

Bach Flower Questionnaire

This questionnaire is taken directly from the official Bach Flower Remedies site. Taking the quiz can help pinpoint those remedies that can help you gently address any emotional issues which you may be experiencing. Remedies can be taken individually, or you may blend up to six remedies together for a multi-pronged approach to more complex issues.

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|--|--|--|--|---|---|
| <p>Agrimony <input type="checkbox"/> I hide my feelings behind a façade of cheerfulness <input type="checkbox"/> I dislike arguments and often give in to avoid conflict <input type="checkbox"/> I turn to food, work, alcohol, drugs, etc. when down</p> | <p>Aspen <input type="checkbox"/> I feel anxious without knowing why <input type="checkbox"/> I have a secret fear that something bad will happen <input type="checkbox"/> I wake up feeling anxious</p> | <p>Beech <input type="checkbox"/> I get annoyed by the habits of others <input type="checkbox"/> I focus on others' mistakes <input type="checkbox"/> I am critical and intolerant</p> | <p>Centaury <input type="checkbox"/> I often neglect my own needs to please <input type="checkbox"/> I find it difficult to say "no" <input type="checkbox"/> I tend to be easily influenced</p> | <p>Cerato <input type="checkbox"/> I constantly second-guess myself <input type="checkbox"/> I seek advice, mistrusting my own intuition <input type="checkbox"/> I often change my mind out of confusion</p> | <p>Cherry Plum <input type="checkbox"/> I'm afraid I might lose control of myself <input type="checkbox"/> I have sudden fits of rage <input type="checkbox"/> I feel like I'm going crazy</p> |
| Total | Total | Total | Total | Total | Total |
| <p>Chestnut Bud <input type="checkbox"/> I make the same mistakes over and over <input type="checkbox"/> I don't learn from my experience <input type="checkbox"/> I keep repeating the same patterns</p> | <p>Chicory <input type="checkbox"/> I need to be needed and want my loved ones close <input type="checkbox"/> I feel unloved and unappreciated by my family <input type="checkbox"/> I easily feel slighted and hurt</p> | <p>Clematis <input type="checkbox"/> I often feel spacey and absent minded <input type="checkbox"/> I find myself unable to concentrate for long <input type="checkbox"/> I get drowsy and sleep more than necessary</p> | <p>Crab Apple <input type="checkbox"/> I am overly concerned with cleanliness <input type="checkbox"/> I feel unclean or physically unattractive <input type="checkbox"/> I tend to obsess over little things</p> | <p>Elm <input type="checkbox"/> I feel overwhelmed by my responsibilities <input type="checkbox"/> I don't cope well under pressure <input type="checkbox"/> I have temporarily lost my self-confidence</p> | <p>Gentian <input type="checkbox"/> I become discouraged with small setbacks <input type="checkbox"/> I am easily disheartened when faced with difficulties <input type="checkbox"/> I am often skeptical and pessimistic</p> |
| Total | Total | Total | Total | Total | Total |
| <p>Gorse <input type="checkbox"/> I feel hopeless, and can't see a way out <input type="checkbox"/> I lack faith that things could get better in my life <input type="checkbox"/> I feel sullen and depressed</p> | <p>Heather <input type="checkbox"/> I am obsessed with my own troubles <input type="checkbox"/> I dislike being alone and I like to talk <input type="checkbox"/> I usually bring conversations back to myself</p> | <p>Holly <input type="checkbox"/> I am suspicious of others <input type="checkbox"/> I feel discontented and unhappy <input type="checkbox"/> I am full of jealousy, mistrust, or hate</p> | <p>Honeysuckle <input type="checkbox"/> I'm often homesick for the "way it was" <input type="checkbox"/> I think more about the past than the present <input type="checkbox"/> I often think about what might have been</p> | <p>Hornbeam <input type="checkbox"/> I often feel too tired to face the day ahead <input type="checkbox"/> I feel mentally exhausted <input type="checkbox"/> I tend to put things off</p> | <p>Impatiens <input type="checkbox"/> I find it hard to wait for things <input type="checkbox"/> I am impatient and irritable <input type="checkbox"/> I prefer to work alone</p> |
| Total | Total | Total | Total | Total | Total |
| <p>Larch <input type="checkbox"/> I lack self-confidence <input type="checkbox"/> I feel inferior and often become discouraged <input type="checkbox"/> I never expect anything but failure</p> | <p>Mimulus <input type="checkbox"/> I am afraid of things such as spiders, illness, etc. <input type="checkbox"/> I am shy, overly sensitive, and modest <input type="checkbox"/> I get nervous and embarrassed</p> | <p>Mustard <input type="checkbox"/> I get depressed without any reason <input type="checkbox"/> I feel my moods swinging back and forth <input type="checkbox"/> I get gloomy feelings that come and go</p> | <p>Oak <input type="checkbox"/> I tend to overwork and keep on in spite of exhaustion <input type="checkbox"/> I have a strong sense of duty and never give up <input type="checkbox"/> I neglect my own needs in order to complete a task</p> | <p>Olive <input type="checkbox"/> I feel completely exhausted, physically and/or mentally <input type="checkbox"/> I am totally drained of all energy with no reserves left <input type="checkbox"/> I have just been through a</p> | <p>Pine <input type="checkbox"/> I feel unworthy and inferior <input type="checkbox"/> I often feel guilty <input type="checkbox"/> I blame myself for everything that goes wrong</p> |

| | | | | | |
|--|---|--|---|--|---|
| | | | | long period of illness or stress | |
| Total _____ | Total _____ | Total _____ | Total _____ | Total _____ | Total _____ |
| 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 |
| Total _____ | Total _____ | Total _____ | Total _____ | Total _____ | Total _____ |
| 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 |
| Total _____ | Total _____ | Total _____ | Total _____ | Total _____ | Total _____ |
| 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" | | | | |
| Total _____ | Total _____ | | | | |