection from the suppressive environment.


MILFORD PSYCHIATRIC CLINIC
FOR RENT

Example: One discovers that an employee at his place of business is a suppressive person—he steals money, drives away customers, wipes out other employees and will not correct no matter what you do. The handling is very simple—the PTS fires him and that's the end of it right there!



The technology of disconnection is essential in the handling of PTSes. It can and has saved lives and untold trouble and upset. It must be preserved and used correctly.

Nothing in this article shall ever or under any circumstances justify any violations of the laws of the land.

Summary

Whatever the situation, there is always a proper handling for a PTS condition. There are actually as many ways of handling the situation as there are reasons for it. Each case is individual. But the reason for the situation can always be found and the PTS individual should then do whatever is necessary to handle it.

Narconon Ups and Downs in Life Course

Demonstrate, using a demo kit, what causes stress.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of a situation where someone may need to disconnect from a person to handle a PTS condition. Then describe an example of when disconnection would not be used to handle a PTS condition.

(Continue on next page.)

Tear out these pages and place them on the Supervisor's desk.

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Describe an example of how a PTS situation could be handled so as to move a potential trouble source from effect to slight gentle cause over his or her situation.

(Continue on next page.)

Tear out these pages and place them on the Supervisor's desk.

NOTE: IN STUDYING THE MATERIALS OF THIS COURSE, YOU MAY HAVE FOUND THAT YOU HAVE A PTS CONDITION THAT YOU NEED TO HANDLE. IF THIS IS THE CASE, THE NARCONON ETHICS OFFICER CAN HELP YOU TO HANDLE THIS SITUATION. FOR SPECIFIC INFORMATION ON THIS SEE YOUR COURSE SUPERVISOR WHO CAN HELP TO ARRANGE THIS FOR YOU.

Section 8

Final Course Exercise

Narconon Ups and Downs in Life Course

To: Supervisor

From: _____ Date: _____

Write an essay on how you can apply each of the fundamentals you have learned on this course to handle any source of antagonism or suppression that you may need to address. Your essay must include how you will apply each of the following principles and skills: the data on the two types of people; knowing the attributes of the anti-social personality and the social personality; the cause of roller-coastering; the basic types of PTS and the various handlings that can be done by the potential trouble source to handle his condition.

(Continue on next page.)

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Tear out these pages and place them on Supervisor's desk.

About the Author

About the Author

L. Ron Hubbard is one of the most acclaimed and widely read authors of all time, primarily because his works express a firsthand knowledge of the nature of man—knowledge gained not from standing on the sidelines but through lifelong experience with people from all walks of life.

As Mr. Hubbard said, "One doesn't learn about life by sitting in an ivory tower, thinking about it. One learns about life by being part of it." And that is how he lived.

He was born in Tilden, Nebraska on 13 March 1911, and his early years were spent on his grandfather's ranch in the wilds of Montana. As the son of a US Navy Commander, he was well on the way to becoming a seasoned traveler by the age of eight, and by the time he was nineteen he had logged over a quarter of a million miles.

He enrolled in George Washington University in 1930, taking classes in mathematics and engineering. But his was not a quiet academic life. He took up flying in the pioneer days of aviation, learning to pilot first glider planes and then powered aircraft. He worked as a free-lance reporter and photographer. He directed expeditions to the Caribbean and Puerto Rico, and later, to Alaska. The

world was his classroom and he studied voraciously, gathering experience which provided the background for his later writings, research and discoveries.

Some of his first published articles were nonfiction, based upon his aviation experience. Soon he began to draw from his travels to produce a wide variety of fiction stories and novels: adventure, mystery, westerns, fantasy and science fiction. He became one of the most highly demanded authors in the golden age of popular adventure and science fiction writing during the 1930s and 1940s.

But Mr. Hubbard's main line of research and exploration—the one common theme throughout all of his fiction and nonfiction works—was how to improve the human condition and provide people with knowledge that they could use to become happier, more confident and more in control of their lives. His nonfiction works cover such diverse subjects as communication skills, ethics and personal integrity, marriage and family, success at work, statistical analysis, art and much, much more.

