**Bach Flower Questionnaire**

This questionnaire can help you learn the different type of emotional imbalance that each Bach Flower Remedy addresses. You may want to read more about each of the Remedies in order to select the correct combination.

\_\_I hide my feelings behind a façade of cheerfulness
\_\_I dislike arguments and often give in to avoid conflict
\_\_I turn to food, work, alcohol, drugs, etc. when down
\_\_I feel anxious without knowing why
\_\_I have a secret fear that something bad will happen
\_\_I wake up feeling anxious
\_\_I get annoyed by the habits of others
\_\_I focus on others' mistakes
\_\_I am critical and intolerant
\_\_I often neglect my own needs to please
\_\_I find it difficult to say "no"
\_\_I tend to be easily influenced
\_\_I constantly second-guess myself
\_\_I seek advice, mistrusting my own intuition
\_\_I often change my mind out of confusion
\_\_I'm afraid I might lose control of myself
\_\_I have sudden fits of rage
\_\_I feel like I'm going crazy
\_\_I make the same mistakes over and over
\_\_I don't learn from my experience
\_\_I keep repeating the same patterns
\_\_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
\_\_I often feel spacey and absent minded
\_\_I find myself unable to concentrate for long
\_\_I get drowsy and sleep more than necessary
\_\_I am overly concerned with cleanliness
\_\_I feel unclean or physically unattractive
\_\_I tend to obsess over little things
\_\_I feel overwhelmed by my responsibilities
\_\_I don't cope well under pressure
\_\_I have temporarily lost my self-confidence
\_\_I become discouraged with small setbacks
\_\_I am easily disheartened when faced with difficulties
\_\_I am often skeptical and pessimistic
\_\_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
\_\_I am obsessed with my own troubles
\_\_I dislike being alone and I like to talk
\_\_I usually bring conversations back to myself
\_\_I am suspicious of others
\_\_I feel discontented and unhappy
\_\_I am full of jealousy, mistrust, or hate
\_\_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
\_\_I often feel too tired to face the day ahead
\_\_I feel mentally exhausted
\_\_I tend to put things off
\_\_I find it hard to wait for things
\_\_I am impatient and irritable
\_\_I prefer to work alone
\_\_I lack self-confidence
\_\_I feel inferior and often become discouraged
\_\_I never expect anything but failure
\_\_I am afraid of things such as spiders, illness, etc.
\_\_I am shy, overly sensitive, and modest
\_\_I get nervous and embarrassed
\_\_I get depressed without any reason
\_\_I feel my moods swinging back and forth
\_\_I get gloomy feelings that come and go
\_\_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
\_\_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
\_\_I feel unworthy and inferior
\_\_I often feel guilty
\_\_I blame myself for everything that goes wrong
\_\_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
\_\_I sometimes feel terror and panic
\_\_I become helpless and frozen when afraid
\_\_I suffer from nightmares
\_\_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
\_\_I find it difficult to make decisions
\_\_I often change my opinions
\_\_I have intense mood swings
\_\_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
\_\_I feel extreme mental or emotional heartache
\_\_I have reached the limits of my endurance
\_\_I am in complete despair, all hope gone
\_\_I get high-strung and very intense
\_\_I try to convince others of my way of thinking
\_\_I am sensitive to injustice, almost fanatical
\_\_I tend to take charge of projects, situations, etc.
\_\_I consider myself a natural leader
\_\_I am strong-willed, ambitious and often bossy
\_\_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
\_\_I give the impression that I'm aloof
\_\_I prefer to be alone when overwhelmed
\_\_I often don't connect with people
\_\_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
\_\_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
\_\_I am apathetic and resigned to whatever happens
\_\_I have the attitude, "It doesn't matter anyhow"
\_\_I feel no joy in life
\_\_I feel resentful and bitter
\_\_I have difficulty forgiving and forgetting
\_\_I think life is unfair and have a "Poor me attitude"

**Flower Remedies**

**Agrimony**

"The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented and restless and worried in mind or in body, they hide their cares behind their humor and jesting and are considered very good friends to know. They often take alcohol or drugs in excess, to stimulate them and help themselves bear their trials with cheerfulness." **- Dr. Edward Bach**

