

SOMETHING CAN BE DONE ABOUT IT!

9.12.21

Today I want to share a lecture by L. Ron Hubbard, titled:
ON RAISING OUR LEVEL OF LIFE AND BEHAVIOR
(THE TONE SCALE)^①

The Tone Scale is a scale in Scientology which plots the descending spiral of life from full vitality and consciousness through half vitality and half consciousness down to death. By various calculations about the energy of life, by observation and by test, this Tone Scale is able to give levels of behavior as life declines. These various levels are common to all men. [For instance] When a man is nearly dead, he can be said to be in a chronic apathy. And he behaves in a certain way about other things. This is 0.1 on the Tone Scale. When a man is chronically in grief about his losses, he is in grief - and he behaves in certain ways about many things. This is 0.5 on the scale. When a person is not yet so low as grief but realizes losses are impending, or is fixed chronically at this level by past losses, he can be said to be in fear. This is around 1.1 on the scale. An individual who is fighting against threatened losses is in anger. And he manifests other aspects of behavior. This is 1.5. The person who is merely suspicious that losses may take place or who has become fixed at this level is resentful. He can be said to be in antagonism. This is 2.0 on the scale. Above antagonism, the situation of a person is not so good that he is enthusiastic, not so bad that he is resentful. He has lost some goals and cannot immediately locate others. He is said to be in boredom, or at 2.5 on the Tone Scale. At 3.0 on the scale, a person has a conservative, cautious aspect toward life but is reaching his goals. At 4.0 the individual is enthusiastic, happy and vital. Very few people are natural 4.0's. A charitable average is probably around 2.8.

You have watched this in operation before now. Have you ever seen a child trying to acquire, let us say, a nickel? At first he is happy. He simply wants a nickel. If refused, he then explains why he wants it.

If he fails to get it and did not want it badly, he becomes bored and goes away. But if he wants it badly, he will get antagonistic about it. Then he will become angry. Then, that failing, he may lie about why he wants it. That failing, he goes into grief. And if he is still refused, he finally sinks into apathy and says he doesn't want it. This is negation.

And have you seen this in reverse? A child threatened by danger also dwindles down the scale. At first he does not appreciate that the danger is posed at him and he is quite cheerful. Then the danger, let us say it is a dog, starts to approach him. The child sees the danger but still does not believe it is for him and keeps on with his business. But his playthings "bore" him for the moment. He is a little apprehensive and not sure. Then the dog comes nearer. The child "resents him" or shows some antagonism. The dog comes nearer still. The child becomes angry and makes some effort to injure the dog. The dog comes still nearer and is more threatening. The child becomes afraid. Fear unavailing, the child cries. If the dog still threatens him, the child may go into apathy and simply wait to be bitten.

Objects or animals or people which assist survival, as they become inaccessible to the individual, bring him down the Tone Scale.

Objects, animals or people which threaten survival, as they approach the individual, bring him down the Tone Scale.

This scale has a chronic or an acute aspect. A person can be brought down the Tone Scale to a low level for ten minutes and then go back up, or he can be brought down it for ten years and not go back up. A man who has suffered too many losses, too much pain, tends to become fixed at some lower level of the scale and, with only slight fluctuations, stays there. Then his general and common behavior will be at that level of the Tone Scale.

Just as a 0.5 moment of grief can cause a child to act along the grief band for a short while, so can a 0.5 fixation cause an individual to act 0.5 toward most things in his life. There is momentary behavior or fixed behavior. Of course, as good news and bad, happy days and sad ones, strike a person, there are momentary raises and lowerings on this Tone Scale. But there is a chronic level, an average behavior for each individual.

As an individual is found lower and lower on this scale, so is his alertness, his consciousness lower and lower. The individual's chronic mood or attitude toward existence declines in direct ratio to the way he regards the physical universe and organisms about him.

It is not a complete statement to say, merely, that one becomes fixed in his regard for the physical universe and organisms about him, for there

are definite ways, beyond consciousness, which permit this to take place. Manifestation, however, is a decline of consciousness with regard to the physical environment of the individual.

