

## Bach Flower Questionnaire

This questionnaire can help you learn the different type of emotional imbalance that each Bach Flower Remedy addresses. You may want to read more about each of the Remedies in order to select the correct combination. Please pick between one and four, but no more than four remedies that reflect your own emotional challenges and bring your completed questionnaire to your next appointment.

### **Agrimony**

- I hide my feelings behind a façade of cheerfulness
- I dislike arguments and often give in to avoid conflict
- I turn to food, work, alcohol, drugs, etc. when down

### **Aspen**

- I feel anxious without knowing why
- I have a secret fear that something bad will happen
- I wake up feeling anxious

### **Beech**

- I get annoyed by the habits of others
- I focus on others' mistakes
- I am critical and intolerant

### **Centaury**

- I often neglect my own needs to please
- I find it difficult to say "no"
- I tend to be easily influenced

### **Cerato**

- I constantly second-guess myself
- I seek advice, mistrusting my own intuition
- I often change my mind out of confusion

### **Cherry Plum**

- I'm afraid I might lose control of myself
- I have sudden fits of rage
- I feel like I'm going crazy

### **Chestnut Bud**

- I make the same mistakes over and over
- I don't learn from my experience
- I keep repeating the same patterns

**Chicory**

- I need to be needed and want my loved ones close
- I feel unloved and unappreciated by my family
- I easily feel slighted and hurt

**Clematis**

- I often feel spacey and absent minded
- I find myself unable to concentrate for long
- I get drowsy and sleep more than necessary

**Crab Apple**

- I am overly concerned with cleanliness
- I feel unclean or physically unattractive
- I tend to obsess over little things

**Elm**

- I feel overwhelmed by my responsibilities
- I don't cope well under pressure
- I have temporarily lost my self-confidence

**Gentian**

- I become discouraged with small setbacks
- I am easily disheartened when faced with difficulties
- I am often skeptical and pessimistic

**Gorse**

- I feel hopeless, and can't see a way out
- I lack faith that things could get better in my life
- I feel sullen and depressed

**Heather**

- I am obsessed with my own troubles
- I dislike being alone and I like to talk
- I usually bring conversations back to myself

**Holly**

- I am suspicious of others
- I feel discontented and unhappy
- I am full of jealousy, mistrust, or hate

**Honeysuckle**

- I'm often homesick for the "way it was"
- I think more about the past than the present
- I often think about what might have been

**Hornbeam**

- I often feel too tired to face the day ahead
- I feel mentally exhausted
- I tend to put things off

**Impatiens**

- I find it hard to wait for things
- I am impatient and irritable
- I prefer to work alone

**Larch**

- I lack self-confidence
- I feel inferior and often become discouraged
- I never expect anything but failure

**Mimulus**

- I am afraid of things such as spiders, illness, etc.
- I am shy, overly sensitive, and modest
- I get nervous and embarrassed

**Mustard**

- I get depressed without any reason
- I feel my moods swinging back and forth
- I get gloomy feelings that come and go

**Oak**

- I tend to overwork and keep on in spite of exhaustion
- I have a strong sense of duty and never give up
- I neglect my own needs in order to complete a task

**Olive**

- I feel completely exhausted, physically and/ or mentally
- I am totally drained of all energy with no reserves left
- I have just been through a long period of illness or stress

**Pine**

- I feel unworthy and inferior
- I often feel guilty
- I blame myself for everything that goes wrong

**Red Chestnut**

- I am overly concerned and worried about my loved ones
- I am distressed and disturbed by other people's problems
- I worry that harm may come to those I love

**Rock Rose**

- I sometimes feel terror and panic
- I become helpless and frozen when afraid
- I suffer from nightmares

**Rock Water**

- I set high standards for myself
- I am strict with my health, work &/or spiritual discipline
- I am very self-disciplined, always striving for perfection

**Scleranthus**

- I find it difficult to make decisions
- I often change my opinions
- I have intense mood swings

**Star of Bethlehem**

- I feel devastated due to a recent shock
- I am withdrawn due to traumatic events in my life
- I have never recovered from loss or fright

**Sweet Chestnut**

- I feel extreme mental or emotional heartache
- I have reached the limits of my endurance
- I am in complete despair, all hope gone

**Vervain**

- I get high-strung and very intense
- I try to convince others of my way of thinking
- I am sensitive to injustice, almost fanatical

**Vine**

- I tend to take charge of projects, situations, etc.
- I consider myself a natural leader
- I am strong-willed, ambitious and often bossy

**Walnut**

- I am experiencing change in my life--a move, new job, etc.
- I get drained by people or situations
- I want to be free to follow my own ambitions

**Water Violet**

- I give the impression that I'm aloof
- I prefer to be alone when overwhelmed
- I often don't connect with people

**White Chestnut**

- I am constantly thinking unwanted thoughts
- I relive unhappy events or arguments over and over again
- I am unable to sleep at times because I can't stop thinking

**Wild Oat**

- I can't find my path in life
- I am drifting in life and lack direction
- I am ambitious but don't know what to do

**Wild Rose**

- I am apathetic and resigned to whatever happens
- I have the attitude, "It doesn't matter anyhow"
- I feel no joy in life

**Willow**

- I feel resentful and bitter
- I have difficulty forgiving and forgetting
- I think life is unfair and have a "Poor me attitude"