

HCO BULLETIN OF 23 JANUARY 1974

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**THE TECHNICAL BREAKTHROUGH OF 1973!  
THE INTROSPECTION RD**

(Steps of list 1 to 17  
are subject to possible correction.)

I have made a technical breakthrough which possibly ranks with the major discoveries of the Twentieth Century. It is certainly the greatest advancement of 1973 and is now being released after a final wrap-up of research. It is called the Introspection Rundown.

The purpose of the Introspection RD is to locate and correct those things which cause a person to fixate his attention *inwardly*, on himself or his bank. This RD extroverts the person so that he can see his environment and therefore handle and control it.

**RESEARCH**

In 1970 the actual cause of PSYCHOSIS was isolated (as given in HCO B C/S Series 22, "Psychosis", 28 November 1970). In the ensuing years this has been proven beyond doubt to be totally correct.

But what is a *psychotic break*?

Man has never been able to solve the psychotic break. In fact, human beings are actually afraid of a person in a psychotic break and in desperation turn to psychiatry to handle.

Psychiatry, desperate in its turn, without effective tech, resorts to barbarities such as heavy drugs, ice picks, electric and insulin shock which half kill the person and only suppress him. The fact remains there has never been a cure for the psychotic break *until now*.

The key is WHAT CAUSED THE PERSON TO INTROSPECT *BEFORE* THE PSYCHOTIC BREAK.

The breakthrough was made on a person who, after a series of wrong indications, went into a full-blown psychotic break—violence, destruction and all.

The psychiatrist at this point would have sharpened up his ice pick, filled his syringes with the most powerful (and deadly) drugs he could find and turned up the volts. His "handling" would have been a final destruction of the individual.

What *was* done was an auditor went into the room, sat the person down and corrected the last severe point of wrong indication. Subsequent times of wrong indication in his life were cleared up, the person came out of the psychotic break and into p.t.

**THIS MEANS THE LAST REASON TO HAVE PSYCHIATRY AROUND IS GONE.**

The psychotic break, the last of the "unsolvable" conditions that can trap a person, has been solved.

And it's quite simple, really.

## THEORY

Def. INTROSPECTION: "(L. from *introspicere*, to look within) a looking into one's own mind, feelings, reactions, etc; observation and analysis of oneself." *Webster's New World Dictionary*.

Def. INTROVERSION: "(from *intro-* + L. *vertere*, to turn) 2. . . . a tendency to direct one's interest upon oneself rather than upon external objects or events." *Webster's New World Dictionary*.

The essence of the Introspection RD is looking for and correcting all those things which CAUSED the person to look inward worriedly and wrestle with the mystery of some incorrectly designated error. The result is continual inward looking or self-auditing without relief or end.

In a normal person this becomes a diminished activity, unhappiness or illness. In an R/Ser this becomes insanity and a psychotic break occurs at the last severe point of wrong indication.

## AUDITOR TRAINING

Auditors selected to do this RD must have recently done a HARD TRs Course and the Anti-Q&A materials.

They *must* be able to recognize a ROCK SLAM, which is a particular E-Meter phenomenon. They must be Class IV Expanded Dianetics auditors of proven skill on routine cases. They must not themselves be R/Sers. (The last requisite is waived in a self-salvage co-audit group where all R/S.)

They need *flawless* TRs, no Q&A. This Rundown is very simple but cannot be flubbed, as that will compound the errors and cause further introspection in the pc. It is better not to deliver this RD than to flub *any* part of it. C/Ses take note. It is an Ethics Offense to attempt this Rundown without the auditor having done the prerequisite training and a further offense for an auditor to flub on it.

## STEPS OF THE RD

(On a normal person do Steps 000, 0000, 00000 and 000000.)

0. On a person in a psychotic break isolate the person wholly with all attendants *completely* muzzled (no speech). \_\_\_\_\_
00. Give Vitamins (B Complex, including niacinamide) and minerals (calcium and magnesium) to build the person up. \_\_\_\_\_
000. Locate by study or research of the person's case *or* via associates or 2-way comm the latest point of introversion which will be just at the beginning of the current psychotic break. \_\_\_\_\_
0000. Indicate the substance of it to the person to release the By-Passed Charge. \_\_\_\_\_
00000. Indicate and handle the point of introversion and its chain. (Indication by itself can be a separate step before auditing.) \_\_\_\_\_
000000. Continue the RD as below. \_\_\_\_\_
  1. Verify/correct all L&N lists if not already done correctly. \_\_\_\_\_
  2. Verify/correct all Why Finding, 3 May PLs, PTS Interviews, etc. (See C/S Series 78.) \_\_\_\_\_

