

**BACH FLOWER REMEDY EMOTIONAL QUESTIONAIRE - INSTRUCTIONS**

1. Check each statement that describes how you feel

* AGRIMONY
* I often hide my feelings behind a facade 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 strange fear that something bad will happen
* I wake up feeling anxious
* BEECH
* I easily get annoyed by the habits of others
* I often focus on other people’s mistakes
* I find myself being critical and intolerant of others
* CENTAURY
* I often neglect my own needs to please others
* 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
* CHESTNUT BUD
* I make the same mistakes over and over
* I don't learn from my experience
* I keep repeating the same wrong 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
* 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 and may procrastinate
* IMPATIENS
* I find it hard to wait for things
* I am impatient and irritable
* I prefer to work alone
* 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 often 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 long period of illness or stress
* PINE
* I feel unworthy and inferior
* I often feel guilty
* I blame myself for everything that goes wrong
* 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 when I have 2 options
* 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, trauma or fright
* SWEET CHESTNUT
* I feel extreme mental or emotional heartache
* I have reached the limits of my endurance
* I feel complete despair, all hope gone
* 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 have repeated unwanted thoughts and worries
* 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
* 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"
* RESCUE REMEDY
* I have experienced a trauma
* I feel very stressed out
* I feel irritated and impatient
* I feel un-grounded and spacey
* I feel frightened and frozen
* I feel I may lose self-control