

Bach® Flower Remedies Questionnaire

AGRIMONY

I often hide my feelings behind a facade 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 strange fear that something bad will happen
I wake up feeling anxious

BEECH

I easily get annoyed by the habits of others
I often focus on others peoples mistakes
I find myself being critical and intolerant of others

CENTAURY

I often neglect my own needs to please others
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 wrong 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 and may procrastinate

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 often 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 when I have 2 options
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, trauma or fright

**SWEET
CHESTNUT**

I feel extreme mental or emotional heartache
I have reached the limits of my endurance
I feel 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 have repeated unwanted thoughts and worries
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"

**RESCUE
REMEDY**

I have experienced a trauma
I feel very stressed out
I feel irritated and impatient
I feel un-grounded and spacey
I feel frightened and frozen
I feel I may lose self-control