3. Word Clear the definitions of “Introspection”, “Introversion” and “Extroversion”. \_\_\_\_\_
4. Trace back the chain of being told his purposes were incorrect. To F/N Cog VGIs. \_\_\_\_\_
5. Trace back the chain of being “told” he had purposes that he didn’t actually have. To F/N Cog VGIs. \_\_\_\_\_
6. Trace back the chain of being asked for things that didn’t exist. To F/N Cog VGIs. \_\_\_\_\_
7. Trace back the chain of someone saying W/Hs existed that didn’t. To F/N Cog VGIs. \_\_\_\_\_
8. Trace back the chain of not having his withholds accepted. To F/N Cog VGIs. \_\_\_\_\_
9. Trace back the chain of someone accusing him of something he hadn’t done. To F/N Cog VGIs. \_\_\_\_\_
10. Trace back the chain of accusing *himself* of things he hadn’t done. To F/N Cog VGIs. \_\_\_\_\_
11. Trace back the chain of being heavily invalidated for something he didn’t do. To F/N Cog VGIs. \_\_\_\_\_
12. Trace back the chain of being validated for something he knew was wrong. To F/N Cog VGIs. \_\_\_\_\_
13. Trace back the chain of being told he was PTS when he wasn’t. To F/N Cog VGIs. \_\_\_\_\_
14. Trace back the chain of being interrogated for no reason. To F/N Cog VGIs. \_\_\_\_\_
15. Trace back the chain of being told he was someone he wasn’t. To F/N Cog VGIs. \_\_\_\_\_
16. Trace back the chain of not having his actual identity believed. To F/N Cog VGIs. \_\_\_\_\_
17. Objective Havingness to F/N. \_\_\_\_\_

At any time after Step 2 Objective Havingness should be done at session end. If one of the chains in Steps 3-15 turns out to be false the pc will introvert further. In such a case indicate the fact of it having been unnecessary and get an F/N. Then run Objective Havingness. If the TA goes high (or low) and won’t come into range, assess a C/S 53RF and handle.

In the case of a pc in a psychotic break, the C/S would have to locate the last severe wrong indication, indicate the fact to the pc and get it corrected (as with a wrong item) as the first action.

### EXTROVERSION

Def. EXTROVERSION: “. . . Means nothing more than being able to look outward. . . .” “An extroverted personality is one who is capable of looking around the environment. . . .” “A person who is capable of looking at the world around him and seeing it quite real and quite bright is of course in a state of extroversion.” (*Problems of Work.*)

The end phenomena of the Introspection RD is the person extroverted, no longer looking inward worriedly in a continuous self-audit without end.

The EP on a person in a psychotic break is the end of the psychotic break.

The RD is *very* simple and its results are magical in effectiveness. Flubs can wreck it so don't permit them.

You have in your hands the tool to take over mental therapy in full. You need not fear the insane or the psychotic break any longer.

Here also is the cure for the continual self-auditing pc who is dug into his bank. It works on all pcs in fact with rave results.

Do it flawlessly and we all win.

THIS PLANET IS OURS.

L. RON HUBBARD  
Founder

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Saint Hill Manor, East Grinstead, Sussex

HCO BULLETIN OF 23 JANUARY 1974RA

REVISED 10 FEBRUARY 1974

REVISED 1 NOVEMBER 1974

(Changes are in this type style,  
items 17A, B, C & D)

Remimeo  
Ex Dn  
Splsts  
M7/4 \*rate  
Clay Demo

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RESEARCH

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The essence of the Introspection RD is looking for and correcting all those things which CAUSED the person to look inward worriedly and wrestle with the mystery of some incorrectly designated error. The result is continual inward looking or self-auditing without relief or end.

In a normal person this becomes a diminished activity, unhappiness or illness. In an R/Ser this becomes insanity and a psychotic break occurs at the last severe point of wrong indication.

The pc who originates to the Examiner about his case or writes notes to the C/S or auditor is introverted and should have this RD.

## AUDITOR TRAINING

Auditors selected to do this RD must have recently done a HARD TRs Course and the Anti-Q&A materials.

They *must* be able to recognize a ROCK SLAM, which is a particular E-Meter phenomenon. They must be Class IV Expanded Dianetics auditors of proven skill on routine cases. They must not themselves be R/Sers. (The last requisite is waived in a self-salvage co-audit group where all R/S.)