One of the areas he gave special attention to in his work was drug rehabilitation. During the explosion of drug use around the world in the 1960s and early 1970s, Mr. Hubbard found, despite propaganda to the contrary, that people could not advance mentally or spiritually unless the effects caused by drugs were relieved. His

research proved that not only is a person's health harmfully affected by drugs, but also his learning rate, his attitudes and his personality and, most importantly, that drugs trap the individual himself—condemning him to a lifelong prison.

Mr. Hubbard conducted extensive studies in the fields of vitamins, minerals and nutrition, resulting in breakthroughs which help addicts come off drugs more easily, without the painful symptoms which usually accompany withdrawal. *And* without addicting the person to another, "legal" drug. He also developed practical techniques which handle the mental effects of drugs and help restore an individual's ability to function properly in his environment, contributing actively to his family, his work and the society as a whole. In further research, Mr. Hubbard discovered that drug residuals actually lodge in the fatty tissues of the body and can affect a person long after he has quit taking drugs, and he developed a brilliant technology to flush these toxic deposits out of the body.

L. Ron Hubbard's discoveries make it possible for drug users to recover fully from their addiction. Narconon drug education and rehabilitation centers around the world use his techniques exclusively. For twenty years, Narconon has been setting the pace in the field of drug rehabilitation, with (per independent studies) a 70 to 80 percent success rate in helping people to come off drugs—and *stay* off them.

L. Ron Hubbard departed his body on 24 January 1986. His breakthroughs in the field of drugs and their effects have given the planet its first truly workable and successful method of drug rehabilitation; and through his efforts, mankind has been provided with *real* solutions to the problems of today's society.

Glossary

Narconon Ups and Downs in Life Course

Glossary

To assist in your understanding of this course, hard to find terms and other words which you may not be familiar with are included in this glossary. These definitions give only the meanings of the words as they are used in the course; this glossary is not meant as a substitute for a dictionary. The context from the course booklet is included at the end of each definition for reference.

adversely: not helpfully; harmfully. *This means a person who is in some way connected to and being adversely affected by a suppressive person.*

attendant: accompanying as a circumstance or result. *Thus, in the fields of government, police activities and mental health, to name a few, we see that it is important to be able to detect and isolate this personality type so as to protect society and individuals from the destructive consequences attendant upon letting such have free rein to injure others.*

attributes: qualities considered as belonging to a person; characteristics. *It is important then to examine and list the attributes of the antisocial personality.*

attributing: regarding as an effect or product of; thinking of as caused by. *He may use the generality of "they" or "people" but seldom in connection with attributing statements or opinions of an alarming nature.*

Babylon: the capital of an ancient empire called Babylonia which was located in southwest Asia and flourished from 2100 to 538 B.C. *The end result is the eradication of all social personalities and the resultant collapse of Egypt, Babylon, Rome, Russia or the West.*

barbarism: a savagely cruel or harsh uncivilized state or condition. *When the legal or political structure of a country becomes such as to favor such personalities in positions of trust, then all the civilizing organizations of the country become suppressed and a barbarism of criminality and economic duress ensues.*

behooves: is necessary for or a duty or obligation of. *Influencing as it does the daily lives of so many, it well behooves decent people to become better informed on this subject.*

berserk: in or into a mad rage or frenzy. *Helping others is an activity which drives the antisocial personality nearly berserk.*

Bill of Rights: a formal statement of the fundamental rights of the people of the United States of America. *These rights are so basic that governments have written them into laws—witness the American Bill of Rights.*

black hats, cowboys in the: villains or bad guys. The term comes from early black-and-white American cowboy movies, in which the hero always wore a white hat while the villain always wore a black hat. Audiences knew that whenever they saw a cowboy in a black hat he was one of the bad guys. *Even in modern TV fiction one has the cowboys in the white hats and the cowboys in the black hats; indeed one probably couldn't have stories at all to man's way of thinking unless there were heroes and ogres.*

calculated: planned or intended. *There are two types of behavior—that calculated to be constructive, and that calculated to be disastrous.*

censured: condemned as wrong; disapproved of. *All men have committed acts of violence or omission for which they could be censured.*

chaotic: very confused; completely disordered. *This characteristic makes it very easy for the antisocial personality to bring about a chaotic or dangerous environment.*