**Aspen**

"Vague unknown fears, for which there can be given no explanation, no reason. It is a terror that something awful is going to happen even though it is unclear what exactly. These vague inexplicable fears may haunt by night or day. Sufferers may often be afraid to tell their trouble to others." **- Dr. Edward Bach**

**Beech**

"For those who feel the need to see more good and beauty in all that surrounds them. And, although much appears to be wrong, to have the ability to see the good growing within. So as to be able to be more tolerant, lenient and understanding of the different way each individual and all things are working to their own perfection." **- Dr. Edward Bach**

**Centaury**

"Kind, quiet, gentle people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life" **- Dr. Edward Bach**

**Cerato**

"Those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided" - **Dr. Edward Bach**

**Cherry Plum**

"Fear of mind being over-strained, of reason giving away, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them." **- Dr. Edward Bach**

**Chestnut Bud**

"For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learnt. Therefore, to their regret, they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault." **- Dr. Edward Bach**

**Chicory**

"Those who are very mindful of the needs of others they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them" **- Dr. Edward Bach**

**Clematis**

"Those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances, living more in the future than in the present; living in hopes of happier times when their ideals may come true. In illness some make little or no effort to get well, and in certain cases may even look forward to death, in the hope of better times; or maybe, meeting again some beloved one whom they have lost." **- Dr. Edward Bach**

**Crab Apple**

"This is the remedy of cleansing. For those who feel as if they have something not quite clean about themselves. Often it is something of apparently little importance: in others there may be more serious disease which is almost disregarded compared to the one thing on which they concentrate. In both types they are anxious to be free from the one particular thing which is greatest in their minds and which seems so essential to them that it should be cured. They become despondent if treatment fails. Being a cleanser, this remedy purifies wounds if the patient has reason to believe that some poison has entered which must be drawn out." **- Dr. Edward Bach**

**Elm**

"Those who are doing good work, are following the calling of their life and who hope to do something of importance, and this often for the benefit of humanity. At times there may be periods of depression when they feel that the task they have undertaken is too difficult, and not within the power of a human being." **- Dr. Edward Bach**

**Gentian**

"Those who are easily discouraged. They may be progressing well in illness or in the affairs of their daily life, but any small delay or hindrance to progress causes doubt and soon disheartens them." **- Dr. Edward Bach**

**Gorse**

"Very great hopelessness, they have given up belief that more can be done for them. Under persuasion or to please others they may try different treatments, at the same time assuring those around that there is so little hope of relief." **- Dr. Edward Bach**

**Heather**

"Those who are always seeking the companionship of anyone who may be available, as they find it necessary to discuss their own affairs with others, no matter who it may be. They are very unhappy if they have to be alone for any length of time." **- Dr. Edward Bach**

**Holly**

"For those who are sometimes attacked by thoughts of such kind as jealousy, envy, revenge, suspicion. For the different forms of vexation. Within themselves they may suffer much, often when there is no real cause for their unhappiness." **- Dr. Edward Bach**

**Honeysuckle**

"Those who live much in the past, perhaps a time of great happiness, or memories of a lost friend, or ambitions which have not come true. They do not expect further happiness such as they have had." **- Dr. Edward Bach**

**Hornbeam**

"For those who feel that they have not sufficient strength, mentally or physically, to carry the burden of life placed upon them; the affairs of every day seem too much for them to accomplish, though they generally succeed in fulfilling their task. For those who believe that some part, of mind or body, needs to be strengthened before they can easily fulfill their work." **- Dr. Edward Bach**

**Impatiens**

"Those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow as they consider it wrong and a waste of time, and they will Endeavour to make such people quicker in all ways. They often prefer to work and think alone, so that they can do everything at their own speed." **- Dr. Edward Bach**

**Larch**

"For those who do not consider themselves as good or capable as those around them, who expect failure, who feel that they will never be a success, an so do not venture or make a strong enough attempt to succeed." **- Dr. Edward Bach**

**Mimulus**

"Fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread; they do not freely speak of it to others." **- Dr. Edward Bach**

**Mustard**

"Those who are liable to times of gloom or even despair, as though a cold dark cloud overshadowed them and hid the light and the joy of life. It may not be possible to give any reason or explanation for such attacks. Under these conditions it is almost impossible to appear happy or cheerful." **- Dr. Edward Bach**

**Oak**

"For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope of effort." **- Dr. Edward Bach**

