

BACH REMEDY QUESTIONNAIRE

Check only those questions for which you can give a definite YES answer. If your answer is NO or SOMETIMES, leave the box blank.

ASPEN

- 1. Do you have vague fears which you cannot explain?
- 2. Do you often find yourself distressed and anxious but are unable to put your finger on the problem?
- 3. Do you wake with a sense of apprehension and foreboding, feeling that something bad may happen, but don't know what it may be?

MIMULUS

- 4. Do you have specific fears you can identify and would like to overcome?
- 5. Are you shy and easily frightened by particular circumstances and things?
- 6. When faced with situations or things that frighten you, do you become nervous and too paralyzed to act?

CHERRY PLUM

- 7. Do you fear losing control of your mind or body?
- 8. Are you compulsive or have impulses to do things you know are wrong but have difficulty controlling your actions?
- 9. Do you fear losing control and hurting yourself or others?

RED CHESTNUT

- 10. Do you worry over the health and safety of your friends and family?
- 11. Do you fear that something may happen to those close to you?
- 12. Does your over-concern and worry for others cause you considerable distress?

ROCK ROSE

- 13. Do you suffer from extreme terror?
- 14. Do you tend to panic and become hysterical?
- 15. Are you troubled by nightmares?

CERATO

- 16. Do you lack confidence in your ability to judge things on your own and make decisions?
- 17. Do you find yourself asking other people's advice, even when you know what you want?
- 18. After taking advice from others, do you find yourself confused by the choices, constantly changing your direction according to the latest recommendation?

SCLERANTHUS

- 19. Do you suffer from indecision, uncertainty or hesitancy?
- 20. Do you have difficulty choosing between one thing and another?
- 21. Do you experience extreme mood swings, or have difficulty in keeping your balance?

WILD OAT

- 22. Are you dissatisfied with your current position in life, feeling that life is passing you by?
- 23. Have you tried many different jobs but nothing seems to bring satisfaction?
- 24. Would you like to find a new career or change your old one, but have difficulty deciding what you should be doing?

LARCH

- 25. Do you lack confidence?
- 26. Do you not try things for fear of failing?
- 27. Do you feel inferior, and that others are more capable and qualified than you?

HORNBEAM

- 28. On rising in the morning, do you find yourself tired, not wanting to work?
- 29. Do you feel some part of you needs to be strengthened before you can tackle your job?
- 30. Do you find once you've started working, your tiredness is forgotten, and you're able to complete your task?

CLEMATIS

- 31. Are you absentminded or does your attention easily wander, making it difficult to concentrate?
- 32. Do you find you have little interest in present circumstances, often daydreaming, wishing you were somewhere else?
- 33. Do you find yourself dozing off frequently, regardless of where you are?

HONEYSUCKLE

- 34. Do you find you are caught between living in the present and dwelling in memories of the past?
- 35. Are there things you would like to have done with your life but never had the opportunity to do?
- 36. Do you find yourself reminiscing about the good old days, wishing you were able to live your life over again?

WILD ROSE

- 37. Do you find you are indifferent and apathetic toward life?
- 38. Are you resigned to your current circumstances, making little effort to improve things or find joy?
- 39. Do you feel you've given up and don't care one way or another what happens?

WHITE CHESTNUT

- 40. Are you troubled by persistent unwanted thoughts?
- 41. Do you worry or have mental arguments which circle around in your mind?
- 42. Do you have difficulty sleeping due to mental chatter and worries?

CHESTNUT BUD

- 43. Do you find you don't learn from past experiences, repeating the same mistakes or patterns of behavior?
- 44. Due to lack of observation, do you find it necessary to go over things already done?
- 45. Is there a particular situation or condition continually recurring in your life that you would like to overcome?

OLIVE

- 46. Are you now going through, or have you recently gone through, an illness or personal ordeal which left you physically and mentally drained?
- 47. Do you tire easily with no reserve energy to complete your tasks or enjoy the day?
- 48. Do you feel sapped of strength and vitality, where even the least effort exhausts you?

WATER VIOLET

- 49. Do others find you aloof, prideful and at times condescending?
- 50. Do you keep to yourself, not wishing to be interfered with or to interfere in other people's affairs?
- 51. Are you self-reliant and prefer spending your time alone?

IMPATIENS

- 52. Do you find yourself losing patience, becoming tense and irritable with people and things that move too slowly for you?
- 53. Do you do things in a rush, racing from one place or situation to another?
- 54. Do you find you need to work alone, because others can't keep up our pace?

HEATHER

- 55. Do you find others avoiding conversation with you because you tend to talk a great deal?
- 56. Do you dislike being alone and seek the company of any one willing to listen to our troubles?
- 57. Do you feel the need to steer conversations back to your special interests or problems, and are reluctant to discontinue them even when the listener has to leave?

AGRIMONY

- 58. When worried or in pain, do you tend to conceal it from others, making light of even the most trying of circumstances?
- 59. Do you go out of your way to avoid burdening others with your problems, giving in to the wishes of others in order to avoid an argument or quarrel?
- 60. When troubled, do you find yourself drinking alcohol or using stimulants or other drugs to assist in keeping up a happy disposition?

