

THE SCIENTOLOGY TONE SCALE

These emotional levels are thoroughly detailed in Scientology, but this simplified version will serve to show different emotions and their relative positions on the scale:

-
- 40.0 Serenity of Beingness
 - 30.0 Postulates
 - 22.0 Games
 - 20.0 Action
 - 8.0 Exhilaration
 - 6.0 Aesthetic
 - 4.0 Enthusiasm
 - 3.5 Cheerfulness
 - 3.3 Strong Interest
 - 3.0 Conservatism
 - 2.9 Mild Interest
 - 2.8 Contented
 - 2.6 Disinterested
 - 2.5 Boredom
 - 2.4 Monotony
 - 2.0 Antagonism
 - 1.9 Hostility
 - 1.8 Pain
 - 1.5 Anger
 - 1.4 Hate
 - 1.3 Resentment
 - 1.2 No Sympathy
 - 1.15 Unexpressed Resentment
 - 1.1 Covert Hostility
 - 1.02 Anxiety
 - 1.0 Fear
 - 0.98 Despair
 - 0.96 Terror
 - 0.94 Numb
 - 0.9 Sympathy
 - 0.8 Propitiation
 - 0.5 Grief
 - 0.375 Making Amends
 - 0.3 Undeserving
 - 0.2 Self-Abasement
 - 0.1 Victim
 - 0.07 Hopeless
 - 0.05 Apathy
 - 0.03 Useless
 - 0.01 Dying
 - 0.0 Body Death

.....

From knowledge of a man's level on the scale, much can be determined about his attitudes, behavior and survival potential.

When a man is nearly dead, he can be said to be in chronic apathy and he behaves in certain specific ways. This is 0.05 on the Tone Scale chart.

When a man is chronically sad about his losses, he is in grief. And, once again, behaves in a predictable manner. This is 0.5 on the chart.

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 is in fear around 1.0 on the chart.

Just above fear, past or impending losses generate hatred in the person. However, he dare not express this as such, so the hatred comes forth covertly. This is 1.1, covert hostility.

An individual fighting against threatened losses is in anger and manifests predictable aspects of behavior. This is 1.5.

The person who is merely suspicious that loss may take place, or who has become fixed at this level, is resentful. He is in antagonism which is 2.0 on the chart.

Above antagonism, the situation of a person is not good enough for him to be enthusiastic, not bad enough for him to be 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 chart.

At 3.0 on the chart, 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 naturally at 4.0 on the Tone Scale. A charitable average is probably around 2.8.

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 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.

The simplest thing to know about this scale is that people find it difficult to respond to communication which is too far above where they are stuck. If you try to help someone in apathy by talking to them in enthusiasm you will probably not have much success. The gap between such extremes is not easily bridged unless you understand the Tone Scale.

Using knowledge of the Tone Scale, however, you would recognize the emotion one-half to one full tone above the person, communicate in that tone and thus bring him up to higher tones. By moving up the scale gradiently it is possible to help someone overcome fixed conditions and regain a more happy and vital outlook.

The Tone Scale is of enormous value in life and its relationships. By knowing where a person falls on the scale, one can precisely predict his actions. Knowledge of the Tone Scale gives one a greater understanding of his fellows than ever before available.