

# Bach Flower Questionnaire

This questionnaire can help you learn the different type of emotional imbalance that each Bach Flower Remedy addresses.

## 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"

