

SPI ESTES METHOD SESSION LOG

Session Setup

Use this page to record the roles, equipment and spirit-box settings before the Estes Method begins.

The listener should not know the questions being asked. Record the setup clearly before starting.

1 INVESTIGATION DETAILS

Venue / Location

Area / Room

Date

Session start

Session end

2 PARTICIPANTS & ROLES

Who is doing what?

Listener

Questioner

Other people present

3 SPIRIT BOX / AUDIO SETUP

Spirit box / device

Make / model

Sweep and listening settings

Direction

☐ Forward

☐ Reverse

☐ Other

Rate / speed

Band

☐ AM

☐ FM

☐ Both

Listening

☐ Headphones

☐ Earbuds / other

Recording device

Audio / video ref.

4 LISTENER ISOLATION

Isolation method

Visual isolation

☐ Blindfold

☐ Eyes closed

☐ Not used

Listener position

Questioner position

Other setup notes

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Isolation & Control Checks

Check that the listener cannot hear the questions or normal room conversation before the session begins.

If isolation is incomplete, record it. This affects how later question-and-response matches should be interpreted.

5 AUDIBILITY CHECK

Can the listener hear the room?

- Questioner spoke normally during test ☐ Yes ☐ No
- Listener could hear or understand words ☐ Yes ☐ No ☐ Unsure
- Spirit-box / headphone volume adjusted after test ☐ Yes ☐ No

6 ROOM / CONTAMINATION CHECK

Known influences

- ☐ Nearby conversation ☐ Movement / footsteps ☐ Equipment sounds
- ☐ Recognisable radio content ☐ Music / presenter speech ☐ Outside noise
- ☐ Echo / sound travel ☐ No obvious influence ☐ Other

Control / isolation notes

7 SESSION RULES / METHOD

How the session will be run

- Listener repeats only what is heard? ☐ Yes ☐ No
- Questioner avoids telling listener the questions? ☐ Yes ☐ No
- Session recorded continuously? ☐ Yes ☐ No

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Repeatable Detailed Question & Response Entry

Venue / Location	Area / Room	Date	Audio / video ref.

Print or duplicate this page for each response that needs detailed comparison.

8 QUESTION & LISTENER RESPONSE

Timing / reference

Question time		Response time		Ref.	
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Question asked by the questioner

Exact word / phrase spoken by the listener

Timing relationship

- | | |
|--|--|
| ☐ Response before question finished | ☐ Response after question |
| ☐ Response overlapped question | ☐ Timing unclear |

Possible ordinary explanation

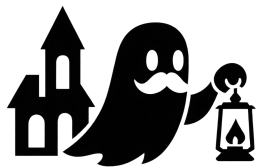
- | | | | |
|--|--|--|--|
| ☐ Radio speech / fragment | ☐ Music / presenter | ☐ Room sound / person | ☐ No obvious source |
| ☐ Repeated word heard elsewhere | ☐ Possible expectation / interpretation | ☐ Other | |

Apparent relevance

Did the response appear relevant to the question? ☐ Yes ☐ Possibly ☐ No ☐ Unsure

Apparent relevance is a review note, not proof of communication.

Notes / related audio, video or investigation reference



SPOOKY PARANORMAL INVESTIGATIONS

Quick Session Log

Move important or unclear matches to the detailed entry page for closer comparison afterwards.

[illegible]

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Post-Session Comparison & Review

Compare questions and listener responses only after the session, using the original recording where possible.

Matches may occur by chance or through ordinary audio. Record the comparison before deciding what it may mean.

9 REVIEW SETUP

Playback conditions

Recording reviewed?

☐ Yes

☐ No

Original retained?

☐ Yes

☐ No

Listener present for review?

☐ Yes

☐ No

Independent reviewer?

☐ Yes

☐ No

10 COMPARISON CHECKS

Questions to consider

☐ Could the match be coincidental?

☐ Could it be a radio fragment?

☐ Was the same word heard elsewhere?

☐ Could wording invite a broad match?

☐ Could the listener hear room sounds?

☐ Was interpretation suggested afterwards?

☐ Does the timing genuinely match?

☐ Is the comparison still uncertain?

11 INDEPENDENT COMPARISON

Did another person compare the recording without being told the expected match?

☐ Yes

☐ No

☐ Not tested

What did they conclude / hear?

12 OVERALL REVIEW

Review outcome

☐ Likely ordinary / radio source

☐ Possible ordinary / radio source

☐ Source uncertain

☐ Requires further comparison

☐ No longer noteworthy

Reminder: A question-and-response match does not by itself demonstrate paranormal communication.