**Olive**

"Those who have suffered much mentally or physically and are so exhausted and weary that they feel they have no more strength to make any effort. Daily life is hard work for them, without pleasure." **- Dr. Edward Bach**

**Pine**

"For those who blame themselves. Even when successful they think they could have done better, and are never satisfied with the decisions they make. Would this remedy help me to stop blaming myself for everything?" **- Dr. Edward Bach**

**Red Chestnut**

"For those who find it difficult not to be anxious for other people. Often they have ceased to worry about themselves, but for those of." **- Dr. Edward Bach**

**Rock Rose**

"The remedy of emergency for cases where there even appears no hope. In accident serious or sudden illness, or when the patient is very frightened or terrified, or if the conditions is serious enough to cause great fear to those around. If the patient is not conscious the lips may be moistened with the remedy." **- Dr. Edward Bach**

**Rock Water**

"Those who are very strict in their way of living; they deny themselves many of the joys and pleasures of life because they consider it might interfere with their work. They are hard masters to themselves. They wish to be well and strong and active, and will do anything which they believe will keep them so. They hope to be examples which will appeal to others who may then follow their ideas and be better as a result." **- Dr. Edward Bach**

**Scleranthus**

"Those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others." **- Dr. Edward Bach**

**Star of Bethlehem**

"For those in great distress under conditions which for a time produce great unhappiness. The shock of serious news, the loss of someone dear, the fright following an accident, and such like. For those who for a time refuse to be consoled, this remedy brings comfort." **- Dr. Edward Bach**

**Sweet Chestnut**

"For those moments which happen to some people when the anguish is so great as to seem to be unbearable. When the mind or body feels as if it had borne to the uttermost limit of its endurance, and that now it must give way. When it seems there is nothing but destruction and annihilation left to face." **- Dr. Edward Bach**

**Vervain**

"Those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties." **- Dr. Edward Bach**

**Vine**

"Very Capable people, certain of their own ability, confident of success. Being so assured, they think that it would be for the benefit of others if they could be persuaded to do things as they themselves do, or as they are certain is right. Even in illness they will direct their attendants. They may be of great value in emergency." **- Dr. Edward Bach**

**Walnut**

"For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences." **- Dr. Edward Bach**

**Water Violet**

"For those who in health or illness like to be alone. Very quiet people, who move about without noise, they are aloof, leave people alone and go their own way. Often clever and talented. Their peace and calmness is a blessing to those around them." **- Dr. Edward Bach**

**White Chestnut**

"For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and still remain, or if for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day." **- Dr. Edward Bach**

**Wild Oat**

"Those who have ambitions to do something of prominence in life, who wish to have much experience, and to enjoy all that which is possible for them, to take life to the full. Their difficulty is to determine what occupation to follow; as although their ambitions are strong, they have no calling which appeals to them above all others. This may cause delay and dissatisfaction." **- Dr. Edward Bach**

**Wild Rose**

"Those who without apparently sufficient reason become resigned to all that happens, and just glide through life, take its as it is, without any effort to improve things and find some joy. They have surrendered to the struggle of life without complaint." **- Dr. Edward Bach**

**Willow**

"For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed." **- Dr. Edward Bach**

**EMOTIONS**

**Fear.**

**Rock Rose**: Helps when you experience fears, such as, terror or fright that makes you feel frozen and unable to move or think clear.

**Mimulus**: Helps when you feel fear, the type of fear that you can put a name on, such as, fear of dogs, spiders, being alone, losing a job, illness etc. Also fear of speaking freely of it to others or shyness.

**Cherry Plum:** For those who fear losing control of their thoughts and actions and doing things they know are bad for them or which they consider wrong. Teaches trust in one's spontaneous wisdom and the courage to follow one's path.

**Aspen**: Helps when you feel fearful without knowing why. The fear is vague and unexplainable and may hunt you day and night.

**Red Chestnut**: Helps when you find it difficult not to be anxious for other people, you are afraid that some unfortunate things may happen to your loved ones.

**Uncertainty**

**Cerato**: Helps trust your own judgment in decision-making.

**Scleranthus**: Helps when you have a hard time choosing between two things, such as, Mexican or Chinese food, you simply can not decide which restaurant to go.

**Gentian**: Helps when you get discouraged and depressed when things go wrong or when you are faced with even small delays or difficulty.

