

Bach Flower Self-Help 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 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'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 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 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"