Christie: John Reginald Christie (1898–1953), Englishman convicted in 1953 for the murder of six women (including his wife) over a ten-year period. *Dillin-*

ger, Pretty Boy Floyd, Christie and other famous criminals were well-known examples of the antisocial personality.

chronic: continuing; constant. *When a serious suppression then occurred, he suffered a precipitation or occurrence of the accident or illness, and then with repeated similar suppressions on the same chain, the illness or tendency to accidents became prolonged or chronic.*

convalescences: periods of recovery after illnesses. *Physically treated, such associates commonly do not recover in the expected time but worsen and have poor convalescences.*

corollary: a natural consequence or result; something that follows logically after something else is proved. *It is this latter corollary of the right to communicate that gives us our right to privacy.*

covertly: in a concealed, hidden or disguised manner. *The artist in particular is often found as a magnet for persons with antisocial personalities who see in his art something which must be destroyed and covertly, "as a friend," proceed to try.*

cowed: made timid or submissive by filling with fear or awe. *Surrounding such a personality we find cowed or ill associates or friends who, when not driven actually insane, are yet behaving in a crippled manner in life, failing, not succeeding.*

crippled: damaged; disabled; weakened. *Surrounding such a personality we find cowed or ill associates or friends who, when not driven actually insane, are yet behaving in a crippled manner in life, failing, not succeeding.*

cycle of action: the sequence that an action goes through, wherein the action is started, is continued for as long as is required and then is completed as planned. *The antisocial cannot finish a cycle of action.*

cyclic: recurring in *cycles:* series of actions or events which repeat themselves in the same order. *There is also a cyclic or combined type who is alternately constructive and disastrous.*

devil, raising the: making a great disturbance. *It should be understood that the fact that some person is raising the devil does not make him a suppressive person.*

Dillinger: John Dillinger (1902–1934), a notorious American bank robber who escaped from prison twice. Dillinger was finally gunned down by agents of the Federal Bureau of Investigation (FBI) in 1934, outside a movie theater in Chicago. *See also* **FBI** in this glossary. *Dillinger, Pretty Boy Floyd, Christie and other famous criminals were well-known examples of the antisocial personality.*

Diogenes: (412?–323 B.C.) Greek philosopher who, according to tradition, once went through streets holding up a lantern, "looking for an honest man." *And Diogenes was looking for an honest man, implying some weren't.*

duress: the use of force or threats. *When the legal or political structure of a country becomes such as to favor such personalities in positions of trust, then all the civilizing organizations of the country become suppressed and a barbarism of criminality and economic duress ensues.*

Egypt: a country in northeastern Africa on the Mediterranean and Red Seas, where a great early civilization was formed over 5,000 years ago which survived until around 1085 B.C. *The end result is the eradication of all social personalities and the resultant collapse of Egypt, Babylon, Rome, Russia or the West.*

embellished: heightened with fictitious additions. *Good news is stopped and only bad news, often embellished, is passed along.*

ensues: happens as a consequence; results. *When the legal or political structure of a country becomes such as to favor such personalities in positions of trust, then all the civilizing organizations of the country become suppressed and a barbarism of criminality and economic duress ensues.*

enterprise: willingness to undertake new or risky projects; energy and initiative. *Things are not likely to get much better so long as twenty percent of the population is permitted to dominate and injure the lives and enterprise of the remaining eighty percent.*

eradicated: gotten rid of; wiped out; destroyed. *The frailty of showing how the harmful people can be known is that these then apply the characteristics to decent people to get them hunted down and eradicated.*

err: make a mistake; are incorrect. *He is more interested in making another feel liked or wanted than disliked by others and tends to err toward reassurance rather than toward criticism.*

estranged: made unfriendly or hostile. *If the potential trouble source has an antagonistic source in his environment, the handling may consist of imposing some slight discipline on him such as requiring him to realistically look at how he estranged the person and then handling that.*

