

## THE PSYCHO GPM

*Say the phrase out aloud, spot the thetan, and say the phrase aloud whilst spotting the thetan. Do these in whichever way most easily produces reads. You can also say aloud ... "During [phrase], spot the thetan."*

There is no requirement for step 00 to read, but if it does, flatten it to 3 consecutive no-reads.

- 00 HEAVY EXPLOSION – BURNING & PAIN** & spot the thetan \_\_\_\_\_  
**STORM** & spot the thetan \_\_\_\_\_
- 01 TO DIE IS TO LIVE** & spot the thetan \_\_\_\_\_  
**TO LIVE IS TO DIE** & spot the thetan \_\_\_\_\_  
**TO DIE IS TO LIVE , TO LIVE IS TO DIE**  
& spot the thetan \_\_\_\_\_
- 02 TO SURRENDER IS TO VICTIMIZE** & spot the thetan \_\_\_\_\_  
**TO VICTIMIZE IS TO SURRENDER** & spot the thetan \_\_\_\_\_  
**TO SURRENDER IS TO VICTIMIZE , TO VICTIMIZE IS TO SURRENDER**  
& spot the thetan \_\_\_\_\_
- 03 TO LOSE IS TO WIN** & spot the thetan \_\_\_\_\_  
**TO WIN IS TO LOSE** & spot the thetan \_\_\_\_\_  
**TO LOSE IS TO WIN , TO WIN IS TO LOSE**  
& spot the thetan \_\_\_\_\_
- 04 TO DESPAIR IS TO HOPE** & spot the thetan \_\_\_\_\_  
**TO HOPE IS TO DESPAIR** & spot the thetan \_\_\_\_\_  
**TO DESPAIR IS TO HOPE , TO HOPE IS TO DESPAIR**  
& spot the thetan \_\_\_\_\_
- 05 TO BE IGNORANT IS TO KNOW** & spot the thetan \_\_\_\_\_  
**TO KNOW IS TO BE IGNORANT** & spot the thetan \_\_\_\_\_  
**TO BE IGNORANT IS TO KNOW , TO KNOW IS TO BE IGNORANT**  
& spot the thetan \_\_\_\_\_
- 06 TO BE STUPID IS TO BE SMART** & spot the thetan \_\_\_\_\_  
**TO BE SMART IS TO BE STUPID** & spot the thetan \_\_\_\_\_  
**TO BE STUPID IS TO BE SMART , TO BE SMART IS TO BE STUPID**  
& spot the thetan \_\_\_\_\_
- 07 TO DISAGREE IS TO AGREE** & spot the thetan \_\_\_\_\_  
**TO AGREE IS TO DISAGREE** & spot the thetan \_\_\_\_\_  
**TO DISAGREE IS TO AGREE , TO AGREE IS TO DISAGREE**  
& spot the thetan \_\_\_\_\_
- 08 TO DETEST IS TO GET** & spot the thetan \_\_\_\_\_  
**TO GET IS TO DETEST** & spot the thetan \_\_\_\_\_  
**TO DETEST IS TO GET , TO GET IS TO DETEST**  
& spot the thetan \_\_\_\_\_
- 09 TO HURT IS TO ENJOY** & spot the thetan \_\_\_\_\_  
**TO ENJOY IS TO HURT** & spot the thetan \_\_\_\_\_  
**TO HURT IS TO ENJOY , TO ENJOY IS TO HURT**  
& spot the thetan \_\_\_\_\_

- 10 **TO DISLIKE IS TO LIKE** & spot the thetan \_\_\_\_\_  
**TO LIKE IS TO DISLIKE** & spot the thetan \_\_\_\_\_  
**TO DISLIKE IS TO LIKE , TO LIKE IS TO DISLIKE**  
& spot the thetan \_\_\_\_\_
- 11 **TO HATE IS TO LOVE** & spot the thetan \_\_\_\_\_  
**TO LOVE IS TO HATE** & spot the thetan \_\_\_\_\_  
**TO HATE IS TO LOVE , TO LOVE IS TO HATE**  
& spot the thetan \_\_\_\_\_
- 12 **TO HINDER IS TO HELP** & spot the thetan \_\_\_\_\_  
**TO HELP IS TO HINDER** & spot the thetan \_\_\_\_\_  
**TO HINDER IS TO HELP , TO HELP IS TO HINDER**  
& spot the thetan \_\_\_\_\_
- 13 **TO DISBELIEVE IS TO BELIEVE** & spot the thetan \_\_\_\_\_  
**TO BELIEVE IS TO DISBELIEVE** & spot the thetan \_\_\_\_\_  
**TO DISBELIEVE IS TO BELIEVE , TO BELIEVE IS TO DISBELIEVE**  
& spot the thetan \_\_\_\_\_
- 14 **TO BE BAD IS TO BE GOOD** & spot the thetan \_\_\_\_\_  
**TO BE GOOD IS TO BE BAD** & spot the thetan \_\_\_\_\_  
**TO BE BAD IS TO BE GOOD , TO BE GOOD IS TO BE BAD**  
& spot the thetan \_\_\_\_\_
- 15 **TO BETRAY IS TO BE FAITHFUL** & spot the thetan \_\_\_\_\_  
**TO BE FAITHFUL IS TO BETRAY** & spot the thetan \_\_\_\_\_  
**TO BETRAY IS TO BE FAITHFUL , TO BE FAITHFUL IS TO BETRAY**  
& spot the thetan \_\_\_\_\_
- 16 **TO GO CRAZY IS TO BE SANE** & spot the thetan \_\_\_\_\_  
**TO BE SANE IS TO GO CRAZY** & spot the thetan \_\_\_\_\_  
**TO GO CRAZY IS TO BE SANE , TO BE SANE IS TO GO CRAZY**  
& spot the thetan \_\_\_\_\_
- 17 **TO ABANDON IS TO COLLECT** & spot the thetan \_\_\_\_\_  
**TO COLLECT IS TO ABANDON** & spot the thetan \_\_\_\_\_  
**TO ABANDON IS TO COLLECT , TO COLLECT IS TO ABANDON**  
& spot the thetan \_\_\_\_\_
- 18 **TO STOP IS TO START** & spot the thetan \_\_\_\_\_  
**TO START IS TO STOP** & spot the thetan \_\_\_\_\_  
**TO STOP IS TO START , TO START IS TO STOP**  
& spot the thetan \_\_\_\_\_