



Bach Flower Remedies

Personal Details:

Date of the consultation: _____

Name _____ Date of Birth: _____

Please use this space to detail any recent or ongoing events which have impacted upon your emotional and psychological health: for example, relationship break up, change of job etc. **Please also briefly describe the thoughts, feelings, behaviour etc that this is bringing up in you.** For example: change of job – anxiety, irritability etc.

Please go through the questions below and check/highlight all that apply TODAY

Question 1 - Agrimony

- Do you hide your worries behind a cheerful, smiling face to conceal your pain from others?
- Are you distressed by arguments and quarrels, often “giving in” to avoid conflicts?
- When you feel life’s pressures weighing you down, do you often turn to food, work, alcohol, drugs or other outside influences to help you cope?

• Question 2 - Aspen

- Do you have feeling of apprehension or anxiety without knowing why?
- Do you feel that something bad may happen but you are not sure what?
- Do you wake up with a sense of anxiety of what the day will bring?

• Question 3 - Beech

- Are you annoyed by the habits and shortcomings of others?
- Do you feel yourself being overly critical and intolerant, usually looking for what someone has done wrong and not right?
- Do the incompetence and foolishness of others irritate you?

• Question 4 - Centaury

- Do you often neglect your own needs to please others?
- Is it difficult to say no to those who impose upon your good nature?
- Do you tend to be easily influenced by those stronger in nature than yourself?

• Question 5 - Cerato

- Do you constantly second guess your own decisions and judgment?

Bach Flower Remedies

- Do you often seek advice and confirmation from other people, mistrusting your own intuition?
- Do you change direction often, even after asking advice because you feel confused and unsure?
- **Question 6 - Cherry Plum**
 - Are you afraid that you might lose control of yourself mentally, emotionally or physically?
 - Do you fear that you may think or do something that you feel is wrong?
 - Do you fear that you may hurt yourself or others or become violent and explosive?
- **Question 7 - Chestnut Bud**
 - Do you find yourself making the same mistakes over and over again such as choosing the wrong type of partner or staying in a job you dislike?
 - Do you fail to learn from the mistakes or experience of others?
 - Do you wish you would not repeat the same patterns again and again?
- **Question 8 - Chicory**
 - Do you need to be needed and want your loved ones to be close by?
 - Do you feel unloved and unappreciated by your loved ones?
 - Are you possessive of those you care for, feeling you know what is best for them?
- **Question 9 - Clematis**
 - Do you often feel spacey and absent minded?
 - Do you find yourself preoccupied and dreamy, unable to concentrate for any length of time?
 - Are you drowsy and listless, sleeping more often than necessary?
- **Question 10 - Crab Apple**
 - Are you obsessed with cleanliness or feel toxic or contaminated?
 - Are you embarrassed and ashamed of yourself or feel physically unattractive?
 - Do you tend to concentrate on small physical conditions such as pimples or marks?
- **Question 11 - Elm**
 - Do you feel overwhelmed by your responsibilities?
 - Do you feel it is too difficult to handle all the many tasks ahead of you?
 - Do you become depressed and exhausted when faced with your everyday commitments?
- **Question 12 - Gentian**
 - Do you become discouraged and depressed when things go wrong?
 - Are you easily disheartened when faced with difficult situations?
 - Does your depressed attitude prevent you from making an effort to accomplish something?
- **Question 13 - Gorse**
 - Do you feel hopeless, as if there is no reason to try to improve things?
 - Do you lack faith that things could get better in your life and therefore make no effort to improve your circumstances?
 - Do you believe that nothing can be done to relieve your pain and suffering?
- **Question 14 - Heather**

Bach Flower Remedies

- Do you find that others may avoid you because you seem to talk too much?
- Do you dislike being alone, always seeking the companionship of others, to have someone to talk to?
- Do your conversations usually end up focusing on your interests or problems?
- **Question 15 - Holly**
 - Are you suspicious of others, feeling that people have “ulterior motives”?
 - Do you feel great anger towards other people?
 - Are you full of jealousy, mistrust or hate?
- **Question 16 - Honeysuckle**
 - Do you find yourself living in the past, nostalgic or home sick for “the way it was”?
 - Are you unable to change present circumstances because you are always looking back and never forward?
 - Do you often contemplate past regrets?
- **Question 17 - Hornbeam**
 - Do you often feel too tired to face the day ahead?
 - Do you feel overworked or bored with your life?
 - Do you tend to procrastinate and put off some tasks while easily accomplishing those that are more enjoyable?
- **Question 18 - Impatiens**
 - Do you feel a sense of urgency in everything you do, always rushing to get through things?
 - Are you impatient and irritable with others who seem to do things too slowly for you?
 - Do you prefer to work alone?
- **Question 19 - Larch**
 - Do you lack self-confidence?
 - Do you feel inferior and often become discouraged?
 - Are you so sure that you will fail that you do not even attempt things?
- **Question 20 - Mimulus**
 - Do you have fears of identifiable things, ie illness, death, pain, heights, darkness, the dentist, etc?
 - Are you shy, overly sensitive and often afraid?
 - Do you often worry about everyday situations, in other words traffic, bills etc?
- **Question 21 - Mustard**
 - Do you feel depressed without knowing why
 - Do you feel your moods swinging back and forth?
 - Do you feel deep gloom, which seems to quickly appear for no apparent reason and then lifts just as suddenly?
- **Question 22 - Oak**
 - Are you exhausted but feel the need to struggle on against all odds?
 - Do you have a strong sense of duty and dependability, carrying on no matter what obstacles stand in your way?

