

SELF-ASSESSMENT QUESTIONNAIRE

Name _____

Date _____

- 1. Do you have vague fears which 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 may 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 paralyzed 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 you considerable distress?

- 13. Do you suffer from extreme terror?
- 14. Do you tend to panic and become hysterical?
- 15. Are you troubled by nightmares?

- 34. Do you ever become gloomy and depressed for no known reason?
- 35. Does this depression envelop you like a dark cloud, hiding the joy of life?
- 36. Do you find this gloom and depression , for no apparent reason, lifts as suddenly as it comes?

- 37. Are you absentminded or does your attention easily wander, making it difficult to concentrate?
- 38. Do you find you have little interest in present circumstances, often daydreaming, wishing you were somewhere else?
- 39. Do you find yourself dozing off frequently, regardless of where you are?

- 40. Do you find you are caught between living in the present and dwelling in memories of the past?
- 41. Are there things you would like to have done with your life but never had the opportunity to do?
- 42. Do you find yourself reminiscing about the good old days, wishing you were able to live your life over again?

- 43. Do you find you are apathetic and indifferent toward life?
- 44. Are you resigned to your current circumstances, making little effort to improve things or find joy?
- 45. Do you feel you've given up and don't care what happens one way or another?

- 46. Are you troubled by persistent unwanted thoughts?
- 47. Do you worry or have mental arguments which circle around in your mind?
- 48. Do you have difficulty sleeping due to mental chatter and worries?

- 49. Do you find you don't learn from past experiences, repeating the same mistakes or patterns of behavior?
- 50. Due to lack of observation, do you find it necessary to go over things already done?
- 51. Is there a particular situation or condition continually recurring in your life which you like to overcome?

- 70. Are you involved in a relationship or situation you would like to be free of, but cannot break away from?
- 71. Are you currently in a state of transition or change?
- 72. 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?

- 73. Are you suspicious and mistrusting of other people's motives and intentions?
- 74. Do others find you spiteful, envious, jealous or vengeful?
- 75. Do you find yourself lacking compassion or warmth towards others?

- 76. Are you rarely content with your accomplishments, feeling that you could always do a better job?
- 77. Do you blame yourself for other peoples mistakes, feeling that their short comings are in some way your fault or responsibility?
- 78. Are you hard on yourself, when you fail to live up to the standards or expectations you've set for yourself?

- 79. Do you tend to overextend your work commitments?
- 80. Do you find yourself overwhelmed by work and despite being capable feel that you have taken on more than you can do?
- 81. Do you become despondent when faced with the magnitude of your responsibilities?

- 82. Have there been past traumas or shocks in your life, when you may not have completely recovered from?
- 83. Do you feel a past surgery or accident is responsible for your present condition?
- 84. Have you recently, or in the past, suffered a personal loss which you haven't quite gotten over?

- 85. Do you feel you've reached the limits of your endurance and there's nothing but annihilation left to face?
- 86. Do you suffer from mental anguish or deep despair?
- 87. Do you feel that the burden of life is more than you can bear?

- 108. Do you have strong opinions which you attempt to convince others are right?
- 109. Are you easily incensed by injustices, arguing for and defending principle, which you believe in?
- 110. Are you high strung, at times tense and over-enthusiastic, always teaching and philosophizing?

- 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 in 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 with?
- 115. Are you strong-willed and expect complete obedience (without question) from those around you?
- 116. When taken to an extreme, can you become tyrannical and domineering?

Question #	Remedy	Question #	Remedy
1-3	Aspen	58-60	Impatiens
4-6	Mimulus	61-63	Heather
7-9	Cherry Plumb	64-66	Agrimony
10-12	Red Chestnut	67-69	Centaury
13-15	Rock Rose	70-72	Walnut
16-18	Cerato	73-75	Holy
19-21	Scleranthus	76-78	Pine
22-24	Wild Oat	79-81	Elm
25-27	Hornbeam	82-84	Star of Bethlehem
28-30	Gorse	85-87	Sweet Chestnut
31-33	Gentian	88-90	Oak
34-36	Mustard	91-93	Willow
37-39	Clematis	94-98	Crab Apple
40-42	Honeysuckle	99-101	Larch
43-45	Wild Rose	102-104	Chicory
46-48	White Chestnut	105-107	Beech
49-51	Chestnut Bud	108-110	Vervain
52-54	Olive	111-113	Rock Water
55-57	Water Violet	114-116	Vine