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## STEPS OF THE RD

(Steps 0 and 00 are for a person  
in a psychotic break, not a  
normal person.)

Put this checklist on inside front cover of folder as a pgm.

- 0. On a person in a psychotic break isolate the person wholly with all attendants *completely* muzzled (no speech). \_\_\_\_\_
- 00. Give Vitamins (B complex, including niacinamide) and minerals (calcium and magnesium) to build the person up. \_\_\_\_\_
- \* \* \*
- 1. Locate by study or research of the person's case *or* via associates or 2-way comm the last severe point of introversion just prior to the current psychotic break or illness. There may be several severe points of introversion, prior or subsequent to the one that triggered the break or illness. These points are identified by their upsetting or worrisome effect on the pc. Each is noted down for handling. \_\_\_\_\_
- 2. On each point, indicate the substance of it as a point of introversion to release the By-Passed Charge. Each should BD and F/N. First point indicated to F/N. \_\_\_\_\_
- 2B. Second point indicated to F/N. \_\_\_\_\_

- 2C. Third point indicated to F/N. \_\_\_\_\_  
 In the case of an out-list, the fact of a wrong item would be indicated and the list corrected by the Laws of L&N.
- 3. Get the wording of each point stated by the pc as an item (i.e., "What would you call such an incident?") and its read and handle by 2wc each flow E/Sim to F/N. First point 2wc'd F-1230 to F/N. \_\_\_\_\_
- 3A. Second point 2wc'd F-1230 to F/N. \_\_\_\_\_
- 3B. Third point 2wc'd F-1230 to F/N. \_\_\_\_\_
- 4. Verify/Correct all L&N lists. \_\_\_\_\_
- 5. Verify/Correct all Why "lists", PTS Interviews, 3 May PLs per C/S Series 78. \_\_\_\_\_
- 6. R3R Quad item found in No. 3. ("Locate an incident where \_\_\_\_\_.") \_\_\_\_\_
- 6A. L&N for the Intention behind the *subject* in No. 3. Verify Q for read before listing. \_\_\_\_\_
- 6B. R3R Quad the Intention. \_\_\_\_\_
- 6C. R3R Quad, L&N Intention & R3R Quad any other items found (No. 3A, 3B, etc.). \_\_\_\_\_
- 7. Clear the words "Introversion", "Introspection", "Extroversion". \_\_\_\_\_
- 8. ARC BREAKS HANDLING. \_\_\_\_\_
- 8A. 2wc Has another ARC Broken you? ARCU CDEINR E/S to F/N. \_\_\_\_\_
- 8B. 2wc Have you ARC Broken another? ARCU CDEINR E/S to F/N. \_\_\_\_\_
- 8C. 2wc Have others ARC Broken anyone else? ARCU CDEINR E/S to F/N. \_\_\_\_\_
- 8D. 2wc Have you ARC Broken yourself? ARCU CDEINR E/S to F/N. \_\_\_\_\_
- 8E. 2wc Has anyone ever made you feel you had an ARC Break when you didn't? E/S to F/N. \_\_\_\_\_
- 8F. 2wc Have you ever made anyone else feel he had an ARC Break when he didn't? E/S to F/N. \_\_\_\_\_
- 8G. 2wc Have others ever made anyone else feel he had an ARC Break when he didn't? E/S to F/N. \_\_\_\_\_
- 8H. 2wc Have you ever made yourself feel you had an ARC Break when you didn't? E/S to F/N. \_\_\_\_\_
- 8I. R3R Quad the item. \_\_\_\_\_
- 8J. L&N for the Intention behind "the forcing of upsets on people who don't have them". \_\_\_\_\_
- 8K. R3R Quad the Intention, in No. 8J. \_\_\_\_\_
- 9. WITHHOLDS HANDLING. \_\_\_\_\_
- 9A. 2wc Are you withholding something from anyone? E/Sim to F/N. \_\_\_\_\_

