

BACH FLOWER QUESTIONNAIRE

<p>1. AGRIMONY</p> <p>___ Do you find yourself hiding worries behind a cheerful, smiling face in an attempt to conceal your pain from others?</p> <p>___ Are you distressed by arguments and quarrels, often "giving in" to avoid any conflict?</p> <p>___ When you feel life's pressures weighing you down, do you often turn to food, work, alcohol, drugs or other outside influences to help you cope?</p>
<p>1. ASPEN</p> <p>___ Do you have feelings of apprehension or anxiety without knowing why?</p> <p>___ Do you feel that something bad may happen but you are not sure what?</p> <p>___ Do you wake up with a sense of foreboding and anxiety of what the day will bring?</p>
<p>2. BEECH</p> <p>___ Are you annoyed by the habits and shortcomings of others?</p> <p>___ Do you find yourself being overly critical and intolerant, usually looking for what someone has done wrong and not right?</p> <p>___ Does the incompetence and foolishness of others irritate you?</p>
<p>3. CENTAURY</p> <p>___ Do you often neglect your own needs in order to please others?</p> <p>___ Is it difficult to say no to those who impose upon your good nature?</p> <p>___ Do you tend to be easily influenced by those stronger in nature than yourself?</p>
<p>4. CERATO</p> <p>___ Do you constantly second-guess your own decisions and judgment?</p>

<p>___ Do you often seek advice and confirmation from other people, mistrusting your own intuition?</p> <p>___ Do you change direction often, even after asking advice, because you feel confused or unsure?</p>
<p>5. CHERRY PLUM</p> <p>___ Are you afraid you might lose control of yourself mentally, emotionally, or physically?</p> <p>___ Do you fear that you may think or do something you feel is wrong?</p> <p>___ Do you fear you may hurt yourself or others or become violent and explosive?</p>
<p>6. CHESTNUT BUD</p> <p>___ Do you find yourself making the same mistakes over and over again such as choosing the wrong type of partner or staying in a job you dislike?</p> <p>___ Do you fail to learn from the mistakes or experiences of others?</p> <p>___ Do you wish you would not repeat the same patterns again and again?</p>
<p>7. CHICORY</p> <p>___ Do you need to be needed and want your loved ones to be close by?</p> <p>___ Do you feel unloved and unappreciated by your loved ones?</p> <p>___ Are you possessive of those you care for, feeling you know what is best for them?</p>
<p>8. CLEMATIS</p> <p>___ Do you often feel spacey and absent minded?</p> <p>___ Do you find yourself preoccupied and dreamy, unable to concentrate for any length of time?</p> <p>___ Are you drowsy and listless, sleeping more often than necessary?</p>
<p>9. CRAB APPLE</p> <p>___ Are you obsessed with cleanliness or feel toxic or contaminated?</p>

<p>___ Are you embarrassed and ashamed of yourself or feel physically unattractive?</p> <p>___ Do you tend to concentrate on small physical conditions such as pimples or marks?</p>
<p>10. ELM</p> <p>___ Do you feel overwhelmed by your responsibilities?</p> <p>___ Do you feel it is too difficult to handle all the tasks ahead of you?</p> <p>___ Do you become depressed and exhausted when faced with your everyday commitments?</p>
<p>11. GENTIAN</p> <p>___ Do you become discouraged and depressed when things go wrong?</p> <p>___ Are you easily disheartened when faced with difficult situations?</p> <p>___ Does your depressed attitude prevent you from making an effort to accomplish something?</p>
<p>12. GORSE</p> <p>___ Do you feel forlorn and hopeless, as if there is no reason to try to improve things?</p> <p>___ Do you lack faith that things could get better in your life and therefore make no effort to improve your circumstances?</p> <p>___ Do you believe that nothing can be done to relieve your pain and suffering?</p>
<p>13. HEATHER</p> <p>___ Do you find that others may avoid you because you seem to talk too much?</p> <p>___ Do you dislike being alone, always seeking the companionship of others, to have someone to talk to?</p> <p>___ Do your conversations usually wind up focusing on your interests or problems?</p>
<p>14. HOLLY</p> <p>___ Are you suspicious of others, feeling that people have "ulterior motives"?</p>

<p>___ Do you feel great anger toward other people?</p> <p>___ Are you full of jealousy, mistrust or hate?</p>
<p>15. HONEYSUCKLE</p> <p>___ Do you find yourself living in the past, nostalgic and homesick for the "way it was"?</p> <p>___ Are you unable to change the present circumstances because you are always looking back and never forward?</p> <p>___ Do you often contemplate past regrets?</p>
<p>16. HORNBEAM</p> <p>___ Do you often feel too tired to face the day ahead?</p> <p>___ Do you feel overworked or bored with your life?</p> <p>___ Do you tend to procrastinate and put off some tasks while easily accomplishing those that are more enjoyable?</p>
<p>17. IMPATIENS</p> <p>___ Do you feel a sense of urgency in everything you do, always rushing to get through things?</p> <p>___ Are you impatient and irritable with others who seem to do things too slowly for you?</p> <p>___ Do you prefer to work alone?</p>
<p>18. LARCH</p> <p>___ Do you lack self-confidence?</p> <p>___ Do you feel inferior and often become discouraged?</p> <p>___ Are you so sure that you will fail that you do not even attempt things?</p>
<p>19. MIMULUS</p> <p>___ Are you shy, overly sensitive and often afraid?</p> <p>___ Do you often worry about everyday situations?</p>
<p>20. MUSTARD</p>

