

THE
F.L.O.S.S.
METHOD

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WORKSHEET

THE F.L.O.S.S. METHOD

ASK THESE QUESTIONS WHEN YOU'RE FEELING TRIGGERED...

FEAR

What situation triggered me?

Did I go into fight, flight, or freeze mode?

LIE

What lie was that fear reaction based upon?

Skip this step if it's unclear. You can come back to it later.

ORIGIN
STORY

When have I felt this way before?

Notice the triggered feeling, and see if you can remember a time in the past when you felt similarly.

(Go back to #2 if you skipped it. What lie did that origin story influence you to believe?)

SADNESS

What do I need to grieve?

Stop looking at the bright side of your origin story. Be brutally honest about what you lost because of what happened to you.

Allow yourself to feel sad. Sadness requires love. And where there is love, there is healing.



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FILL IN THE BLANK SPACES WITH YOUR ANSWERS

FEAR

LIE

ORIGIN
STORY

SADNESS