- 9B. 2wc Is anyone else withholding something from you? E/Sim to F/N. \_\_\_\_\_
- 9C. 2wc Are others withholding something from anyone else? E/Sim to F/N. \_\_\_\_\_
- 9D. 2wc Are you withholding something from yourself? E/Sim to F/N. \_\_\_\_\_
- 9E. 2wc Has anyone demanded W/Hs you didn't have? E/Sim to F/N. \_\_\_\_\_
- 9F. 2wc Have you demanded withholds of anyone else they didn't have? E/Sim to F/N. \_\_\_\_\_
- 9G. 2wc Have others demanded withholds of anyone else they didn't have? E/Sim to F/N. \_\_\_\_\_
- 9H. 2wc Have you demanded W/Hs from yourself that you didn't have? E/Sim to F/N. \_\_\_\_\_
- 9I. R3R Quad "demanded non-existent W/Hs from \_\_\_\_\_". \_\_\_\_\_
- 9J. L&N, Clear Q thoroughly and verify for read first, what purpose would be behind "the demanding of non-existent W/Hs from others"? \_\_\_\_\_
- 9K. R3R Quad the item in No. 9J. \_\_\_\_\_
- 10. PROBLEMS HANDLING. \_\_\_\_\_
- 10A. 2wc Has another given you a problem? E/Sim to F/N. \_\_\_\_\_
- 10B. 2wc Have you given another a problem? E/Sim to F/N. \_\_\_\_\_
- 10C. 2wc Have others given a problem to anyone else? E/Sim to F/N. \_\_\_\_\_
- 10D. 2wc Have you given yourself a problem? E/Sim to F/N. \_\_\_\_\_
- 10E. 2wc Has anyone ever made you feel you had a problem when you didn't? E/Sim to F/N. \_\_\_\_\_
- 10F. 2wc Have you ever made anyone else feel he had a problem when he didn't? E/Sim to F/N. \_\_\_\_\_
- 10G. 2wc Have others ever made anyone else feel he had a problem when he didn't? E/Sim to F/N. \_\_\_\_\_
- 10H. 2wc Have you ever made yourself feel you had a problem when you didn't? E/Sim to F/N. \_\_\_\_\_
- 10I. R3R Quad the item. \_\_\_\_\_
- 10J. L&N for the Intention behind "the giving of problems to people that don't belong to them". \_\_\_\_\_
- 10K. R3R Quad the Intention, in No. 10J. \_\_\_\_\_
- 11. OVERTS HANDLING. \_\_\_\_\_
- 11A. 2wc Has anyone else committed overts on you? E/Sim to F/N. \_\_\_\_\_
- 11B. 2wc Have you committed overts on anyone else? Get what, E/Sim to F/N. \_\_\_\_\_
- 11C. 2wc Have others committed overts on anyone else? E/Sim to F/N. \_\_\_\_\_
- 11D. 2wc Have you committed any overts on yourself? E/Sim to F/N. \_\_\_\_\_



- 11E. 2wc Has anyone ever accused you of something you didn't do?  
E/Sim to F/N. \_\_\_\_\_
- 11F. 2wc Have you ever accused anyone else of something he didn't  
do? E/Sim to F/N. \_\_\_\_\_
- 11G. 2wc Have others ever accused anyone else of something he  
didn't do? E/Sim to F/N. \_\_\_\_\_
- 11H. 2wc Have you ever accused yourself of something you didn't  
do? E/Sim to F/N. \_\_\_\_\_
- 11I. R3R Quad the item. \_\_\_\_\_
- 11J. L&N for the Intention behind "the accusing of someone of  
non-existent overts". \_\_\_\_\_
- 11K. R3R Quad the Intention, in No. 11J. \_\_\_\_\_
- 12. NOT SAYING. \_\_\_\_\_
- 12A. 2wc Are you not saying something about someone else or some-  
thing? Get what, E/Sim to F/N. \_\_\_\_\_
- 12B. 2wc Is anyone not saying something about you? E/Sim to F/N. \_\_\_\_\_
- 12C. 2wc Are others not saying something about anyone else? E/Sim  
to F/N. \_\_\_\_\_
- 12D. 2wc Are you not saying something about yourself? E/Sim to  
F/N. \_\_\_\_\_
- 12E. 2wc Has anyone not accepted your W/Hs? E/Sim to F/N. \_\_\_\_\_
- 12F. 2wc Have you not accepted someone else's W/Hs? E/Sim to  
F/N. \_\_\_\_\_
- 12G. 2wc Have others not accepted anyone else's W/Hs? E/Sim to  
F/N. \_\_\_\_\_
- 12H. 2wc Have you not accepted your own W/Hs? E/Sim to F/N. \_\_\_\_\_
- 12I. R3R Quad "W/Hs weren't accepted". \_\_\_\_\_
- 12J. L&N Intention behind "the rejecting of others' W/Hs". \_\_\_\_\_
- 12K. R3R Quad the Intention, in No. 12J. \_\_\_\_\_
- 13. FALSE INCIDENTS HANDLING. \_\_\_\_\_
- 13A. 2wc Has anyone ever asked you for things that didn't exist? E/S  
to F/N. \_\_\_\_\_
- 13B. 2wc Have you ever asked anyone else for things that didn't  
exist? E/S to F/N. \_\_\_\_\_
- 13C. 2wc Have others ever asked anyone else for things that didn't  
exist? E/S to F/N. \_\_\_\_\_
- 13D. 2wc Have you ever asked yourself for things that didn't exist?  
E/S to F/N. \_\_\_\_\_
- 13E. R3R Quad the item. \_\_\_\_\_
- 13F. L&N for the Intention behind "the demanding of false incidents  
from others". \_\_\_\_\_
- 13G. R3R Quad the Intention, in No. 13F. \_\_\_\_\_
- 14. PTS HANDLING. \_\_\_\_\_

