

# **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

## **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 don't want to lose control
- I have sudden fits of rage/anger
- I feel like I'm going crazy/breakdown

## **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
- 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'm 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"