

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

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 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:
 - a. Choose only 1 flower from each of the 7 categories.
 - b. Choose only flowers from the category in which you are most interested in improving.
 - c. Read more about that remedy **on the www.bachflower.com**.
 - d. 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 4 drops from each Bach Flower stock bottle/ounce of water.
3. Fill up the rest of the bottle with the Spring Water
 - a. There is no need for a preservative.
4. Succuss (hit the bottle on your palm) 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-4-6x/day. 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)