**Gorse**: Helps when you feel great hopelessness, and have given up belief that more can be done.

**Hornbeam**: Helps when you feel that you have not sufficient strength mentally or physically to carry the burden that life have placed on you.

**Wild Oa**t: Helps when you are at a crossroad in life and are uncertain as to which direction to choose.

**Insufficient interest in present circumstances.**

**Clematis**: For those who find their lives unhappy and withdraw into fantasy worlds. They are ungrounded and indifferent to the details of everyday life. Teaches one to establish a bridge between the physical world and the world of ideas; may foster great creativity. Is also used to bring clarity and alertness to the present moment.

**Honeysuckle**: Helps you let go of past experiences or events. Your thoughts are in the past rather in the present.

**Wild Rose**: Helps you to take responsibility for your own life and take a lively interest in life, work and the world in general.

**Olive**: Helps you regain energy, vitality and interest in life.

**White Chestnut**: Helps when your mind is cluttered with thoughts, usually arguments, ideas, thoughts which you do not wish to have in your mind.

**Mustard**: Helps when you feel suddenly depressed without any reason. It feels like a cold dark cloud that destroys normal happiness and cheerfulness.

**Chestnut Bud**: Helps when you keep doing the same mistake over and over again. You do not take full advantage of observation and experiences and therefore it takes longer for you to learn a lesson.

**Loneliness.**

**Water Violet:** Helps you get a warmer relationship with other people. You love being alone, but often find yourself lonely.

**Impatiens**: For those who act and think quickly, and have no patience for what they see as the slowness of others. They often prefer to work alone. Teaches empathy and understanding of and patience with others. It is found to be fast-acting in alleviating an impatient attitude and lowering stress.

**Heather:** Helps when you are unhappy being alone for any length of time, you are always seeking the companionship and find it necessary to discuss your affairs with others, no matter who it may be.

**Over-sensitivity to influences and ideas.**

**Agrimony**: Helps you to communicate your real feelings and worries. You are the cheerful, humorous type that get distressed by argument or quarrel. You often hide your feelings behind humor and jesting and often you take alcohol or drugs in excess, to stimulate yourself.

**Centaury**: Helps when you find it hard to say no, and therefore easily get imposed on. You often find yourself serving others, neglecting your own particulate mission in life.

**Walnut**: Helps you break free from old ties and at times of major life changes. It helps you move forward and make necessary changes in order to be happy. Walnut gives consistency and protection from outside influences.

**Holly**: Helps when you suffer from angry thoughts such as jealousy, envy, revenge and/or suspicion.

**Despondency or despair.**

**Larch**: Helps you to regain self-esteem and confidence in yourself.

**Pine**: Helps when you feel guilt and self-reproach, often for other people's mistakes or just anything that goes wrong. You are never content with your effort and results.

**Elm**: Helps when your responsibilities overwhelm you. You feel depressed and exhausted and may lose self-esteem.

**Sweet Chestnut:** Helps you at moments when the anguish is too great and seem to be unbearable. Your mind or body feels as if it had bore to be the uttermost limit of its endurance. It feels as there is nothing but destruction and annihilation left to face.

S**tar of Bethlehem**: Helps when you experience serious news, loss of someone dear, the fright following an accident etc. The distress and unhappiness feels unbearable.

**Willow**: Helps when you have suffered adversity or misfortune and find it difficult to accept. You feel sorry for yourself and are grumble and sulky.

**Oak**: Helps when your inner strength wanes; usually because you are an over-achiever and will overwork and ignore your tiredness.

**Crab Apple**: Helps when you feel that there is something not quite clean about yourself. You may need to wash hands often, find things dirty without any reason, you may find yourself ugly although others find you very attractive. This is the cleansing Essence.

**Over-care for welfare of others.**

**Chicory**: Helps you to be less critical, opinionated and argumentative. You always find something about others that you believe should be put right.

**Vervain**: For strong-willed people who hold strong views. They put unnecessary effort into everything they undertake, your mind race ahead of events, you may suffer from lack of sleep due to an overactive mind.

**Vine**: Helps you respect other people's views and ideas, you tend to try to persuade other people to do things your way.

**Beech**: Helps you be less critical toward other people and accept them as they are.

**Rock Water**: Helps when you expect too much of yourself.