CENTAURY

- 61. Are you easily imposed on because of your willingness to help others?
- 62. Is it difficult for you to say no when you're asked for help becoming more a servant than a willing helper?
- 63. Do you neglect your own needs, because you are too busy taking care of other people's needs?

WALNUT

- 64. Are you involved in a relationship or situation you would like to be free of, but cannot break away from?
- 65. Are you currently in a state of transition or change?
- 66. In the midst of this change, do you find that you're having difficulty in letting go of past attachments or in starting new beginnings?

HOLLY

- 67. Are you suspicious and mistrusting of other people's motives and intentions?
- 68. Do others find you spiteful, envious, jealous or vengeful?
- 69. Do you find yourself lacking compassion or warmth toward others?

PINE

- 70. Are you rarely content with your accomplishments, feeling that you could always do a better job?
- 71. Do you blame yourself for other people's mistakes, feeling that their shortcomings are in some way your fault or responsibility?
- 72. Are you hard on yourself, when you fail to live up to the standards or expectations you've set for yourself?

ELM

- 73. Do you tend to overextend your work commitments?
- 74. Do you find yourself overwhelmed by your work, and despite being capable feel you have taken on more than you can do?
- 75. Do you become despondent when faced with the magnitude of your responsibilities?

STAR OF BETHLEHEM

- 76. Have there been past traumas, or shocks in your life, which you may not have completely recovered from?
- 77. Do you feel a past surgery or accident is responsible for your present condition?
- 78. Have you recently, or in the past, suffered a personal loss which you haven't quite gotten over?

SWEET CHESTNUT

- 79. Do you feel you've reached the limits of your endurance and there's nothing but annihilation left to face?
- 80. Do you suffer from mental anguish and deep despair?
- 81. Do you feel that the burden of life is more than you can bear?

GORSE

- 82. Have you lost hope that you will recover from or be helped in overcoming an illness or difficulty?
- 83. Do you feel it is useless to seek further help for your problem?
- 84. Have you given up hope that things will change for the better in some circumstance or situation in your life?

MUSTARD

- 85. Do you ever become gloomy and depressed for no known reason?
- 86. Does this depression envelop you like a dark cloud, hiding the joy of life?
- 87. Do you find this gloom and depression, for no apparent reason, lifts as suddenly as it comes?

GENTIAN

- 88. Are you easily discouraged when things don't go your way?
- 89. When setting out to accomplish a task, do you become over-sensitive to small delays and hindrances which may lead to self-doubt and at times to depression?
- 90. Is it hard for you to start over again once you've encountered difficulties?

OAK

- 91. Are you one who tirelessly struggles on despite Oppositions and delays?
- 92. Can you always be depended on to complete what You set out to do, regardless of the challenge?
- 93. Do you tend to throw yourself into your work, Neglecting your own needs, as well as the needs of those close to you?

WILLOW

- 94. Through no fault of your own, do you feel that life has Been unfair or unjust to you?
- 95. Have you become resentful and bitter toward those Who may have treated you poorly?
- 96. Despite all you have done, do you feel your best efforts have largely gone unrewarded, while others not as deserving as yourself, have gained?

CRAB APPLE

- 97. Do you feel unclean or ashamed over an act you should not have committed; or over someone or something having violated you personally?
- 98. Do you find yourself preoccupied with small physical problems such as pimples, small blemishes or rashes, while overlooking more serious conditions?
- 99. Do you feel there is something wrong with, or some things you would like changed, in your physical appearance?
- 100. Are you compulsive about cleanliness, even at times to the extreme?
- 101. Are you afraid of becoming, or feel you have already become, contaminated and need to be cleansed?

CHICORY

- 102. Are you possessive of those close to you and feel you know what's best for them often directing and correcting even small details of their lives?
- 103. Do you feel you are not appreciated by those you care for?
- 104. Do you find yourself needing the attention and devotion of those you love, feeling it's their duty to stay in close contact with you?

BEECH

- 105. When assessing people and situations, do you look for what you can find wrong?
- 106. Do the small habits and idiosyncracies of others bother you?
- 107. Are you critical and intolerant of those who don't measure up to your standards or expectations?

VERVAIN

- 108. Do you have strong opinions which you attempt to convince others are right?
- 109. Are you easily incensed by injustices, arguing for and defending principles which you believe in?
- 110. Are you high-strung, at times tense and over-enthusiastic, always teaching and philosophizing?

ROCK WATER

- 111. Do you feel you have a mission in life to conform with or live up to?
- 112. Are you strict in your adherence to a religious or social discipline, or in a particular way of living?
- 113. Do you feel it's important to make an example of yourself by living up to your ideals, so that others may follow?

VINE

- 114. Do you tend to take charge in circumstances and situations you're involved with?
- 115. Are you strong-willed and expect complete obedience (without question) from those around you?
- 116. When taken to extreme, can you become tyrannical and domineering?