

Bach Flower Questionnaire

Check all that apply. If you have to think about it, skip it. Don't limit your choices.

Agrimony

- I 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 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

Centauray

- 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 fully 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've 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'm overly concerned and worried about my loved ones
- I'm 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 worry that harm may come to those I love

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'm experiencing change in 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 repeatedly relive unhappy events or arguments

I'm 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"