



## **BACH FLOWER QUESTIONNAIRE FOR EMOTIONAL HEALING**

Below are brief descriptions of the emotional states the 38 Bach Flower Remedies address. While we are identifying negative emotions, we are actually seeking to use each flower essence to help transform these emotions with its positive vibration. Read each description and see which ones seem to apply to the condition you wish to change. Remember, the words often express the most extreme form of the emotion. If there are a number of remedies that speak to you it may be helpful to prioritize the emotions you wish to work on first and select remedies for those. A custom Bach flower remedy tincture will be made for you consisting of 2 to 7 remedies to help shift your negative emotions into positive ones. Self-reflect and be honest!

### **Agrimony** *(helps you to release stress, relax and share problems if needed)*

- I 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** *(helps you develop fearlessness and trust)*

- I feel anxious without knowing why.
- I have a secret fear that something bad will happen.
- I wake up feeling anxious.

### **Beech** *(helps you develop sympathy and tolerance)*

- I get annoyed by the habits of others.
- I focus on others' mistakes.
- I am critical and intolerant.

### **Centauray** *(helps you to develop inner strength and the ability to stand up for yourself)*

- I often neglect my own needs to please others.
- I find it difficult to say "no".
- I tend to be easily influenced.

### **Cerato** *(helps you develop self-confidence in your own judgment)*

- I constantly second-guess myself.
- I seek advice, mistrusting my own intuition.
- I often change my mind out of confusion.

### **Cherry Plum** *(helps you restore your self-control and aids in times of emotional crisis)*

- I'm afraid I might lose control of myself.
- I have sudden fits of rage.
- I feel like I'm going crazy.



# New Direction

## Natural Medicine

### **Chestnut Bud** *(helps you to break old habits and learn life's lessons)*

- I make the same mistakes over and over.
- I don't learn from my experience.
- I keep repeating the same patterns.

### **Chicory** *(helps you to let go and give love and advice while respecting the freedom of others)*

- 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** *(helps you to bring focus to the present and to encourage you to take an active role in life)*

- 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** *(helps you develop self-acceptance and perspective)*

- I am overly concerned with cleanliness.
- I feel unclean or physically unattractive.
- I tend to obsess over little things.

### **Elm** *(helps to calm your mind and give confidence in your ability to complete tasks)*

- I feel overwhelmed by my responsibilities.
- I don't cope well under pressure.
- I have temporarily lost my self-confidence.

### **Gentian** *(helps to dispel negative thinking and give you positive thoughts, patience and perseverance)*

- I become discouraged with small setbacks.
- I am easily disheartened when faced with difficulties.
- I am often skeptical and pessimistic.

### **Gorse** *(helps you to have hope and optimism)*

- 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** *(helps you to care about the needs of others)*

- I am obsessed with my own troubles.
- I dislike being alone and I like to talk.
- I usually bring conversations back to myself.



# New Direction

## Natural Medicine

**Holly** *(helps you develop compassion and an open heart)*

- I am suspicious of others.
- I feel discontented and unhappy.
- I am full of jealousy, mistrust, or hate.

**Honeysuckle** *(helps you focus your mind on the present and put the past into perspective)*

- 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** *(helps you develop more energy and enthusiasm)*

- I often feel too tired to face the day ahead.
- I feel mentally exhausted.
- I tend to put things off.

**Impatiens** *(helps you develop patience, acceptance and gentleness)*

- I find it hard to wait for things.
- I am impatient and irritable.
- I prefer to work alone.

**Larch** *(helps you develop self-confidence and self-esteem)*

- I lack self-confidence.
- I feel inferior and often become discouraged.
- I never expect anything but failure.

**Mimulus** *(helps you develop more courage and confidence)*

- I am afraid of things such as spiders, illness, etc.
- I am shy, overly sensitive, and modest.
- I get nervous and embarrassed.

**Mustard** *(dispels the feeling of doom and gloom and encourages joy)*

- I get depressed without any reason.
- I feel my moods swinging back and forth.
- I get gloomy feelings that come and go.

**Oak** *(helps you renew your strength and vitality)*

- 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.



# New Direction

## Natural Medicine

### **Olive** *(helps you feel rejuvenated and renewed of energy)*

- 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** *(helps you develop self-forgiveness and self-acceptance)*

- I feel unworthy and inferior.
- I often feel guilty.
- I blame myself for everything that goes wrong.

### **Red Chestnut** *(helps put your fears into perspective)*

- 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** *(helps you to release terror and panic in crisis situations)*

- I sometimes feel terror and panic.
- I become helpless and frozen when afraid.
- I suffer from nightmares.

### **Rock Water** *(helps you to be more lenient and less rigid with yourself)*

- 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** *(helps you see your options more clearly and become more decisive)*

- I find it difficult to make decisions.
- I often change my opinions.
- I have intense mood swings

### **Star of Bethlehem** *(helps to soothe and calm you and help you deal with grief)*

- 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** *(helps to alleviate despair and restore your faith)*

- I feel extreme mental or emotional heartache.
- I have reached the limits of my endurance.
- I am in complete despair, all hope gone.



# New Direction

## Natural Medicine

### **Vervain** *(helps you become more relaxed and restrained)*

- 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** *(helps you maintain leadership qualities, be more understanding and less harsh with others)*

- I tend to take charge of projects, situations, etc.
- I consider myself a natural leader.
- I am strong-willed, ambitious and often bossy.

### **Walnut** *(helps you to adjust to situations involving change)*

- 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** *(helps you retain serenity while connecting more easily with others)*

- I give the impression that I'm aloof and overly proud.
- I prefer to be alone when overwhelmed.
- I often don't connect with people.

### **White Chestnut** *(helps bring stillness and peace to the mind)*

- 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** *(helps you to see your way more clearly and have a sense of vocation)*

- 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** *(helps revive your inner zest for life)*

- I am apathetic and resigned to whatever happens.
- I have the attitude, "It doesn't matter anyhow".
- I feel no joy in life.

### **Willow** *(helps you to accept personal responsibility and have a more optimistic outlook on life)*

- I feel resentful and bitter.
- I have difficulty forgiving and forgetting.
- I think life is unfair and have a "Poor me attitude".