

Flower Essence Questionnaire:



Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.					
Agrimony					
Are you distressed by arguments and quarrels, often "giving in" to avoid any conflict?	0	1	2	3	
Do you find yourself hiding your worries behind a cheerful, smiling face in an attempt to conceal your pain from others?	0	1	2	3	
When you feel life's pressures weighing you down, do you often turn to alcohol or to drugs or other outside influences to help you cope?	0	1	2	3	
Aspen					
Do you awaken with a sense of fear and anxiety of what the day will bring?	0	1	2	3	
Do you have feelings of apprehension, anticipation, or uneasiness with no known causes?	0	1	2	3	
Do you worry that something bad may happen but you are not sure what?	0	1	2	3	
Beech					
Are you annoyed by the habits and shortcomings of others?	0	1	2	3	
Do you find yourself being overly critical and intolerant, usually looking for what someone has done wrong and not right?	0	1	2	3	
Do you prefer to work or be alone because the seeming foolishness of others irritates you?	0	1	2	3	
Centauray					
Is it difficult to say no to those who impose upon your good nature?	0	1	2	3	
Do you often neglect your own needs in order to please others?	0	1	2	3	
Do you tend to be timid and shy, easily influenced by those stronger natured than yourself?	0	1	2	3	
Cerato					
Are you often seeking advice and confirmation from other people, mistrusting your own intuition?	0	1	2	3	
Do you change direction often, even after asking advice, because you feel confused or unsure?	0	1	2	3	
Do you constantly second-guess your own decisions and judgment?	0	1	2	3	
Cherry Plum					
Are you afraid of hurting yourself or others or become violent and explosive?	0	1	2	3	
Do you fear losing control of yourself mentally, emotionally or physically?	0	1	2	3	
Do you fear that you may think or do something that you feel is wrong?	0	1	2	3	

Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.					
Chestnut Bud					
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?	0	1	2	3	
Do you fail to learn from your experiences, or from the mistakes and experience of others?	0	1	2	3	
Do you wish you would not repeat the same patterns again and again?	0	1	2	3	
Chicory					
Are you possessive of those you care for, feeling you know what is best for them?	0	1	2	3	
Do you need to be needed and want your loved ones close by you?	0	1	2	3	
Do you often feel unloved and unappreciated by the loved ones "after all you have done for them"?	0	1	2	3	
Clematis					
Are you drowsy and listless, sleeping more often than necessary?	0	1	2	3	
Do you find yourself preoccupied and dreamy, unable to concentrate for any length of time?	0	1	2	3	
Do you often feel spaced, absent-minded and out of touch with the "real world"?	0	1	2	3	
Crab Apple					
Are you embarrassed and ashamed of yourself or feel physically unattractive?	0	1	2	3	
Are you obsessed with cleanliness or feel toxic or contaminated?	0	1	2	3	
Do you tend to concentrate on small physical conditions such as pimples or marks?	0	1	2	3	
Elm					
Do you feel overwhelmed by your responsibilities?	0	1	2	3	
Do you become depressed and exhausted when faced with your everyday commitments?	0	1	2	3	
Do you feel it is too difficult to handle all of the many tasks ahead of you?	0	1	2	3	
Gentian					
Are you easily disheartened when faced with difficult situations?	0	1	2	3	
Do you become discouraged and depressed when things go wrong?	0	1	2	3	
Does your depressed attitude or pessimism prevent you from making an effort to accomplish something?	0	1	2	3	
Gorse					
Do you believe that nothing can be done to relieve your pain and suffering?	0	1	2	3	
Do you feel despondent and hopeless, at the end of your rope both mentally and physically?	0	1	2	3	
Do you lack faith that things will get better in your life and therefore make no effort to improve your circumstances?	0	1	2	3	

Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.					
Heather					
Do your conversations usually wind up focusing on your interests or problems?	0	1	2	3	
Do you dislike being alone, always seeking the companionship of others, to have someone to talk to?	0	1	2	3	
Do you find that others may avoid you because you seem to talk too much? Are you not interested in what other people have to say?	0	1	2	3	
Holly					
Are you full of jealousy, mistrust, envy or hate?	0	1	2	3	
Do you feel generalized anger toward other people?	0	1	2	3	
Do you mistrust others' intentions, are you suspicious of others feeling that they have "ulterior motives"?	0	1	2	3	
Honeysuckle					
Are you dissatisfied with your accomplishments, do you often contemplate past regrets?	0	1	2	3	
Are you unable to change present circumstances because you are always looking back and never forward?	0	1	2	3	
Do you find yourself living in the past, nostalgic and homesick for the "way it was"?	0	1	2	3	
Hornbeam					
Do you feel overworked or bored with your life?	0	1	2	3	
Do you tend to procrastinate and put off some tasks while easily accomplishing those that are more enjoyable?	0	1	2	3	
Do you often feel too tired to face the day ahead?	0	1	2	3	
Impatiens					
Are you impatient and irritable with others who seem to do things too slowly for you?	0	1	2	3	
Do you feel a sense of urgency in everything you do, always rushing to get through things?	0	1	2	3	
Do you prefer to work alone?	0	1	2	3	
Larch					
Are you sure that you will fail and therefore do not even attempt things?	0	1	2	3	
Do you feel inferior and often become discouraged?	0	1	2	3	
Do you lack self-confidence?	0	1	2	3	
Mimulus					
Are you shy, overly sensitive, and often afraid?	0	1	2	3	
Do you have fears of identifiable things, such as illness, death, pain, heights, darkness, snakes, etc.?	0	1	2	3	
Do you often worry about everyday situations like traffic, bills, etc.?	0	1	2	3	

Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.					
Mustard					
Do you feel deep gloom that seems to quickly descend for no apparent reason and lifts just as suddenly?	0	1	2	3	
Do you feel depressed without knowing why?	0	1	2	3	
Do you feel your moods swinging back and forth?	0	1	2	3	
Oak					
Are you exhausted but feel the need to struggle on against all odds?	0	1	2	3	
Do you have a strong sense of duty and dependability, carrying on no matter what obstacles stand in your way?	0	1	2	3	
Do you neglect your own needs to complete a task?	0	1	2	3	
Olive					
Are you totally drained of all energy with no reserves left finding it difficult to carry on? For example, is everything an effort, does your life lack zest?	0	1	2	3	
Do you feel utterly and completely exhausted, both physically and mentally?	0	1	2	3	
Have you just been through a long period of illness, stress or strain with no relief?	0	1	2	3	
Pine					
Are you full of guilt and self-reproach?	0	1	2	3	
Do you blame yourself for everything that goes wrong, sometimes even the mistakes of others?	0	1	2	3	
Do you set overly high standards for yourself, never satisfied with your achievements?	0	1	2	3	
Red Chestnut					
Are you distressed and disturbed by other people's problems?	0	1	2	3	
Are you often concerned and worried for your loved ones?	0	1	2	3	
Do you worry that harm may come to those you care for?	0	1	2	3	
Rock Rose					
Do you become helpless and frozen in the face of your fear?	0	1	2	3	
Are you susceptible to feelings of terror and panic?	0	1	2	3	
Do you suffer from nightmares?	0	1	2	3	
Rock Water					
Are you extremely disciplined in your approach to life, always striving for perfection?	0	1	2	3	
Are you overly concerned with diet, exercise, work, and spiritual disciplines to the point that you deny yourself the simple pleasures of life?	0	1	2	3	
Do you set high personal standard and take pride in setting a good example for others?	0	1	2	3	

Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.					
Scleranthus					
Do you find it difficult to decide when faced with a choice of two possibilities?	0	1	2	3	
Do you lack concentration, always fidgety and nervous?	0	1	2	3	
Do your moods change from one extreme to another: joy to sadness, optimism to pessimism, laughing to crying?	0	1	2	3	
Star of Bethlehem					
Are you numbed or withdrawn as a result of recent traumatic events in your life?	0	1	2	3	
Have you suffered a loss or grief that you have never recovered from?	0	1	2	3	
Have you suffered a recent shock in your life such as an accident, loss of a loved one, terrible news, or illness?	0	1	2	3	
Sweet Chestnut					
Do you feel as though the future holds nothing for you, that there is not light at the end of the tunnel?	0	1	2	3	
Do you feel that you have reached the limits of what you could possible endure?	0	1	2	3	
Do you suffer from extreme mental anguish?	0	1	2	3	
Vervain					
Do you have so much energy and drive that you are sometimes tense and can't fall asleep?	0	1	2	3	
Do you have strong opinions and try to convince others of them?	0	1	2	3	
Are you sensitive to injustice and dedicated to causes almost to the point that others think is extreme?	0	1	2	3	
Vine					
Are you strong-willed and ambitious but may appear aggressive and domineering to others?	0	1	2	3	
Do you consider yourself a natural leader?	0	1	2	3	
Do you tend to take charge of meetings, project, situations, etc.?	0	1	2	3	
Walnut					
Do people or situations sometimes drain your energy?	0	1	2	3	
Are you experiencing any change in your life—a move, new job, loss of a loved one, new relationship, divorce, puberty, menopause, or giving up an addiction?	0	1	2	3	
Do you need to make a break from strong forces or attachments in your life that may be holding you back?	0	1	2	3	
Water Violet					
Do you appear to others to be aloof and overly proud?	0	1	2	3	
Do you bear your grief and sorrow in silence without talking to others?	0	1	2	3	
Do you have tendency to be withdrawn and prefer to be alone when faced with too many distractions?	0	1	2	3	

Please circle the appropriate number on all questions below. 0 as the least/never to 3 as the most/always.					
White Chestnut					
Are you unable to sleep at times because your mind seems to be cluttered with mental arguments that go round and round?	0	1	2	3	
Do you relive unhappy events or arguments over and over again?	0	1	2	3	
Do you find your head full of persistent, unwanted thoughts that prevent concentration?	0	1	2	3	
Wild Oat					
Are you displeased with your lifestyle and feel dissatisfied with your achievements? (In other words: Are you ready for a change of direction, but are unsure of which way to go?)	0	1	2	3	
Do you find yourself in a complete state of uncertainty over major life decisions?	0	1	2	3	
Do you have ambition but feel that life is passing you by?	0	1	2	3	
Wild Rose					
Are you apathetic and resigned to whatever may happen in your life?	0	1	2	3	
Do you have the attitude, "it doesn't matter anyhow, I will just live with it"?	0	1	2	3	
Do you lack the motivation to improve the quality of your life?	0	1	2	3	
Willow					
Do you feel life is unfair and find yourself taking less and less interest in the things you used to enjoy?	0	1	2	3	
Do you feel resentful and bitter?	0	1	2	3	
Do you have difficulty forgiving and forgetting?	0	1	2	3	



What are Bach flower remedies?

Bach flower remedies were introduced in the 1930s by Edward Bach, M.D., (1886-1936) a British physician, who developed a "theory of types" by which he divided people into seven groups based on their reactions to illness. He listed these types as fear, uncertainty, loneliness, over sensitivity, lack of interest in present circumstances, dependency, and over-concern for others. Dr. Bach ascertained that negative moods and emotions were the root cause for the breakdown in health (by causing people to act certain ways and make choices that lead to illness) and determined that treatment had to address patients' emotional and mental states. He devised 38 wild flower essences, or remedies, for treatment of these negative moods and emotions. Dr. Bach's students have since added additional floral remedies. The flower essences mode of action does not depend on molecular or pharmacological mechanisms but on the subtle energy that is transmitted from the flowers.