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## R2H Notes

The R2H assessment is the best I’ve ever seen for handling ARCXs. For practical use it beats ARCU/CDEINR – with the exception that with a person getting intensive auditing , i.e. daily or frequent sessions , the rudiment form might be preferable.

I’ve found it quite useful for pcs who have had some auditing as old ARCXs seem to become available for handling as the pc comes up tone. They bubble up to the surface but don’t seem to respond to the Ruds question. In my view if these aren’t cleared up they can act as “auditing over an ARCX” so R2H makes a dandy “preemptive strike”.

1. I have pcs read the LRH definition as he stated on the Tape. However on new pcs I’ve found it helps to establish what terminology the person has Reality with.

Some examples to use for ARCX:

Upset, disturbance, disappointment, misunderstanding, a time your feelings were hurt, a disillusionment, a moment of discouragement, a disheartening, a rejection, a humiliation, a punishment, an embarrassment, a time something was depressing, a discord, a friction, an unpleasantness, a disaffection, a quarrel, an argument,

1. We have used “Was that (ARCX) caused by”:

“Was that (ARCX) the result of?”

“Was that (ARCX) due to”

or any such question to fit the pcs reality.

1. Early in a case I’ve found it effective simply to ask the pc the questions on the Pre Assessment one at a time and not attempt a metered assessment. That is, ask the question and let the pc look it over and answer or not. If his answer has BPC to it, of course it is indicated. If he has no answer he is ack’d and asked the next question.
2. In training, the students seem to get confused with the 2 assessment lists.

If the pc answers to “Was the upset due to too little of something?” with “Yes – there was too little love!”.

That pre-assessment question has been answered (auditor comm cycle) and there is no need to go to the secondary list.

If the answer is just yes but no identification of what there was too little OF and there is charge on it – Indicate the charge but also go to the secondary list and find the answer to “too little of …..”?

1. I’ve also noticed that early in a case there might not be a lot of heavy BDs. It doesn’t seem to matter – the pc will still get relief.
2. It may seem obvious but one can go through the Pre Assessment any number of times using a different synonym each time.

One could also use any part of the Know To Mystery scale on the secondary scale under the Affinity question.

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