

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.

Agrimony ___ I hide my feelings behind a façade 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	Centaury ___ 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
Total	Total	Total	Total	Total	Total
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
Total	Total	Total	Total	Total	Total
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
Total	Total	Total	Total	Total	Total
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	Pine ___ I feel unworthy and inferior ___ I often feel guilty ___ I blame myself for everything that goes wrong

				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 _____				