ethics: rationality toward the highest level of survival for the individual, the future race, the group and mankind. Ethics is reason and the contemplation of optimum survival. A system of ethics has been developed by L. Ron Hubbard whereby a person can take certain actions to correct some conduct or situation in which he is involved which is contrary to the ideals and best interests of his group. Ethics consists simply of the actions an individual takes on himself. It is a personal thing. When one is ethical or "has his ethics in," it is by his own determinism and is done by himself. *[Definition of Ethics Officer]* a staff member who is trained in L. Ron Hubbard's ethics technology to assist people in resolving situations in their lives which might hinder their progress.

Ethics Officer: a staff member who is trained in L. Ron Hubbard's ethics technology to assist people in resolving situations in their lives which might hinder their progress on the Narconon program. *See also* **ethics** in this glossary. *[Label on desk in illustration] Ethics Officer.*

FBI: abbreviation for *F*ederal *B*ureau of *I*nvestigation, US government agency established to investigate violations of federal laws and safeguard national security. *When such a personality goes insane, the world is full of Martians or the FBI and each person met is really a Martian or FBI agent.*

fixation: concentration on one idea; an obsession. *The fixation is that survival itself depends on "keeping others down" or "keeping people ignorant."*

frailty: a weakness in health, character, etc.; fault or flaw. *The frailty of showing how the harmful people can be known is that these then apply the characteristics to decent people to get them hunted down and eradicated.*

free rein: complete freedom to do as one chooses. *Thus, in the fields of government, police activities and mental health, to name a few, we see that it is important to be able to detect and isolate this personality type so as to protect society and individuals from the destructive consequences attendant upon letting such have free rein to injure others.*

gradient: a gradual approach to something taken step by step, level by level, each step or level being, of itself, easily surmountable so that finally, quite complicated and difficult activities can be achieved with relative ease. *Now, as the sparks will really fly in his life if he dramatically disconnects and if he can't see how he can, you persuade him to begin to handle on a gradient.*

habitually: in a manner often used, seen, done, etc.; usually. *The antisocial personality selects habitually the wrong target.*

hangdog: ashamed and cringing. *An indicator of someone being a potential trouble source is* not *whether that person is hangdog or not cheerful or is having trouble with his boss.*

harbinger: a person or thing that comes before to announce or indicate what will follow; herald. *"Gossip" or "harbinger of evil tidings" or "rumormonger" once described such persons.*

Hitler: Adolf Hitler (1889–1945), dictator of Germany from 1933 to 1945. Hitler's military advances contributed to starting World War II. He is known for killing millions of Jewish people in the belief that they would contaminate the German people. *Well-known, even stellar examples of such a personality are, of course, Napoleon and Hitler.*

imparting: communicating; telling. *"They say . . ." "Everybody thinks . . ." "Everyone knows . . ." and such expressions are in continual use, particularly when imparting rumor.*

imposing: putting on as a duty, burden, penalty, etc. *If the potential trouble source has an antagonistic source in his environment, the handling may consist of imposing some slight discipline on him such as requiring him to realistically look at how he estranged the person and then handling that.*

incompetent: *(law)* being unable or legally unqualified to perform a specified act or acts or to be held legally responsible for such action. *"As soon as she's declared incompetent I can take over the estate."*

indexes: things that point out or show; signs, tokens or indications. *Importance and ability or wish to rise above others are likewise not indexes to the antisocial.*

inkling: hint; slight knowledge or suspicion. *Lacking full technology, they yet have an inkling that this is so because they see it is somehow true.*

inmates: persons kept in a prison, hospital, etc. *Inmates of institutions commonly trace their state back to contact with such personalities.*

Inquisition: a court appointed by the Roman Catholic Church about 1221–1231 to discover and suppress heresy (religious beliefs that the Church considered to be false) and to punish heretics (those who practiced heresy). *While this mechanism might have suited the times of the Inquisition, it would not suit modern needs.*

institutions: places of confinement, as mental asylums. *Inmates of institutions commonly trace their state back to contact with such personalities.*

majority rule: principle of democratic government or organization whereby laws, rules or decisions are made according to the will of the greatest number of people, and are binding on all the people. *As majority rule is the political*

manner of the day, so should majority sanity express itself in our daily lives without the interference and destruction of the socially unwell.

