

Bach Flower Questionnaire

Name: _____

Date: _____

The following questionnaire was developed from the original writings of Edward Bach, M.D. and is provided as an assessment tool.

Please read and answer each of the questions by placing a check (✓) on the line preceding the question. Check (✓) only those question for which there is an answer of 'YES.'

- ___ 1. Do you have vague fears which you cannot explain?
- ___ 2. Do you often find yourself distressed and anxious, but are unable to put your finger on the problem?
- ___ 3. Do you wake with a sense of apprehension and foreboding, feeling that something bad may happen, but don't know what it may be?
- ___ 4. Do you have specific fears you can identify and would like to overcome?
- ___ 5. Are you shy and easily frightened by particular circumstances and things?
- ___ 6. When faces with a situation or things that frighten you, do you become nervous and too paralyzed to act?
- ___ 7. Do you fear losing control of your mind or body?
- ___ 8. Are you compulsive, or have impulses to do things you know are wrong, but you have difficulty controlling your actions?
- ___ 9. Do you fear losing control and hurting yourself or others?
- ___ 10. Do you worry over the health and safety of your friends and family?
- ___ 11. Do you fear that something may happen to those close to you?
- ___ 12. Does your over-concern and worry for others cause you considerable distress?
- ___ 13. Do you suffer from extreme terror?
- ___ 14. Do you tend to panic and become hysterical?
- ___ 15. Are you troubled by nightmares?
- ___ 16. Do you lack confidence in your ability to judge things on your own and make decisions?
- ___ 17. Do you find yourself asking other peoples advice, even when you know what you want?
- ___ 18. After taking advice from others, do you find yourself confused by the choices, constantly changing your mind or direction according to the latest recommendations?
- ___ 19. Do you suffer from indecision, uncertainty or hesitancy?
- ___ 20. Do you have difficulty choosing between one thing and another?
- ___ 21. Do you experience extreme mood swings, or have difficulty in keeping your balance?
- ___ 22. Are you dissatisfied with your current role in life, feeling that life is passing you by?
- ___ 23. Have you tried many different directions in life, but nothing seems to bring satisfaction?
- ___ 24. Would you like to find a new lifestyle, career or change your old one, but have difficulty deciding what you should be doing?
- ___ 25. Do you lack confidence?
- ___ 26. Do you not try things for fear of failing?

- ___ 27. Do you feel inferior, and that others are more capable and qualified than you?
- ___ 28. On rising in the morning, do you find yourself tired, not wanting to get up?
- ___ 29. Do you feel some part of you needs to be strengthened before you can tackle the day?
- ___ 30. Do you find once you have started your daily activities your tiredness is forgotten, and you're able to complete your task?
- ___ 31. Are you absentminded, or does your attention easily wander, making it difficult to concentrate?
- ___ 32. Do you find you have little interest in present circumstances, often daydreaming, wishing you were somewhere else?
- ___ 33. Do you find yourself dozing off frequently, regardless of where you are?
- ___ 34. Do you find you are caught between living in the present and dwelling in memories of the past?
- ___ 35. Are there things you would like to have done with your life, but never had the opportunity to do?
- ___ 36. Do you find yourself reminiscing about the good old days, wishing you were able to live your life over again?
- ___ 37. Do you find you are indifferent and apathetic toward life?
- ___ 38. Are you resigned to your current circumstances, making little effort to improve things or find joy?
- ___ 39. Do you feel you've given up and don't care one way or another what happens?
- ___ 40. Are you troubled by persistent unwanted thoughts?
- ___ 41. Do you worry or have mental arguments which circle round in your mind?
- ___ 42. Do you have difficulty sleeping due to mental chatter and worries?
- ___ 43. Do you find you don't learn from past experiences, repeating the same mistakes or patterns of behaviour?
- ___ 44. Due to lack of observation, do you find it necessary to go over things already done?
- ___ 45. Is there a particular situation or condition continually recurring in your life which you would like to overcome?
- ___ 46. Are you now going through, or have you recently gone through, an illness or personal ordeal which left you physically and mentally drained?
- ___ 47. Do you tire easily with no reserve energy to complete your tasks or enjoy the day?
- ___ 48. Do you feel sapped of strength and vitality, where even the least effort exhausts you?
- ___ 49. Do others find you aloof, prideful and at times condescending?
- ___ 50. Do you keep to yourself, not wishing to be interfered with or to interfere in other people's affairs?
- ___ 51. Are you self-reliant and prefer spending your time alone?
- ___ 52. Do you find yourself losing patience, becoming tense and irritable with people and things that move too slowly for you?
- ___ 53. Do you do things in a rush, racing from one place or situation to another?
- ___ 54. Do you find you need to work alone, because others can't keep up to your pace?
- ___ 55. Do you find others avoiding conversations with you because you tend to talk a great deal?
- ___ 56. Do you dislike being alone and seek the company of any one willing to listen to your troubles?
- ___ 57. Do you feel the need to steer conversations back to your special interests or problems, and are reluctant to discontinue them even when the listener has to leave?
- ___ 58. Do you try to have a "stiff upper lip" and make light of even the most trying circumstances?