At the top of this scale, one is fully conscious of himself, his environment, other people and the universe in general. He accepts his responsibilities in it. He faces the realities of it. He deals with the problems within the limits of his education and experience.

Then something happens — his perception of the material universe is dulled. How does this come about? The first and foremost way that a decline on the scale is begun is through being caused physical pain by the physical universe. It is one thing to gain experience and quite another to suffer physical pain. For any experience surrounded by actual physical pain is hidden by that pain. The organism is supposed to avoid pain to survive. It avoids, as well, memories of pain if it is above 2.0 (antagonism) on the scale. It "relishes" pain memories below 2.0 as those lead to death. As soon as it can begin avoiding pain wholesale, although that pain is recorded, consciousness begins to decrease markedly. The perception of the physical begins to decrease and the caliber of one's activities begins to decline.

One could say that there is an interior world and an exterior world. The interior world is one of yesterday. The data it contains is used to judge the world of the exterior, of today and tomorrow. So long as one has all data available, one can make excellent computations. When the facts he has learned begins to be buried, one's conclusions are apt to become wrong to just that degree.

As one's confidence in the physical universe declines, so does one's ability to handle it decline. One's dreams and hopes begin to seem unattainable, one ceases to strive. Actually, however, one's ability seldom diminishes — it only seems to diminish.

When the interior world tells of too much physical pain, the organism becomes confused. Like the child who finally says he doesn't want the rickie, the organism says it wants nothing of the physical universe and so perishes — or lives awhile in a twilight and then perishes all the same.

The goal is to win. When one has lost too much and too many times, the possibility of winning seems too remote to try. And it loses. It becomes so accustomed to loss that it begins to concentrate on loss instead of forward advance. And it does this quite irrationally. Because one has lost two cars does not mean one may lose three, yet he who has lost two will actually be so prepared to lose three that he will actually, if unconsciously, take steps to lose the third. Thus it may be with people, with any object.

As an individual descends the Tone Scale, he first begins to lose his confidence in trying to reach the further rims of his environment, the further frontiers of his dreams, and becomes "conservative". There is not much wrong with cautiousness, but there is something wrong with chronic conservatism for sometimes it takes a wild charge to win life.

As physical pain begins to mount up in the recording banks of the mind, the individual further confuses yesterday with today and further withdraws his confidence. He becomes a little frightened and poses as being bored — he says he didn't want to reach so far anyway. Isn't worth it? He makes fun of the things he really wants and makes fun of the dreams of others. He is afraid to face a hopeful fact, much less a truly desirable object. With a further increase of pain, he continues on down the scale until he is actually on his way out from life.

The fact of the matter is, the older a person gets and the more experience he has, the better able he should be to handle his environment. If he could stay fully conscious and rational about it, this would be true. But the mechanics of pain storage are such that he actually grows less and less conscious the more pain he has received and so cannot really use his experience at all. If he could gain experience without physical pain, his enthusiasm, his ability to dash would remain very high. But man was a lesser organism, evidently, before he was man. And a lesser organism can only react, it cannot think. Thinking is something new.

Until Dianetics, this looked like a hopelessly closed cycle. One had enthusiasm but no experience. So with enthusiastic rushes he attacked the environment with all the folly of youth and was ignominiously repelled. He gained pain with each repulsion. He gained experience, but he could not think about the experience without facing the pain so the experience did him no good. When he had enough experience he no longer had the dreams, energy and enthusiasm to carry home his attack upon his environment.

Processing⁽²⁾ broke the cycle. Youth could attack the environment and experience pain of repulsion. But the physical pain could be knocked out of the mind by Dianetic technology, leaving the experience standing there, with the enthusiasm.

Wherever a person may be on the Tone Scale (unless he is very low and in the insane bracket, for this is also a scale of sanity) he can ascend that scale again by rehabilitating his ability to think about and know his environment. Now that one knows the rules it is rather easily done

and one is astonished that it could not be done before.

Man is basically good. Pain and social aberrations turn him away from high ethics, efficiency and happiness. Get rid of the pain and you'll be at the high level of the scale.