manifestations: things that show, prove, etc. *As there are eighty percent of us trying to get along and only twenty percent trying to prevent us, our lives would be much easier to live were we well informed as to the exact manifestations of such a personality.*

mechanism: the means by which an effect is produced or a purpose is accomplished. *While this mechanism might have suited the times of the Inquisition, it would not suit modern needs.*

mentalists: people who work or practice in the field of mental illness. *It is no cure to act upon them with shock "treatment" as the nineteenth century mentalists have done.*

Mona Lisa smile: the mysterious, faint smile of the woman in the famous portrait *Mona Lisa* by Leonardo da Vinci (Italian artist of the sixteenth century) *The suppressive person may be sitting back with a covert Mona Lisa smile while the potential trouble source is busy going up in smoke or running around and doing weird things.*

Napoleon: Napoleon Bonaparte (1769–1821), French military leader. He rose to power in France by military force, declared himself emperor and conducted campaigns of conquest across Europe until his final defeat by armies allied against him in 1815. *Well-known, even stellar examples of such a personality are, of course, Napoleon and Hitler.*

nonconfront: inability to face without flinching or avoiding. *Confront* is actually the ability to be there comfortably and perceive. *In such a case, simply having the PTS disconnect would not help matters and would actually be a nonconfront of the situation.*

ogres: in folklore and fairy tales, man-eating monsters, usually represented as hideous giants; hence, men likened to such monsters in appearance or char-

acter. *Even in modern TV fiction one has the cowboys in the white hats and the cowboys in the black hats; indeed one probably couldn't have stories at all to man's way of thinking unless there were heroes and ogres.*

pathology: any deviation from a healthy, normal or efficient condition. *A PTS person may be in a state of deficiency or pathology which prevents a ready recovery, but at the same time he will not fully recover unless the PTS condition is also handled.*

perpetrated: done or committed. *Crime and criminal acts are perpetrated by antisocial personalities.*

pondered: thought deeply about; considered carefully. *Philosophers long before Greece pondered moral conduct in terms of good and bad.*

precipitates: causes to happen; brings on. *But strangely enough the person himself precipitates them because being PTS predisposes him to them.*

predisposes: makes more likely to accept, get, etc.; inclines. *But strangely enough the person himself precipitates them because being PTS predisposes him to them.*

present time: the time which is now, rather than in the past. It is a term loosely applied to the environment existing in the present. A person said to be "out of present time" would be someone whose attention is fixed on past events to such an extent that he is not fully aware of or in communication with his actual present environment. *The person is thrown violently out of present time and into a painful past.*

Pretty Boy Floyd: Charles Arthur Floyd (1901–1934), US bank robber and murderer. *Dillinger, Pretty Boy Floyd, Christie and other famous criminals were well-known examples of the antisocial personality.*

prodding: urging; nagging. *Have him discuss the illness or accident or condition, without much prodding or probing, that he thinks now may be the result of suppression.*

psychotherapy: treatment of mental disorder by any of various means including

suggestion, counseling, etc. *A characteristic, and one of the sad things about an antisocial personality, is that it does not respond to treatment or reform or psychotherapy.*

quandary: a condition of being doubtful or confused about what to do. *Unless we realize and apply the true characteristics of the two types of personality, we will continue to live in a quandary of who our enemies are and, in doing so, victimize our friends.*

relating: telling about; giving an account of. *The social personality is specific in relating circumstances.*

remorse: a deep feeling of sorrow or guilt over a wrong one has done. *They have no sense of correct causation and particularly cannot feel any sense of remorse or shame therefore.*

repressed: prevented from acting; checked. *The disaster type can be repressed into inactivity (and illness) and the constructive type can also be repressed (and made ill).*

restimulated: reactivated (by reason of similar circumstances in the present approximating circumstances of the past). *In the second type of PTS, a* past *suppression is being restimulated by someone or something in the present time environment.*