- 14A. 2wc Has anyone given you a false assignment that you were being done in? E/S to F/N. \_\_\_\_\_
- 14B. 2wc Have you given anyone a false assignment that he was being done in? E/S to F/N. \_\_\_\_\_
- 14C. 2wc Have others given anyone else a false assignment that they were being done in? E/Sim to F/N. \_\_\_\_\_
- 14D. 2wc Have you given yourself a false assignment that you were being done in? E/S to F/N. \_\_\_\_\_
- 14E. R3R Quad the item. \_\_\_\_\_
- 14F. L&N for the Intention behind “giving others a false assignment that they were being done in”. \_\_\_\_\_
- 14G. R3R Quad the Intention, in No. 14F. \_\_\_\_\_
- 14H. 2wc Has anyone been doing you in? E/S to F/N. \_\_\_\_\_
- 14I. 2wc Have you been doing anyone else in? E/S to F/N. \_\_\_\_\_
- 14J. 2wc Have others been doing anyone else in? E/S to F/N. \_\_\_\_\_
- 14K. 2wc Have you been doing yourself in? E/S to F/N. \_\_\_\_\_
- 15. FALSE INTERROGATION HANDLING. \_\_\_\_\_
- 15A. 2wc Has anyone ever interrogated you for no reason? E/S to F/N. \_\_\_\_\_
- 15B. 2wc Have you ever interrogated anyone else for no reason? E/S to F/N. \_\_\_\_\_
- 15C. 2wc Have others ever interrogated anyone else for no reason? E/S to F/N. \_\_\_\_\_
- 15D. 2wc Have you ever had yourself interrogated for no reason? E/S to F/N. \_\_\_\_\_
- 15E. R3R Quad the item. \_\_\_\_\_
- 15F. L&N for the Intention behind “the false interrogating of others”. \_\_\_\_\_
- 15G. R3R Quad the Intention, in No. 15F. \_\_\_\_\_
- 16. FALSE INVALIDATION HANDLING. \_\_\_\_\_
- 16A. 2wc Has anyone ever heavily invalidated you unjustly? E/S to F/N. \_\_\_\_\_
- 16B. 2wc Have you ever heavily invalidated anyone else unjustly? E/S to F/N. \_\_\_\_\_
- 16C. 2wc Have others ever heavily invalidated anyone else unjustly? E/S to F/N. \_\_\_\_\_
- 16D. 2wc Have you ever heavily invalidated yourself unjustly? E/S to F/N. \_\_\_\_\_
- 16E. R3R Quad the item. \_\_\_\_\_
- 16F. L&N for the Intention behind “the unjust invalidating of others”. \_\_\_\_\_
- 16G. R3R Quad the Intention, in No. 16F. \_\_\_\_\_
- 17. FALSE VALIDATION HANDLING. \_\_\_\_\_
- 17A. 2wc Has another ever validated you for something *you didn't deserve*? E/S to F/N. \_\_\_\_\_

