

Bach Flower Consultation

Personal Data

Today's Date: _____

Name: _____ Date of Birth: _____ 'O.

First Middle Day Month Year

Address: _____

City: _____ Province: _____ Postal: _____

Telephone Number: -Home () -York () -----

Physical Condition: (past & present) for information only.
Not to be used for physical diagnosis.

Interview:

- 1 Argrimony
- 2 Aspen
- 3 Beech
- 4 Centaury
- 5 Cerato
- 6 Cherry Plum
- 7 Chestnut Bud
- 8 Chicory
- 9 Clematis
- 10 Crab Apple
- 11 Elm
- 12 Gentian
- 13 Gorse
- 14 Heather
- 15 Holly
- 16 Honeysuckle
- 17 Hornbeam
- 18 Impatiens
- 19 Larch
- 20 Mimulus
- 21 Mustard
- 22 Oak
- 23 Olive
- 24 Pine
- 25 Red Chestnut
- 26 Rock Rose
- 27 Rock Water
- 28 Scleranthus
- 29 Star of Bethlehem
- 30 Sweet Chestnut
- 31 Vervain
- 32 Vine
- 33 Walnut
- 34 Water Violet
- 35 White Chestnut
- 36 Wild Oat
- 37 Wild Rose
- 38 Willow
- Rescue Remedy
- Rescue R. Cream

Reinterview: Approximately 4 weeks later.

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BW4	
CE4	
CW4	
DC4	
DW4	
EC4	
EW4	
FC4	
FW4	
GC4	
GW4	
HC4	
HV4	
IC4	
IV4	
JS4	
KC4	
KS4	
LB4	
LS4	
MA4	
MR4	
NA4	
NR4	

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apply. Don't skip any questions and don't think very long about your answers. There are no right or wrong answers. It is understandably very difficult to include in such a questionnaire every individually differentiated emotional impulse. Therefore it is possible to come across a question that does not seem to bear any relevance to your situation. In such a case, write the question down and look it over again in a second step, and see if a position can be taken respective to it. If possible, complete the questionnaire by yourself. It should take about thirty minutes, although sometimes takes longer.

Before moving on to the final evaluation of the questionnaire—that is, transferring your answers from the questionnaire to the evaluation table—you should allow yourself a rest period.

Group 1: Me and My Present Situation

(Please answer spontaneously)

	CODE	APPUf3
1. I worry about someone who is close to me.	OR 1	
2. At the time being I feel powerless. I am emotionally and physically exhausted.	QO 1	
3. I am unable to forgive myself for something.	PP 1	
4. I experienced something that has shocked me a lot and I haven't come to grips with it.	KS 1	
5. In the wt few days I have been acting more irritable and impatient than is my nature.	VI 1	
6. I have a strong wish to withdraw from something.	FW 1	
7. I am repeatedly bombarded with certain thoughts and images and I can't turn them off.	EW 1	
8. I feel like I'm going mad or slipping out.	He 1	
9. I have no self-confidence and I tend to be subservient to others.	UL 1	

	roDE	APPLIES
10. I have concrete problems with listening and taking orders.	HV 1	
11. I act carefree and happy to cover up my inner fear and problems as much as possible.	NA 1	
12. I have the feeling that I am very easily influenced and I have to learn to stand up for myself	KC 1	
13. I am completely discouraged and depressed because thing." haven't done as I expected them to.	BG 1	
14. I have to deprive myself of certain thing." I like.	MR 1	
15. I see many possibilities ahead of me, but I cannot make a decision, which dissatisfies me.	OW 1	
16. I am in a situation that frightens me.	NR 1	
17. I notice that in important situations I get irritated by, and preoccupied with, small matters.	OC 1	
18. In certain situations I feel powerless and at other people's mercy.	BW 1	
19. Other people's stupidity bothers me a great deal.	LBI	
20. I don't know if my opinions are right anymore.	IC 1	
21. I don't know why, but lately certain thing." always go wrong.	GC 1	
22. I feel like somebody who's fighting a losing battle, but who continues to fight	RO 1	
23. I feel melancholic and separated from normal life and feelings, without knowing why.	SM 1	
24. There are signs that I am entering a new phase of my life.	GW 1	

	CODE	APPUES
25. At this time, I have one or more concrete fears.	TM	1
26. I don't have the emotional resiliency to handle everyday affairs with confidence.	WHI	
27. I keep thinking about an experience in my past.	XH	1
28. I think I am overdoing everything, since I cannot relax anymore.	IV	1
29. I get my feelings hurt and have difficulty letting go.	YH	1
30. My situation has no way out; I don't know what to do.	JS	1
31. Although everything is in order, I feel completely drained, apathetic, with no energy.	CW	1
32. Because I only want the best for everybody, it hurts me when people misunderstand me.	FC	1
33. My thoughts vacillate between two possibilities, and I would like to make the decision on my own.	LSI	
34. I feel overwhelmed b) many responsibilities and don't know where to begin anymore.	CE	1
35. In the last few days I have become fearful. I get into a panic and don't know why.	MA	1
36. Latel}', I have been so busy with my own problems, that I can't recognize other people's problems.	ZH	1
37. I am pretty discouraged and have barely any hope for a change in my situation.	AG	1
38. My thoughts are always elsewhere, never here, where thc}' are supposed to be.	EC	1