① The Background, Ministry, Ceremonies & Sermons of the Scientology Religion pg. 268, Bridge Publications

② PROCESSING, 2. the principle of making an individual look at his own existence, and improve his ability to confront what he is and where he is.

(Dianetics And Scientology Technical Dictionary, pg. 317, Bridge Publications)

Separately, I will post THE HUBBARD CHART OF HUMAN EVALUATION.

A full description of each column on this chart (except the last six, which are only in Self Analysis) will be found complete in Science of Survival, by L. Ron Hubbard.

The position of an individual on this Tone Scale varies through the day and throughout the years, but is fairly stable for given periods. One's position on the chart will rise on receipt of good news, sink with bad news. This is the usual give-and-take with life. Everyone, however, has a chronic position on the chart which is unalterable, save for processing.

Necessity level (lifting oneself by one's bootstraps, as in emergencies) can raise an individual well up this chart for brief periods. Knowledge is Power!

One's environment greatly influences one's position on the chart. If one lives in a low-toned environment, he can expect eventually to be low toned. This is also true of marriage - one tends to match the tone level of one's marital partner.

This Tone Scale is also valid for groups. A business or a nation can be examined as to its various standard reactions and these can be plotted. This will give the survival potential of a business or a nation. (Above 2.0: Survival, and Below 2.0 = Succumb).

This chart can also be used in employing people or in choosing partners. It is an accurate index of what to expect and gives you a chance to predict what people will do before you have any great experience with them. Also, it gives you some clue as to what can happen to you in certain environments or around certain people, for they can drag you down or boost you high.

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- L. Ron Hubbard
Self Analysis
Pg. 65-66
FIN-

HUBBARD CHART OF HUMAN EVALUATION

1 Behavior and Physiology

2 Medical Range

3 Emotion

4 Sexual Behavior
Attitude Toward Children

5 Command over Environment

6 Actual Worth to Society Compared to Apparent Worth

7 Ethic Level

8 Handling of Truth

Tone Scale 4.0	Excellent at projects, execution. Fast reaction time (relative to age).	Near accident-proof. No psychosomatic ills. Nearly immune to bacteria.	Eagerness, exhilaration.	Sexual interest high but often sublimated to creative thought. Intense interest in children.	High self-mastery. Aggressive toward environ. Dislikes to control people. High reasoning, volatile emotions.	High worth. Apparent worth will be realized. Creative and constructive.	Bases ethics on reason. Very high ethic level.	High concept of truth.
3.5	Good at projects, execution, sports.	Highly resistant to common infections. No colds.	Strong interest.	High interest in opposite sex. Constancy. Love of children.	Reasons well. Good control. Accepts ownership. Emotion free. Liberal.	Good value to society. Adjusts environ to benefit of self and others.	Heeds ethics of group but refines them higher as reason demands.	Truthful.
3.0	Capable of fair amount of action, sports.	Resistant to infection and disease. Few psychosomatic ills.	Mild interest.	Interest in procreation. Interest in children.	Controls bodily functions. Reasons well. Free emotion still inhibited. Allows rights to others. Democratic.	Any apparent worth is actual worth. Fair value.	Follows ethics in which trained as honestly as possible. Moral.	Cautious of asserting truths. Social lies.
2.5	Relatively inactive, but capable of action.	Occasionally ill. Susceptible to usual diseases.	Indifference. Boredom.	Disinterest in procreation. Vague tolerance of children.	In control of function and some reasoning powers. Does not desire much ownership.	Capable of constructive action; seldom much quantity. Small value. "Well adjusted."	Treats ethics insincerely. Not particularly honest or dishonest.	Insincere. Careless of facts.
2.0	Capable of destructive and minor constructive action.	Severe sporadic illnesses.	Expressed resentment.	Disgust at sex; revulsion. Nagging of and nervousness about children.	Antagonistic and destructive to self, others, and environ. Desires command in order to injure.	Dangerous. Any apparent worth wiped out by potentials of injury to others.	Below this point: authoritarian. Chronically and bluntly dishonest when occasion arises.	Truth twisted to suit antagonism.
1.5	Capable of destructive action.	Depository illnesses (arthritis). (Range 1.0 to 2.0 interchangeable.)	Anger.	Rape. Sex as punishment. Brutal treatment of children.	Smashes or destroys others or environ. Failing this, may destroy self. Fascistic.	Insincere. Heavy liability. Possible murderer. Even when intentions avowedly good will bring about destruction.	Below this point: criminal. Immoral. Actively dishonest. Destructive of any and all ethics.	Blatant and destructive lying.
1.1	Capable of minor execution.	Endocrine and neurological illnesses.	Unexpressed resentment. Fear.	Promiscuity, perversion, sadism, irregular practices. Use of children for sadistic purposes.	No control of reason or emotions, but apparent organic control. Uses sly means of controlling others, especially hypnotism. Communistic.	Active liability. Enturbulates others. Apparent worth outweighed by vicious hidden intents.	Sex criminal. Negative ethics. Deviously dishonest without reason. Pseudoethical activities screen perversion of ethics.	Ingenious and vicious perversions of truth. Covers lying artfully.
0.5	Capable of relatively uncontrolled action.	Chronic malfunction of organs. (Accident-prone.)	Grief. Apathy.	Impotency, anxiety, possible efforts to reproduce. Anxiety about children.	Barest functional control of self only.	Liability to society. Possible suicide. Utterly careless of others.	Nonexistent. Not thinking. Obeying anyone.	Details facts with no concept of their reality.
0.1	Alive as an organism.	Chronically ill. (Refusing sustenance.)	Deepest apathy.	No effort to procreate.	No command of self, others, environ. Suicide.	High liability, needing care and efforts of others without making any contribution.	None.	No reaction.

