

Personal Peace Procedure - Daily Tracker

Instructions:

Use this sheet to log your daily Personal Peace Procedure tapping. Choose one specific memory each day, apply the Movie or Tell the Story Technique, and track your emotional intensity using the SUD scale before and after tapping.

#	Memory/Event Title	SUD Before	SUD After	Notes/Observations
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				