

BACH FLOWER ASSESSMENT FULL NAME: _____

1. Are you anxious about nothing in particular but impending vague fears? Y/N? ASPEN
2. Do you hide worries, sadness, or mental torture behind a happy face? Y/N? ACRIMONY
3. Are you critical, judgmental, intolerable & complain a lot about others or life? Y/N? BEECH
4. Do you have difficulty saying "No" or setting boundaries? Y/N? CENTAURY
5. Are you filled with self doubt about your decisions & second guess yourself? Y/N? CERATO
6. Do you have a fear of emotions taking over and fear losing control, doing something extreme or irrational like hurting yourself/others, or are you already out of control? Y/N CHERRYPLUM
7. Are you repeating the same mistake over and over and not learning from your mistakes? Do you not observe and learn from the mistakes of others? Does it take you longer to learn the lessons of life? Y/N? CHESTNUT BUD
8. Do you get possessive or jealous in your love? Are you co-dependent? Y/N? CHICORY
9. Are you a day dreamer and allow your mind to drift off to future or fantasies of what could happen without thinking about all the practical implications? Y/N? CLEMATIS
10. Do you hate some part of yourself? Do you obsess about a part of yourself or your environment (re-checking the appliances, the lock, the cleaning details)? Y/N? CRAB APPLE
11. Are you burdened or overwhelmed by your responsibilities? Do you take on too much? Do you lose hope & confidence in your ability to cope & succeed with responsibilities? Y/N? ELM
12. Do you feel discouraged, down hearted or upset after a minor setback? Y/N? GENTIAN
13. Have you given up faith, hope and belief in things working out or in change? Do you lack encouragement and the energy to continue even when there is some hope? Y/N? GORSE
14. Are you self-centered and overly concerned with your own problems that you have forgotten about others needs, your impact on them or the bigger picture? Y/N? HEATHER
15. Do you feel angry, aggressive and negative towards others? Do you feel a loss of love, trust and generosity towards others? Do you suffer from hurt, jealousy, suspicion? Y/N? HOLLY
16. Are you dwelling in the past (glory days or traumatic events) and feeling stuck? Do you think the future can't get any better? Y/N? HONEYSUCKLE

17. Do you feel overwhelmed by even the daily aspects of life that you struggle to get out of bed, procrastinate starting hard tasks or find something else to do that is easier? Does just the idea of starting make you feel tired, weary, exhausted or overwhelmed? Y/N? HORNBEAM
18. Are you feeling impatient and anxious about things getting done faster. Do you get frustrated and irritable when something doesn't go as fast as you would like? Y/N? IMPATIENS
19. Do you feel a lack of confidence to start a project, dream or goal? Are you afraid of failing, major setbacks, or lack of competence that immobilizes you from starting? Y/N? LARCH
20. Are you anxious and fearful about a number of nameable things? Y/N? MIMULUS
21. Do you have a deep gloom or funk for no reason? Is there a black cloud overhead keeping you from feeling joy and hope? Have you lost your faith and light? Y/N? MUSTARD
22. Are you exhausted by going past your breaking point? Do you fight rest because you have too much to do or many people rely on you? Is your sense of duty wearing you out? Y/N? OAK
23. Do you suffer from tiredness or exhaustion from a big project or a long illness? Do you need a renewal of strength, faith, energy & motivation to carry on & enjoy life? Y/N? OLIVE
24. Are you experiencing excessive guilt, self-blame or lack of contentment from your efforts? Do you dwell on your weakness, mistakes, faults and never ending drive to do better and achieve perfection? Do you compare and not feel good enough? Y/N? PINE
25. Do you fear for the well being of loved one? Are you overly anxious about others welfare and worry something bad may happen to them? Do you become overly protective or irrational and push them away? Y/N? RED CHESNUT
26. Did you recently experience a sudden illness, bad accident, traumatic event, domestic violence, nightmare or panic attack that terrorizes you so you have difficulty making decisions, concentrating or thinking right? Do you feel panicked and afraid? Y/N? ROCK ROSE
27. Are you a perfectionist? Do you deny yourself of many pleasures? Are you harsh with yourself and very strict and expect others to follow your example? Y/N? ROCK WATER
28. Do you struggle with choosing between 2 or more difficult decisions? Does it cause a lot of anxiety, confusion and doubt? Are you often indecisive and torn? Y/N? SCLERANTHUS
29. Are you experiencing shock after a sudden loss or accident, traumatic event or a childhood scar? Did someone you love die or move and you feel an emptiness and great loss? Did you just hear some unexpected bad or scary news? Have you just experienced a loss of job, relationship, home, health? Y/N? STAR OF BETHLEHEM

30. Do you feel extreme mental anguish that feels unbearable? Have you reached your limits of endurance and see no way out of your problems or no light at the end of the tunnel? Do you feel you have tried everything and so there is no hope only despair? Y/N? SWEET CHESTNUT
31. Are you over enthusiastic about life and find it hard to switch off & relax? Y/N? VERVIAN
32. Do others say you are a dominant and overbearing boss or leader? Y/N? VINE
33. Are you struggling with change, transitions or overbearing people? Y/N? WALNUT
34. Do you prefer being alone & go your own way? Do others consider you quiet & dignified? Are you self-reliant & independent, leaving you sometimes lonely? Y/N? WATER VIOLET
35. Are you bombarded by unwanted repetitive thoughts causing mental torture and anxiety? Do these disturbing thoughts take away your peace? Y/N? WHITE CHESTNUT
36. Do you feel uncertain about your direction in life? Do you drift from one thing to another without finding your true path? Do you have great ambitions but no clear goal? Y/N? WILDOAT
37. Are you resigned that you will not find fulfillment in life? Have you lost love in life? Have you given up the hope that life will change so you remain apathetic? Y/N? WILD ROSE
38. Do you feel resentment or bitter about how your life has gone? Are you tainted by your misfortunes and pity yourself and feel like a victim? Do you complain a lot? Y/N? WILLOW

Visit Dr. Bach's website for further details about his remedies.

<http://www.bachcentre.com/centre/remedies.htm>