

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

Centaur

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 uncleanliness
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