- ___ 59. Do you go out of your way to avoid burdening others with your problems, give in to the wishes of others in order to avoid an argument or quarrel?
- ___ 60. When troubled, do you find yourself drinking alcohol or using stimulants or other drugs to assist in keeping up a happy disposition?
- ___ 61. Are you easily imposed on because of your willingness to help others?
- ___ 62. Is it difficult for you to say 'NO' when you're asked for help, becoming more a servant than a willing helper?
- ___ 63. Do you neglect your own needs, because you are too busy taking care of other peoples needs?
- ___ 64. Are you involved in a relationship or situation you would like to be free of but cannot break away from?
- ___ 65. Are you currently in a state of transition or change?
- ___ 66. In the midst of this change, do you find that you're having difficulty in letting go of past attachments or in starting new beginnings?
- ___ 67. Are you suspicious and mistrusting of other people's motives and intentions?
- ___ 68. Do others find you spiteful, envious, jealous or vengeful?
- ___ 69. Do you find yourself lacking compassion or warmth toward others?
- ___ 70. Are you rarely content with your accomplishments, feeling that you could always do better?
- ___ 71. Do you blame yourself for other people's mistakes, feeling that their shortcomings are in some way your fault or responsibility?
- ___ 72. Are you hard on yourself when you fail to live up to the standards or expectations you've set for yourself?
- ___ 73. Do you tend to overextend your commitments?
- ___ 74. Do you find yourself overwhelmed by your work, and despite being capable, feel you have taken on more than you can do?
- ___ 75. Do you become despondent when faced with the magnitude of your responsibilities?
- ___ 76. Have there been past traumas or shocks in your life, which you may not have completely recovered from?
- ___ 77. Do you feel a past surgery or accident is responsible for your present condition?
- ___ 78. Have you recently, or in the past, suffered a personal loss which you haven't quite gotten over?
- ___ 79. Do you feel that your very 'soul' is suffering destruction or being annihilated?
- ___ 80. Do you suffer from mental anguish and deep despair?
- ___ 81. Do you feel that the burden of life is more than you can bear?
- ___ 82. Have you lost hope that you will recover from or be helped in overcoming an illness or difficulty?
- ___ 83. Do you feel it is useless to seek further help for your problems?
- ___ 84. Have you given up hope that things will change for the better in some circumstance or situation in your life?
- ___ 85. Do you ever become gloomy and depressed for no known reason?
- ___ 86. Does this depression envelop you like a dark cloud, hiding the joy of life?
- ___ 87. Do you find this gloom and depression, for no apparent reason, lifts as suddenly as it comes?
- ___ 88. Are you easily discouraged when things don't go your way?
- ___ 89. When setting out to accomplish a task, do you become over-sensitive to small delays and hindrances which may lead to self-doubt and at time to depression?
- ___ 90. Is it hard for you to start over again once you've encountered difficulties?
- ___ 91. Are you one who tirelessly struggles on despite oppositions and delays?

