

Quantum Alignment Tapping Guide Journal

theme/gate _____ Date: _____

Subjective Units of distress before tapping



NUETRAL



10 BEING THE MOST DISCOMFORT

Reflections on the pre-assessment questions prior to tapping

Subjective Units of distress after 1 round of tapping



NUETRAL



10 BEING THE MOST DISCOMFORT

Any event that popped into your head and or any body sensations while tapping - invitation to tap on that prior to proceeding to the reframe/affirmations

Subjective Units of distress after 2 rounds of tapping



NUETRAL



10 BEING THE MOST DISCOMFORT

Any even that popped into your head and/or any body sensations while tapping - invitation to tap on that prior to proceeding to the reframe/affirmations