



Bach Flower Remedies Questionnaire

Patient Name: _____ Date: _____ Assessment #: _____

Instructions: Please put a "V" check mark to the right of the listed issue, if applicable.
Leave blank if not sure or does not apply.

Agrimony

<input type="checkbox"/>	Hide problems behind a cheerful face
<input type="checkbox"/>	Inner restlessness (especially at night)
<input type="checkbox"/>	Keep worry and mental torture hidden from others
<input type="checkbox"/>	Joke about pain or discomfort
<input type="checkbox"/>	Dislike being alone
<input type="checkbox"/>	Deny/avoid emotional pain

Aspen

<input type="checkbox"/>	Have fears and worries of unknown origin
<input type="checkbox"/>	Inexplicable vague fears
<input type="checkbox"/>	Apprehensive
<input type="checkbox"/>	Anxious/nervous
<input type="checkbox"/>	Secret fear of some impending evil
<input type="checkbox"/>	Nightmares

Beech

<input type="checkbox"/>	Intolerant of others
<input type="checkbox"/>	Critical/judgmental
<input type="checkbox"/>	Perfectionist expectations of others
<input type="checkbox"/>	Want order and discipline
<input type="checkbox"/>	Oversensitive to emotional and/or physical environment

Centauray

<input type="checkbox"/>	Tend to be weak-willed
<input type="checkbox"/>	Tend to be dominated/exploited by others
<input type="checkbox"/>	Can't say no
<input type="checkbox"/>	Act to please
<input type="checkbox"/>	Neglect my own needs

Cerato

<input type="checkbox"/>	Constantly seek advice and/or confirmation from others
<input type="checkbox"/>	Lack confidence in my own judgement
<input type="checkbox"/>	Self-distrust/doubt
<input type="checkbox"/>	Uncertainty

Cherry Plum

<input type="checkbox"/>	Fear of losing control
<input type="checkbox"/>	Desperation
<input type="checkbox"/>	Feel imbalanced
<input type="checkbox"/>	Feel on the verge of a breakdown
<input type="checkbox"/>	Sudden outbursts of anger/rage

Chestnut Bud

<input type="checkbox"/>	Fail to learn from past mistakes
<input type="checkbox"/>	Repeat the same mistake over and over
<input type="checkbox"/>	Lack of observation causes need for repeated experiences
<input type="checkbox"/>	Do not take advantage of observation and experience

Chicory

<input type="checkbox"/>	Possessive
<input type="checkbox"/>	Over-protective
<input type="checkbox"/>	Tend toward self-love/self-pity
<input type="checkbox"/>	Seek to make others think I am right
<input type="checkbox"/>	Need company/attention
<input type="checkbox"/>	Demanding
<input type="checkbox"/>	Prefer others to conform to my way of thinking

Clematis

<input type="checkbox"/>	Dreaminess/daydreamer
<input type="checkbox"/>	Live in my own world/thoughts
<input type="checkbox"/>	Avoid the present
<input type="checkbox"/>	Impractical visionary
<input type="checkbox"/>	Avoid confrontation by withdrawing

Crab Apple

<input type="checkbox"/>	Poor self-image
<input type="checkbox"/>	Sense of uncleanness
<input type="checkbox"/>	Get stuck in details
<input type="checkbox"/>	Despair/disgust regarding self

Elm

<input type="checkbox"/>	Overwhelmed by responsibility
<input type="checkbox"/>	Feelings of inadequacy
<input type="checkbox"/>	Despondent
<input type="checkbox"/>	Exhaustion
<input type="checkbox"/>	Take on too much work without taking care of myself

Gentian

<input type="checkbox"/>	Easily discouraged
<input type="checkbox"/>	Feelings of discouragement/despondency, especially if there is a setback
<input type="checkbox"/>	Depression/sadness
<input type="checkbox"/>	Tend to be doubtful, skeptical, pessimistic

Gorse

	Hopelessness/despair
	Feel need to "give up the fight"
	Lack of hope when fighting an illness
	"What's the use" attitude

Heather

	Preoccupied with self
	Concerned with my own problems
	Over-talkative
	Self-centered but rarely self-pity
	Little interest in others' problems

Holly

	Envious
	Feelings of jealousy
	Distrustful/suspicious
	Need to fight for all that is mine
	Feel cut off from love
	Hard-hearted but suffering inside