- 17B. 2wc Have you ever validated anyone else for something *he didn't deserve*? E/S to F/N. \_\_\_\_\_
- 17C. 2wc Have others ever validated anyone else for something *they didn't deserve*? E/S to F/N. \_\_\_\_\_
- 17D. 2wc Have you ever validated yourself for something *you didn't deserve*? E/S to F/N. \_\_\_\_\_
- 17E. R3R Quad the item. \_\_\_\_\_
- 17F. L&N for the Intention behind "the false validating of others". \_\_\_\_\_
- 17G. R3R Quad the Intention, in No. 17F. \_\_\_\_\_
- 18. "HIT" FOR NO REASON. \_\_\_\_\_
- 18A. 2wc Has anyone "hit" you too hard for no reason? E/S to F/N. \_\_\_\_\_
- 18B. 2wc Have you "hit" anyone else too hard for no reason? E/S to F/N. \_\_\_\_\_
- 18C. 2wc Have others "hit" anyone else too hard for no reason? E/S to F/N. \_\_\_\_\_
- 18D. 2wc Have you gotten yourself "hit" too hard for no reason? E/S to F/N. \_\_\_\_\_
- 18E. R3R Quad the item. \_\_\_\_\_
- 18F. L&N for the Intention behind "the 'hitting' of others unfairly". \_\_\_\_\_
- 18G. R3R Quad the Intention, in No. 18F. \_\_\_\_\_
- 19. INVALIDATED BEINGNESS HANDLING. \_\_\_\_\_
- 19A. 2wc Has anyone ever challenged or questioned who you were? E/S to F/N. \_\_\_\_\_
- 19B. 2wc Have you ever challenged or questioned anyone else's identity? E/S to F/N. \_\_\_\_\_
- 19C. 2wc Have others ever challenged or questioned anyone else's identity? E/S to F/N. \_\_\_\_\_
- 19D. 2wc Have you ever challenged or questioned your identity? E/S to F/N. \_\_\_\_\_
- 19E. R3R Quad the item. \_\_\_\_\_
- 19F. L&N for the Intention behind "the invalidating of others' identity". \_\_\_\_\_
- 19G. R3R Quad the Intention, in No. 19F. \_\_\_\_\_
- 20. INVALIDATED INTENTIONS HANDLING. \_\_\_\_\_
- 20A. 2wc Has anyone ever challenged or questioned your intentions? E/S to F/N. \_\_\_\_\_
- 20B. 2wc Have you ever challenged or questioned anyone else's intentions? E/S to F/N. \_\_\_\_\_
- 20C. 2wc Have others ever challenged or questioned anyone else's intentions? E/S to F/N. \_\_\_\_\_
- 20D. 2wc Have you ever challenged or questioned your own intentions? E/S to F/N. \_\_\_\_\_

- 20E. R3R Quad “misinterpreted intentions”. \_\_\_\_\_
- 20F. L&N for the Intention behind “the invalidating of the intentions of others”. \_\_\_\_\_
- 20G. R3R Quad the Intention, in No. 20F. \_\_\_\_\_
- 21. OBJECTIVE HAVINGNESS. \_\_\_\_\_

An HC List could be added here if the pc’s “think” is still weird.

**NOTE: ITEMS THAT DON’T READ WON’T RUN. DON’T RUN OR LIST Q’s THAT DON’T READ OR YOU’LL REINTROVERT THE PC.**

Frequent D of P Interview is vital whenever the case looks like it is not rapidly progressing. Also a quick assessment may be needed as a separate action to isolate possible charged areas of introspection.

At any time after Step 2 Objective Havingness should be done at session end. If one of the items in Steps 3-20 turns out to be false the pc will introvert further. In such a case indicate the fact of it having been unnecessary and get an F/N. Then run Objective Havingness. If the TA goes high (or low) and won’t come into range, assess a C/S 53RH and handle.

In the case of a pc in a psychotic break, the C/S would have to locate the last severe wrong indication, indicate the fact to the pc and get it corrected (as with a wrong item) as the first action.

### EXTROVERSION

Def. EXTROVERSION: “. . . Means nothing more than being able to look outward . . . .” “An extroverted personality is one who is capable of looking around the environment . . . .” “A person who is capable of looking at the world around him and seeing it quite real and quite bright is of course in a state of extroversion.” (*Problems of Work.*)

The end phenomena of the Introspection RD is the person extroverted, no longer looking inward worriedly in a continuous self-audit without end.

The EP on a person in a psychotic break is the end of the psychotic break.

The RD is *very* simple and its results are magical in effectiveness. Flubs can wreck it so don’t permit them.

You have in your hands the tool to take over mental therapy in full. You need not fear the insane or the psychotic break any longer.

Here also is the cure for the continual self-auditing pc who is dug into his bank. It works on all pcs in fact with rave results.

Do it flawlessly and we all win.

**THIS PLANET IS OURS.**

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 Founder

[Additional data can be found in HCO B 20 February 1974, *Introspection RD—Additional Actions*, page 260; HCO B 6 March 1974, *Introspection RD—Second Addition—Information to C/Ses—Fixated Attention*, page 262; and HCO B 20 April 1974, *Introspection RD—Third Addition—Additional Introspection RD Steps*, page 295.]