- ___ 92. Can you always be depended upon to complete what you set out to do, regardless of the challenge?
- ___ 93. Do you tend to throw yourself into your projects neglecting your own needs, as well as the needs of those close to you?
- ___ 94. Through no fault of your own, do you feel that life has been unfair or unjust to you?
- ___ 95. Have you become resentful and bitter towards those who may have treated you poorly?
- ___ 96. Despite all that you have done, do you feel your best efforts have largely gone unrewarded, while others not as deserving as yourself, have gained?
- ___ 97. Do you feel unclean or ashamed over an act you should not have committed, or over someone or something having violated you personally?
- ___ 98. Do you find yourself preoccupied with small physical problems such as pimples, small blemishes or rashes, while overlooking more serious conditions?'
- ___ 99. Do you feel there is something wrong with, or some things you would like changed, in your physical appearance?
- ___ 100. Are you compulsive about cleanliness, even at times to the extreme?
- ___ 101. Are you afraid of becoming, or feel you have already become, contaminated and need to be cleansed?
- ___ 102. Do you want to keep your loved ones close to you and help them by directing their lives?
- ___ 103. Do you feel you are not appreciated by those you care for?
- ___ 104. Do you find yourself needing the attention and devotion of those you love, feeling it's their duty to stay in close contact with you?
- ___ 105. When assessing people and situations, do you look for what you can find wrong?
- ___ 106. Do the small habits and idiosyncrasies of others bother you?
- ___ 107. Are you critical and intolerant of those who don't measure up to your standards or expectations?
- ___ 108. Do you have strong opinions in which you attempt to convince others are right?
- ___ 109. Are you easily irritated by injustices, arguing for and defending principles which you believe in?
- ___ 110. Are you high-strung, at times tense and over-enthusiastic, always teaching and philosophizing?
- ___ 111. Do you feel you have a mission in life to conform with or live up to?
- ___ 112. Are you strict in your adherence to a religious or social discipline or in a particular way of living?
- ___ 113. Do you feel it's important to make an example of yourself by living up to your ideals, so that others may follow?
- ___ 114. Do you tend to take charge in circumstances and situations you're involved with?
- ___ 115. Are you strong-willed and expect complete obedience (without question) from those around you?
- ___ 116. Do you consider yourself a 'born leader'?

Tell me a little more about yourself & issues you are currently experiencing.

Bach Flower Scoring Sheet

Add all the checks ('yes' answers) in each of the given question groupings (i.e. 1-3). If there are two or more 'yes' answers in a question group, put a check next to that remedy.

Carefully read the descriptions of each of the remedies checked. Select by priority, the remedies indicated. Remember, up to six remedies may be combined and taken at one time (however, the fewer the better).

Question Grouping	Result	Remedy
1 – 3		Aspen
4 – 6		Mimulus
7 – 9		Cherry Plum
10 – 12		Red Chestnut
13 – 15		Rock Rose
16 – 18		Cerato
19 – 21		Scleranthus
22 – 24		Wild Oat
25 – 27		Larch
28 – 30		Hornbeam
31 – 33		Clematis
34 – 36		Honeysuckle
37 – 39		Wild Rose
40 – 42		White Chestnut
43 – 45		Chestnut Bud
46 – 48		Olive
49 – 51		Water Violet
52 – 54		Impatiens
55 – 57		Heather

Question Grouping	Result	Remedy
58 – 60		Agrimony
61 – 63		Centaury
64 – 66		Walnut
67 – 69		Holly
70 – 72		Pine
73 – 75		Elm
76 – 78		Star of Bethlehem
79 – 81		Sweet Chestnut
82 – 84		Gorse
85 – 87		Mustard
88 – 90		Gentian
91 – 93		Oak
94 – 96		Willow
97 – 101		Crab Apple
102 – 104		Chicory
105 – 107		Beech
108 – 110		Vervain
111 – 113		Rock Water
114 – 116		Vine