9 Courage Level

10 Speech: Talks
Speech: Listens

11 Subject's Handling of Written or Spoken Comm When Acting as a Relay Point

12 Reality (Agreement)

13 Ability to Handle Responsibility

14 Persistence on a Given Course

15 Literalness of Reception of Statements

16 Method Used by Subject to Handle Others

17 Hypnotic Level

High courage level.	Strong, able, swift and full exchange of beliefs and ideas.	Passes theta comm, contributes to it. Cuts enttheta lines.	Search for different viewpoints in order to broaden own reality. Changes reality.	Inherent sense of responsibility on all dynamics.	High creative persistence.	High differentiation. Good understanding of all comm, as modified by Clear's education.	Gains support by creative enthusiasm and vitality backed by reason.	Impossible to hypnotize without drugs.
Courage displayed on reasonable risks.	Will talk of deep-seated beliefs and ideas. Will accept deep-seated beliefs, ideas, consider them.	Passes theta comm. Resents and hits back at enttheta lines.	Ability to understand and evaluate reality of others and to change viewpoint. Agreeable.	Capable of assuming and carrying on responsibilities.	Good persistence and direction toward constructive goals.	Good grasp of statements. Good sense of humor.	Gains support by creative reasoning and vitality.	Difficult to trance unless still possessed of a trance engram.
Conservative display of courage where risk is small.	Tentative expression of limited number of personal ideas. Receives ideas and beliefs if cautiously stated.	Passes comm. Conservative. Inclines toward moderate construction and creation.	Awareness of possible validity of different reality. Conservative agreement.	Handles responsibility in a slipshod fashion.	Fair persistence if obstacles not too great.	Good differentiation of meaning of statements.	Invites support by practical reasoning and social graces.	Could be hypnotized, but alert when awake.
Neither courage nor cowardice. Neglect of danger.	Casual pointless conversation. Listens only to ordinary affairs.	Cancels any comm of higher or lower tone. Devaluates urgencies.	Refusal to match two realities. Indifference to conflict in reality. Too careless to agree or disagree.	Too careless. Not trustworthy.	Idle, poor concentration.	Accepts very little, literally or otherwise. Apt to be literal about humor.	Careless of support from others.	Can be a hypnotic subject, but mostly alert.
Reactive, unreasoning thrusts at danger.	Talks in threats. Invalidates other people. Listens to threats. Openly mocks theta talk.	Deals in hostile or threatening comm. Lets only small amount of theta go through.	Verbal doubt. Defense of own reality. Attempts to undermine others. Disagrees.	Uses responsibility to further own ends.	Persistence toward destruction of enemies. No constructive persistence below this point.	Accepts remarks of tone 2.0 literally.	Nags and bluntly criticizes to demand compliance with wishes.	Negates somewhat, but can be hypnotized.
