

# Bach Flower Remedies Questionnaire

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_ Assessment #: \_\_\_\_\_

**Instructions:** Write the number that best describes you.

Never = leave blank      1 = Occasionally      2 = Often      3 = Always

## Agrimony

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

## Aspen

	Have fears and worries of unknown origin
	Inexplicable vague fears
	Apprehensive
	Anxious/nervous
	Secret fear of some impending evil
	Nightmares

## Beech

	Intolerant of others
	Critical/judgmental
	Perfectionist expectations of others
	Want order and discipline
	Oversensitive to emotional and/or physical environment

## Centaury

	Tend to be weak-willed
	Tend to be dominated/exploited by others
	Can't say no
	Act to please
	Neglect my own needs

## Cerato

	Constantly seek advice and/or confirmation from others
	Lack confidence in my own judgement
	Self-distrust/doubt
	Uncertainty

## Cherry Plum

	Fear of losing control
	Desperation
	Feel imbalanced
	Feel on the verge of a breakdown
	Sudden outbursts of anger/rage

## Chestnut Bud

	Fail to learn from past mistakes
	Repeat the same mistake over and over
	Lack of observation causes need for repeated experiences
	Do not take advantage of observation and experience

## Chicory

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

## Clematis

	Dreaminess/daydreamer
	Live in my own world/thoughts
	Avoid the present
	Impractical visionary
	Avoid confrontation by withdrawing

## Crab Apple

	Poor self-image
	Sense of uncleanness
	Get stuck in details
	Despair/disgust regarding self

## Elm

	Overwhelmed by responsibility
	Feelings of inadequacy
	Despondent
	Exhaustion
	Take on too much work without taking care of myself

## Gentian

	Easily discouraged
	Feelings of discouragement/despondency, especially if there is a setback
	Depression/sadness
	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



**SHAPE**  
ReClaimed