Rome: the capital of Italy; it was also the capital of the ancient Roman republic and of the Roman Empire. *The end result is the eradication of all social personalities and the resultant collapse of Egypt, Babylon, Rome, Russia or the West.*

rumormonger: a person who spreads rumors, often maliciously. *"Gossip" or "harbinger of evil tidings" or "rumormonger" once described such persons.*

schools: any group of persons having common attitudes or beliefs. *Some schools of thought tried to avoid the point by saying early childhood formed character.*

severing: cutting off or breaking off. *It is a severing of a communication line.*

Sing Sing: a New York state penitentiary at Ossining, a village in southeastern New York. *She is saying, "Papa went hunting and you're a dirty dog and I've never seen the like of you and you're an ungrateful brat and why don't you be like your great Uncle Oscar who is doing time in Sing Sing."*

smallpox: a disease causing a high fever and sores on the skin that often leave pitted scars. It is very contagious, but vaccination has made it rare in most parts of the world. *Similarly, if society were to recognize this personality type as a sick being, as they now isolate people with smallpox, both social and economic recoveries could occur.*

smoke, going up in: failing or being unsuccessful. *The suppressive person may be sitting back with a covert Mona Lisa smile while the potential trouble source is busy going up in smoke or running around and doing weird things.*

speculated: thought deeply about the various aspects of a subject; pondered. *See also* **pondered** in this glossary. *You probably have speculated on this many times—are there two kinds of people: good people and bad people?*

stations: social positions; ranks. *But they are as likely to be unimportant people or hold very lowly stations and wish for nothing better.*

stellar: outstanding; principal. *Well-known, even stellar examples of such a personality are, of course, Napoleon and Hitler.*

subsidiary: of less importance; secondary. *Thus there are two basic actions, each with many other subsidiary actions.*

succumb: yield or submit to an overpowering force or overwhelming desire; give in or give up. *The social personality wants to survive and wants others to survive, whereas the antisocial personality really and covertly wants others to succumb.*

swan song: the last work, act, utterance or achievement of a person, group, period, etc., before death, retirement, dissolution (a dissolving or a breaking up; disintegration), etc. (So called from the belief that the dying swan sings.)

The swan song of every great civilization is the tune played by arrows, axes or bullets used by the antisocial to slay the last decent men.

thwart: block; hinder. *All majority rules, civilizing intentions and even the human race will fail unless one can identify and thwart the antisocial personalities and help and forward the social personalities in the society.*

trestle: a braced framework of timber, steel, etc., used as a bridge to support a road, railroad tracks, etc. *The term roller-coaster was derived from a ride of the same name in an amusement park (a "roller-coaster"), which is a small railroad that moves along a high sharply winding trestle with steep inclines that produce sudden, speedy plunges for its passengers.*

undue: more than is proper or right; too much. *Unless we can detect the social personality and hold him safe from undue restraint and detect also the antisocial and restrain him, our society will go on suffering from insanity, criminality and war, and man and civilization will not endure.*

utmost: greatest or highest. *If anyone were to promise to make others stronger or brighter, the antisocial personality suffers the utmost agony of personal danger.*

volition: decision or choice. *Their actions have little or nothing to do with their own volition.*

warped: turned from what is right, natural, etc.; distorted. *Even the antisocial personality, in his warped way, is quite certain that he is acting for the best and commonly sees himself as the only good person around, doing all for the good of everyone—the only flaw in his reasoning being that if one kills everyone else, none are left to be protected from the imagined evils.*

