

## Bach Flower Questionnaire

Name \_\_\_\_\_

Date \_\_\_\_\_

Please read and answer each of the questions by placing a check (✓) on the line preceding the question.

Check only those questions for which the answer is YES.

- \_\_\_ 1. Do you have vague fears that 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 might be?
- \_\_\_ 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 paralysed to act?
- \_\_\_ 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?
- \_\_\_ 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 considerable distress?
- \_\_\_ 13. Do you suffer from extreme terror?
- \_\_\_ 14. Do you tend to panic and become hysterical?
- \_\_\_ 15. Are you troubled by nightmares?
- \_\_\_ 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 mind or direction according to the latest recommendations?
- \_\_\_ 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?
- \_\_\_ 22. Are you dissatisfied with your current role in life, feeling that life is passing you by?
- \_\_\_ 23. Have you tried many different directions in life, but nothing seems to bring satisfaction?
- \_\_\_ 24. Would you like to find a new lifestyle/career or change your old one, but have difficulty deciding what you should be doing?
- \_\_\_ 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 are?
- \_\_\_ 28. On rising in the morning, do you find yourself tired, not wanting to get up?
- \_\_\_ 29. Do you feel some part of you needs to be strengthened before you can tackle the day?
- \_\_\_ 30. Do you find that, once you have started, your tiredness is forgotten and you are able to complete your task?
- \_\_\_ 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?
- \_\_\_ 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 in 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?
- \_\_\_ 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 to find joy?
- \_\_\_ 39. Do you feel you've given up and don't care one way or another what happens?
- \_\_\_ 40. Are you troubled by persistent unwanted thoughts?
- \_\_\_ 41. Do you worry or have mental arguments that circle round your mind?
- \_\_\_ 42. Do you have difficulty sleeping due to mental chatter and worries?
- \_\_\_ 43. Do you find you don't learn from past experiences, repeating the same mistake or patterns of behaviour?
- \_\_\_ 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?
- \_\_\_ 46. Are you now going through, or have you recently gone through, an illness or personal ordeal that 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 zapped of strength and vitality, where even the least effort exhausts you?
- \_\_\_ 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 with other people's affairs?
- \_\_\_ 51. Are you self-reliant and prefer spending your time alone?
- \_\_\_ 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 to your pace?
- \_\_\_ 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 anyone willing to listen to your 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?
- \_\_\_ 58. Do you try to have a "stiff upper lip" and make light of even the most trying circumstances?
- \_\_\_ 59. Do you go out of your way to avoid burdening others with your problems, give 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?
- \_\_\_ 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?
- \_\_\_ 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?
- \_\_\_ 67. Are you suspicious and mistrusting of other peoples' motives and intentions?
- \_\_\_ 68. Do others find you spiteful, envious, jealous or vengeful?
- \_\_\_ 69. Do you find yourself lacking compassion and warmth toward others?
- \_\_\_ 70. Are you rarely content with your accomplishments, feeling that you could always do better?
- \_\_\_ 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?
- \_\_\_ 73. Do you tend to overextend your 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?
- \_\_\_ 76. Have there been past traumas or shocks in your life, which you may have not 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 that you haven't quite gotten over?
- \_\_\_ 79. Do you feel that your very "soul" is suffering destruction or being annihilated?
- \_\_\_ 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?
- \_\_\_ 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 problems?
- \_\_\_ 84. Have you given up hope that things will change for the better in some circumstance or situation in your life?
- \_\_\_ 85. Do you ever become gloomy and depressed for no known reason?
- \_\_\_ 86. Does this depression envelope 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?
- \_\_\_ 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 that may lead to self-doubt, and at times to depression?
- \_\_\_ 90. Is it hard to start over again once you've encountered difficulties?
- \_\_\_ 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 projects neglecting your own needs, as well as the needs of those close to you?
- \_\_\_ 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 towards 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?
- \_\_\_ 97. Do you feel unclean or ashamed over an act you should have not 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?
- \_\_\_ 102. Do you want to keep your loved ones close to you and help them by directing their lives?
- \_\_\_ 103. Do you feel those you care for do not appreciate you?
- \_\_\_ 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?
- \_\_\_ 105. When assessing people and situations, do you look for what you can find wrong?
- \_\_\_ 106. Do the small habits and idiosyncrasies of others bother you?
- \_\_\_ 107. Are you critical and intolerant of those who don't measure up to your standards or expectations?
- \_\_\_ 108. Do you have strong opinions that you attempt to convince others are right?

- \_\_\_ 109. Are you easily incensed by injustices, arguing for and defending principles that you believe in?
- \_\_\_ 110. Are you high-strung, at times tense and over-enthusiastic, always teaching and philosophising?
- \_\_\_ 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 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?
- \_\_\_ 114. Do you tend to take charge in circumstances and situations you're involved in?
- \_\_\_ 115. Are you strong-willed and expect complete obedience (without question) from those around you?
- \_\_\_ 116. Do you consider yourself a "born leader"?