Unreasonable bravery, usually damaging to self.	Talks of death, destruction, hate only. Listens only to death and destruction. Wrecks theta lines.	Perverts comm to enttheta regardless of original content. Stops theta comm. Passes enttheta and perverts it.	Destruction of opposing reality "You're wrong." Disagrees with reality of others.	Assumes responsibility in order to destroy	Destructive persistence begins strongly, weakens quickly.	Accepts alarming remarks literally. Brutal sense of humor.	Uses threats, punishment and alarming lies to dominate others.	Negates heavily against remarks, but absorbs them.
Occasional underhanded displays of action, otherwise cowardly.	Talks apparent theta, but intent vicious. Listens little; mostly to cabal, gossip, lies.	Relays only malicious comm. Cuts comm lines. Won't relay.	Doubt of own reality. Insecurity. Doubt of opposing reality.	Incapable, capricious, irresponsible.	Vacillation on any course. Very poor concentration. Flighty.	Lack of acceptance of any remarks. Tendency to accept all literally avoided by forced humor.	Nullifies others to get them to level where they can be used. Devious and vicious means. Hypnotism, gossip. Seeks hidden control.	In a permanent light trance, but negates.
Complete cowardice.	Talks very little and only in apathetic tones. Listens little; mostly to apathy or pity.	Takes little heed of comm. Does not relay.	Shame, anxiety, strong doubt of own reality. Easily has reality of others forced on him.	None.	Sporadic persistence toward self-destruction.	Literal acceptance of any remark matching tone.	Enturbulates others to control them. Cries for pity. Wild lying to gain sympathy.	Very hypnotic. Any remark made may be a "positive suggestion."
No reaction.	Does not talk. Does not listen.	Does not relay. Unaware of comm.	Complete withdrawal from conflicting reality. No reality.	None.	None.	Complete literal acceptance.	Pretends death so others will not think him dangerous and will go away.	Is equivalent to a hypnotized subject when "awake."

18 Ability to Experience Present Time Pleasure

19 Your Value as a Friend

20 How Much Others Like You

21 State of Your Possessions

22 How Well Are You Understood

23 Potential Success

24 Potential Survival

Finds existence very full of pleasure.	Excellent.	Loved by many.	In excellent condition.	Very well.	Excellent.	Excellent. Considerable longevity.	Tone Scale 4.0
Finds life pleasurable most of the time.	Very good.	Well loved.	In good condition.	Well.	Very good.	Very good.	3.5
Experiences pleasure some of the time.	Good.	Respected by most.	Fairly good.	Usually.	Good.	Good.	3.0
Experiences moments of pleasure. Low intensity.	Fair.	Liked by a few.	Shows some neglect.	Sometimes misunderstood.	Fair.	Fair.	2.5
Occasionally experiences some pleasure in extraordinary moments.	Poor.	Rarely liked.	Very neglected.	Often misunderstood.	Poor.	Poor.	2.0
Seldom experiences any pleasure.	Definite liability.	Openly disliked by most.	Often broken. Bad repair.	Continually misunderstood.	Usually a failure.	Early demise.	1.5
Most gaiety forced. Real pleasure out of reach.	Dangerous liability.	Generally despised.	Poor. In poor condition.	No real understanding.	Nearly always fails.	Brief.	1.1
None.	Very great liability.	Not liked. Only pitied by some.	In very bad condition generally.	Not at all understood.	Utter failure.	Demise soon.	0.5
None.	Total liability.	Not regarded.	No realization of possession.	Ignored.	No effort. Complete failure.	Almost dead.	0.1