**Bach Flower Questionnaire**

***“Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land.” –Song of Solomon 2:12***

***“No thoughts of past errors must ever depress us; they are over and finished, and the knowledge thus gained will help to avoid a repetition of them.” -Heal Thyself by Dr. Bach***

**The Bach Flower questionnaire can help you select which of the Bach Flower Remedies that you may need.**

We suggest that you print this page, read each of the indications and check each that you think apply.

**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’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 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 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 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”

**Next steps…**

1. Note the questions you immediately answered “Yes” to by placing a checkmark. The flowers with the most checkmarks are most needed by the body at this time.
2. Find up to 7 flowers with the highest number of checks. If there are less than 6 flowers with 3 checks, then look for those with only 2 checks. If there are still less than a total of 6 flowers, look for those with only 1 check. Don’t be too hard on yourself, it is very simple just trust your inner wisdom.
3. Other tips to narrow down your list to only 6 flowers:
	1. Choose only 1 flower from each of the 7 categories.
	2. Choose only flowers from the category in which you are most interested in improving.
	3. Read more about that remedy **on the** [www.bachflower.com](http://www.bachflower.com)**.**
	4. **Make 2 separate bottles with up to 6 flowers each and take 1 in the morning and 1 at night.**
4. Prepare the remedy

**How to Prepare the Bach Flower Remedy**

**Things needed:**

1. Spring Water (never distilled)
2. 1 fl oz Dropper Bottle (colored bottle is best)
3. 1-7 Bach Flower Remedies (individual stock bottle)

**Steps**

1. Fill the dropper bottle half way with the Spring Water.
2. Add 2-4 drops from each Bach Flower stock bottle/ounce of water.
3. Fill up the rest of the bottle with the Spring Water
	1. There is no need for a preservative.
4. Succuss (hit the bottle on your plam) This adds kinetic energy to the mixture. the remedy 7 times before taking the remedy each time.

**Dosage**

For Adults: Take as often as needed, but *at least 4 drops* of the mixture per day-First thing in the morning, on an empty stomach, at lunch time, on an empty stomach and about 5pm, and again last thing at night. Adults can apply 4 drops directly under the tongue but do not contaminate the dropper by touching the tongue.

For Babies: The remedy may be added to a baby bottle.

For Extreme Cases: It may be helpful to apply the individual remedy directly under the tongue-not more than 2 drops from each remedy every 10-30 minutes until the condition is corrected.

For Exhaustion: Hornbeam and Olive may be added to bath water (6 drops to a full bath)