<input type="checkbox"/> Do you feel depressed without knowing why?
<input type="checkbox"/> Do you feel your moods swinging back and forth?
<input type="checkbox"/> Do you feel deep gloom, which seems to quickly appear for no apparent reason and then lifts just as suddenly?
21. OAK
<input type="checkbox"/> Are you exhausted but feel the need to struggle on against all odds?
<input type="checkbox"/> Do you have a strong sense of duty and dependability, carrying on no matter what obstacles stand in your way?
<input type="checkbox"/> Do you neglect your own needs in order to complete a task?
22. OLIVE
<input type="checkbox"/> Do you feel utterly and completely exhausted both mentally and physically?
<input type="checkbox"/> Are you totally drained of all energy with no reserves left, finding it difficult to carry on?
<input type="checkbox"/> Have you just been through a long period of illness, stress, or strain with no relief?
23. PINE
<input type="checkbox"/> Do you set overly high standards for yourself, never satisfied with your achievements?
<input type="checkbox"/> Are you full of guilt and self-reproach?
<input type="checkbox"/> Do you blame yourself for everything that goes wrong, sometimes even the mistakes of others?
24. RED CHESTNUT
<input type="checkbox"/> Are you often concerned and worried about your loved ones?
<input type="checkbox"/> Are you distressed and disturbed by other people's problems?

<input type="checkbox"/> Do you worry that harm may come to those you care for?
25. ROCK ROSE
<input type="checkbox"/> Are you susceptible to feelings of terror and panic?
<input type="checkbox"/> Do you become helpless and frozen in the face of your fear?
<input type="checkbox"/> Do you suffer from nightmares?
26. ROCK WATER
<input type="checkbox"/> Do you set high personal standards and take pride in setting a good example for others?
<input type="checkbox"/> Are you overly concerned with diet, exercise, work, and spiritual disciplines?
<input type="checkbox"/> Are you extremely disciplined in your approach to life, always striving for perfection?
27. SCLERANTHUS
<input type="checkbox"/> Do you find it difficult to decide when faced with a choice of two possibilities?
<input type="checkbox"/> Do you lack concentration, always fidgety and nervous?
<input type="checkbox"/> Do your moods frequently change from one extreme to another?
28. STAR OF BETHLEHEM
<input type="checkbox"/> Have you suffered from a recent shock in your life?
<input type="checkbox"/> Are you numbed or withdrawn because of traumatic events in your life?
<input type="checkbox"/> Have you suffered a loss or grief from which you have never recovered?
29. SWEET CHESTNUT
<input type="checkbox"/> Do you suffer from extreme mental or emotional anguish?
<input type="checkbox"/> Do you feel you have reached the limits of what you could possibly endure?

<input type="checkbox"/> Do you feel as though there is no light at the end of the tunnel?
30. VERVAIN
<input type="checkbox"/> Do you have so much energy and drive, that you're sometimes tense and can't fall asleep?
<input type="checkbox"/> Do you have strong opinions and try to convince others of them?
<input type="checkbox"/> Are you sensitive to injustice and dedicated to causes almost to the point that others think is extreme?
31. VINE
<input type="checkbox"/> Do you tend to take charge of meetings, projects, situations, etc...?
<input type="checkbox"/> Do you consider yourself a natural leader?
<input type="checkbox"/> Does your strong will and ambitious nature sometimes come off as aggressive and domineering to others?
32. WALNUT
<input type="checkbox"/> Are you experiencing any change in your life-- a move, new job, loss of a loved one, new relationship, divorce, menopause, giving up an addiction?
<input type="checkbox"/> Do people or situations sometimes drain your energy?
<input type="checkbox"/> Do you need to make a break from strong forces or attachments in your life that may be holding you back?
33. WATER VIOLET
<input type="checkbox"/> Do you appear to others to be aloof and overly proud?
<input type="checkbox"/> Do you have a tendency to be withdrawn and prefer to be alone when faced with too many external distractions?
<input type="checkbox"/> Do you bear your grief and sorrow without talking to others?

34. WHITE CHESTNUT
<input type="checkbox"/> Do you find your head full of persistent, unwanted thoughts that prevent concentration?
<input type="checkbox"/> Do you relive unhappy events or arguments over and over again?
<input type="checkbox"/> Are you unable to sleep at times because your mind seems to be cluttered with mental arguments that go round and round?
35. WILD OAT
<input type="checkbox"/> Do you find yourself in a complete state of uncertainty over major life decisions?
<input type="checkbox"/> Do you feel ready for a change of direction, but are unsure of which way to go?
<input type="checkbox"/> Do you have ambition but feel that life is passing you by?
36. WILD ROSE
<input type="checkbox"/> Are you apathetic and resigned to whatever may happen in your life?
<input type="checkbox"/> Do you have the attitude, "it doesn't matter anyhow"?
<input type="checkbox"/> Do you lack motivation to improve the quality of your life?
37. WILLOW
<input type="checkbox"/> Do you feel resentful and bitter?
<input type="checkbox"/> Do you have difficulty forgiving and forgetting?
<input type="checkbox"/> Do you feel life is unfair and find yourself taking less interest in the things you used to enjoy?