Bach Flower Remedies

- Do you neglect your own needs in order to complete a task?
- **Question 23 - Olive**
 - Do you feel utterly and completely exhausted, both physically and mentally?
 - Are you totally drained of all energy with no reserves left, finding it difficult to carry on?
 - Have you just been through a long period of illness, stress, or strain with no relief?
- **Question 24 - Pine**
 - Do you set overly high standards for yourself, never satisfied with your achievements?
 - Are you full of guilt and self-reproach?
 - Do you blame yourself for everything that goes wrong, sometimes even the mistakes of others?
- **Question 25 - Red Chestnut**
 - Are you often concerned and worried about your loved ones?
 - Are you distressed and disturbed by other peoples problems?
 - Do you worry that harm may come to those you care for?
- **Question 26 - Rock Rose**
 - Are you susceptible to feelings of terror and panic?
 - Do you become helpless and frozen in the face of your fear?
 - Do you suffer from nightmares?
- **Question 27 - Rock Water**
 - Do you set high personal standards and take pride of setting a good example for others?
 - Are you overly concerned with diet, exercise, work and spiritual disciplines?
 - Are you extremely disciplined with your approach to life, always striving for perfection?
- **Question 28 - Scleranthus**
 - Do you find it difficult to decide when faced with the choice of two possibilities?
 - Do you lack concentration, always fidgety and nervous?
 - Do your moods change from one extreme to another: joy to happiness, optimism to pessimism, laughing to crying?
- **Question 29 - Star of Bethlehem**
 - Have you suffered a recent shock in your life such as an accident, loss of a loved one, terrible news, illness?
 - Are you numbed or withdrawn because of traumatic events in your life?
 - Have you suffered a loss or grief from which you have never recovered?
- **Question 30 - Sweet Chestnut**
 - Do you suffer from extreme mental or emotional anguish?
 - Do you feel that you have reached the limits of what you could possibly endure?
 - Do you feel as though there is no light at the end of the tunnel?
- **Question 31 - Vervain**
 - Do you have so much energy and drive, that you are sometimes tense and can't fall asleep?

Bach Flower Remedies

- Do you have strong opinions and try to convince others of them?
- Are you sensitive to injustice and dedicated to causes almost to the point that others think it is extreme?
- **Question 32 - Vine**
 - Do you tend to take charge of meetings, projects, situations, etc?
 - Do you consider yourself a natural leader?
 - Are you strong willed and ambitious but may appear aggressive and domineering to others?
- **Question 33 - Walnut**
 - Are you experiencing any change in your life -- a move, new job, loss of someone you love, new relationship, divorce, puberty, menopause, giving up an addiction?
 - Do people or situations sometimes drain your energy?
 - Do you need to make a break from strong forces or attachments in your life that may be holding you back?
- **Question 34 - Water Violet**
 - Do you appear to others to be aloof or overly proud?
 - Do you have a tendency to be withdrawn and prefer to be alone when faced with too many external distractions?
 - Do you bear your grief and sorrow without talking to others?
- **Question 35 - White Chestnut**
 - Do you find your head full of persistent, unwanted thoughts that prevent concentration?
 - Do you relive unhappy events or arguments over and over again?
 - Are you unable to sleep at times because your mind seems to be cluttered with mental arguments that go round and round?
- **Question 36 - Wild Oat**
 - Do you find yourself in a complete state of uncertainty over major life decisions?
 - Do you feel ready for a change of direction, but are unsure of which way to go?
 - Do you have ambition but feel that life is passing you by?
- **Question 37 - Wild Rose**
 - Are you apathetic and resigned to whatever may happen in your life?
 - Do you have the attitude, "it doesn't matter anyhow"?
 - Do you lack the motivation to improve the quality of your life?
- **Question 38 - Willow**
 - Do you feel resentful and bitter?
 - Do you have difficulty forgiving and forgetting?
 - Do you feel life is unfair and find yourself taking less interest in the things you used to enjoy?