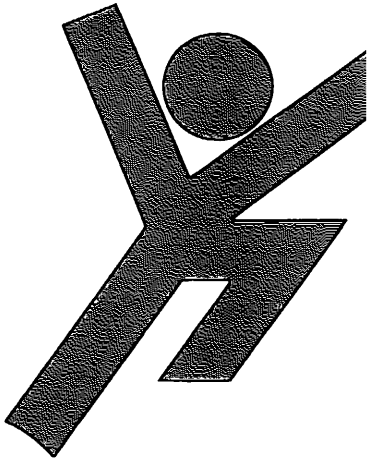
weed out: remove as worthless or useless. *If you were to weed out of your past by proper search and discovery those antisocial persons you have known and if you then disconnected, you might experience great relief.*

white hats, cowboys in the: heroes; good guys. *See also* **black hats, cowboys in**

the in this glossary. *Even in modern TV fiction one has the cowboys in the white hats and the cowboys in the black hats; indeed one probably couldn't have stories at all to man's way of thinking unless there were heroes and ogres.*

witch hunts: intensive efforts to discover and expose disloyalty, subversion (the act of overthrowing something established), dishonesty or the like, usually based on slight, doubtful or irrelevant evidence. (The term comes from the cruel treatment of people once imagined to be witches.) *Man in his anxieties is prone to witch hunts.*

witness: experience by personal observation; see with one's own eyes. *These rights are so basic that governments have written them into laws—witness the American Bill of Rights.*



Supervisor Section

How to Supervise This Course

The Supervisor

The Narconon Ups and Downs in Life Course must have a Supervisor. He must be a trained Course Supervisor.

The Supervisor is not expected to *teach*. He is expected to get the students there, call roll on time and find out what the student doesn't understand and get him to understand it. This is done by the Supervisor having an idea of what questions he will be asked and knowing where to direct the student for the answer. He does not tell the student the answers but shows the student where to find the answers. The Supervisor is NOT an "instructor" (teacher); that's why he's called a "Supervisor."

It is the Supervisor's job to get the student through his checksheet fully and swiftly with minimum lost time.

Handling Narconon Ups and Downs in Life Course Students

The Supervisor must always keep in mind that he is much more expert in the subject of the course data than the student. He must

not introduce data from his own higher training into the Narconon Ups and Downs in Life Course, nor should he expect the student to know any data beyond the scope of what he has studied on his checksheet.

He should see that students do not go past misunderstood words, or that they are handled quickly.

If a student is semi-literate, the Supervisor should use very simple dictionaries to help him along. He can also use the "Reading Aloud" method of Word Clearing.

Handling Student Questions

The Supervisor should be familiar with the contents of the course booklet. If the student has a question about something, he should be referred by the Supervisor to the relevant materials and shown where the answers can be found.

If a student has a question about a technical point, it usually comes from a misunderstanding of what he has just heard or read. The Supervisor can handle that by helping the student to locate any word or words he might have just heard or read that he didn't understand and clear them up. If there are too many questions from a student, send him to Review.

Supervisor Presence

The Supervisor must be there IN the course room, working WITH the students.

The attitude of a good Supervisor is STRONG INTEREST in STUDENT PROGRESS.

He is INTERESTED in how his students are doing. He is INTERESTED IN THEM INDIVIDUALLY, AS STUDENTS.

His sole purpose is to get each of his students through their course materials and each one graduated as a shining product. He should let the students concentrate on their studies and not allow them to be distracted by others or pulled off the course.

Daily, the Supervisor must read over each drill or practical assignment that his students have written and placed on his desk. He should preferably do this during the same course period that the student handed it in. If any drill or practical assignment gives evidence of having been misdone or shows evidence of misunderstoods, the Supervisor must see the student immediately and go over it with him and get it straightened out. If the Supervisor is reading these after the course period and notices something that needs handling, he *must* see the student first thing next course period and get it corrected.

The Supervisor runs good control on any course. Students appreciate good control, even if they have not been used to it before, as they will complete their course and get the results of doing the course.

Following the guidelines as laid out here will ensure that the Supervisor helps his students attain the maximum benefits from the Narconon Ups and Downs in Life Course.

For more information on drug rehabilitation books and materials by L. Ron Hubbard, contact your nearest distributor.

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Association for Better Living
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You can also contact any of the groups and organizations on the following pages which use L. Ron Hubbard's drug rehabilitation technology.

Narconon Organizations

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United States of America

Narconon Sacramento
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Narconon Los Angeles
P.O. Box 94124
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Narconon Professional Center
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