Honeysuckle

	Homesickness
	Dwell/live in the past
	Nostalgic
	Long for what was
	Regretful
	Difficulty getting over bereavement

Hornbeam

	"Monday morning" feeling
	Mentally/physically too exhausted to deal with problems
	Procrastinator
	Doubt ability to face the day
	Daily tasks are overwhelming/burdensome
	Sleep not refreshing

Impatiens

	Impatient
	Irritable/reacts excessively
	Mental tension
	Prefer to work alone, perceive others as too slow
	Intolerant
	Act/think/speak quickly

Larch

	Lack of confidence
	Expectations of failure though I am usually very capable
	Feel inferior, not as capable as others

Mimulus

	Fear of known things
	Shy/timid
	Fear of illness/accidents/pain/dark/public speaking
	Often artistic/talented but withdraw from these traits
	Blush easily
	Nervous laughter

Mustard

	Deep gloom/melancholia appearing with no known origin
	Generalized depression appearing and disappearing for no apparent reason
	Feel it is impossible to appear happy or cheerful
	Joylessness

Oak

	Overly strong-willed, inflexible
	Struggle obsessively trying to find something to help
	Try one thing after another
	Won't allow myself to relax
	Overwork out of a sense of duty
	Sense of failure when ill

Olive

	Lack of energy
	Extreme mental and physical fatigue
	Sapped of vitality from a long illness or stress
	No resolve to face further suffering
	Exhaustion to the point of tears

Pine

	Feelings of guilt
	Blames self for mistakes of others
	Inability to accept self
	Feel undeserving/unworthy
	Apologetic
	Over-conscientious

Red Chestnut

	Fear and over-concern for others
	Over-protective parent
	Fretful/worry about others' problems

Rock Rose

	State of fear/terror/panic/anxiety
	Fear of death
	Excessive fear after an accident/injury/illness/attack
	Nightmares

Rock Water

	Inflexible
	Strong opinions regarding religion, politics, diet, morality
	Mind ruled by theories
	Strict and rigid views
	Self-denial
	Set very high standards for self/others

Scleranthus

	Uncertainty/indecision
	Overly hesitant
	Confusion
	Wavering between two choices
	Experience opposite emotions: joy/sadness, energy/apathy, pessimism/optimism, laughing/crying
	Lack inner balance

Star of Bethlehem

	Suffer after-effects of trauma
	Mental/emotional, physical or spiritual trauma (recent or old)
	Shock
	Need comfort and reassurance

Sweet Chestnut

	Extreme mental anguish
	Strong despair
	Feeling of darkness "in the soul"
	Feel as if I have reached the limits of enduring
	Feel like back is against the wall

Vervain

	Over-enthusiastic
	No time/life, always feel rushed
	Incensed by injustice
	Tend toward fanaticism
	Fixed principles and ideas
	Strong will/strong views

Vine

	Assertive (with tendency to be inflexible)
	Domineering
	Force my will on others
	Ambitious
	Expect/demand obedience

Walnut

	Difficulty adapting to change
	Oversensitive
	Stressed out at times of major life changes
	Difficulty escaping influence of dominating personalities

Water Violet

	Proud
	Tend to be aloof
	Inner reserve
	Little emotional involvement
	Can appear withdrawn
	Do not lean on others for support

White Chestnut

	Unwanted thoughts/mental arguments
	Inability to control repetitive obsessive thoughts
	Difficulty concentrating during the day
	Difficulty sleeping at night

Wild Oat

	Uncertainty as to correct path in life
	Try many activities but chronically dissatisfied
	Lack of commitment
	Indefinite as to ambitions

Wild Rose

	Resignation
	Apathy
	Lack of interest/ambition
	Become resigned to illness, work and life
	Fateful
	"Learn to live with it" attitude

Willow

	Resentful/bitter/self-pity
	"Poor me" attitude
	Feel as if treated unjustly
	Complain that life is unfair

Rescue Remedy (Combination of 5 remedies)

	Trauma/numbness (Star of Bethlehem)
	Terror/panic (Rock Rose)
	Irritability/tension (Impatiens)
	Fear of losing control (Cherry Plum)
	Sensation of being far away, unconsciousness (Clematis)

SHAPE Drops (Contains 3 remedies)

	Trauma/numbness (Star of Bethlehem)
	Gloom for unknown reasons (Mustard)
	Try one thing after another (Oak)
	Women only (Oak): Put on coat of armor (fat) as form of protection