Group 2: Me and My Difficulties

(Please do not spend a lot of time thinking about the answers)

	CODE	APPUES
39. I always have the same difficulties.	GC2	
40. I tell myself everyday: "Calling it quits doesn't count"	R02	
41. Although I know what I am capable of, I doubt my capabilities.	CE 2	
42. When I become disappointed in my positive emotions, they change into the opposite.	YH 2	
43. I have to admit that I like to get my point across, but most of the time I'm proven right	HV 2	
44. Sometimes my own thinking frightens me.	HC2	
45. I often feel the need to cleanse myself of something, inwardly or outwardly:	DC 2	
46. I often feel the need to talk to everybody about myself.	ZH 2	
47. I tend to feel responsible for other people's mistakes.	PP 2	
48. I find it difficult to enter a situation or a discussion spontaneously; that is why I would rather stay back.	FW2	
49. I have to learn, even more~ to be true to m"sel~ even in the face of obstacles.	GW2	
50. It maes me antsy when othen are very slow. That is why I would rather work alone.	VI2	
51. I know that in some situations, I overdo it and virtually roll over othen with my dynamics.	N2	
52. I often have a feeling of inner emptiness and of not being a part of anything.	CW2	
53. Secretly I have small vices that I don't want anybody else to know about.	NA 2	

	CODE	APPUIS
54. I find truths in many points of view~and always feel compelled to change my conVIctiOns.	IC 2	
55. Deep in myself I am unsatisfied because I haven't found my niche in life.	DW2	
56. I often have panic atucks; I get sweat}' hands and ha\ve difficulty breathing, a rapid heartbeat, and diarrhea.	NR 2	
57. I would rather achieve most of my goals indirectly.	FC 2	
58. For the time being, I am generally skeptical	BG 2	
59. Due to exhaustion, I cannot pull myself together, even for things that give me pleasure.	Q02	
60. I feel I'm a victim of unfair circumstances and I am bitter.	BW2	
61. I find it hard to say "no."	KC 2	
62. When someone is sick in my family, I always fear for the worsL	OR2	
63. Unpleasant experiences get played over and over again in my thoughts without coming to a conclusion.	EW2	
64. Outside my house I am fearful, shy, and overly sensitive.	TM2	
65. I find it difficult to say to myself: "Don't give up hope."	AG 2	
66. I tend to dwell on the pUL	XH 2	
67. More often than most, I reach the limits of my burden-carrying capabilities.	J52	
68. I am very strict with myself and am always denying myself something.	MR2	
69. There are times when I actually enjoy my sadnea	SM 2	

	CODE	APPULS
70. As early as morning, before I even get out of bed, I have doubts as to whether I can tackle the day; when things get underway, it gets better.	WH2	
71. I often daydream; as a child, I was not always here.	EC 2	
72. Unpleasant feelings and experiences stay with me for a long time; I have trouble disposing of them.	KS2	
73. Because I always believe in advance that I will not be able to accomplish something, I don't even attempt it	UL2	
74. I notice other people's weaknesses immediately.	LB 2	
75. Very often, for no particular reason, I have an unexplainable feeling of fear and danger.	MA2	
76. Because I get irritated by outside stimuli very quickly, I always lose my inner balance.	LS2	

Group 3: Me and My Environment
(Again, please answer spontaneously)

	CODE	APPULS
77. Others tell me that I get irritated very easily.	R03	
78. I am often told that I am too critical and that I should be more tolerant	LB.3	
79. I have resigned myself to what the future holds for me.	AG3	
80. I don't think people do anything without considering what they have to gain from it	FC 3	
81. I often don't trust my own sense of judgement and put more value on other people's opinions.	IC 3	

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	CODE	APPUES
82. Life has \;thheld a lot from me; I find that unfair.	BW3	
83. My friends make fun of me because of the stern principles by which I conduct my life.	MR3	
84. What I admire in others, I don't dare do myself.	UL3	
85. Feelings of jealousy, revenge, and gloating are best held inside.	YH3	
86. I sense very quickly when people expect something of me, but I still cannot bring myself to accomplish it	KC3	
87. I suddenly become uncomfortable with certain people or in certain surroundings.	MA3	
88. People around me know that I blow up very quickly, but also that m)' anger subsides just as fast	VI3	
89. Inwardly, I don't wish to commit to anything, which is why I get myself into uncomfortable situations.	DW3	
90. ft is better not to show one's own feelings or vulnerabilities.	NA3	
91. I have often thought certain tasks were overwhelming but somehow managed to finish them.	WH3	
92. I am often told that I think only of myself and my own problems.	ZH3	
93. I often find myself thinking how nice it would be to change something that happened in the past	XH3	
94. Everything around me has to have a certain order, which is why I get lost in minor detail!.	DC3	
95. I like to keep my distance in dealing with other people.	FW3	

	CODE	APPUES
96. I have noticed that I tire much easier than other people around me.	Q03	
97. My friends have told me that in my excitement over a new idea, I can be a little fanatical	IV 3	
98. Some people are so arrogant that I would rather do the opposite of what they say, even if they are right	HV3	
99. From time to time I am overcome by melancholy which passes as quickly as it began.	SM3	
100. I am told that I make the same mistakes over and over again.	GC3	
101. At times I have the feeling that my thinking apparatus is overloaded	EW:3	
102. The brashness of some people hits me very hard and makes me lose my speech.	KS3	
103. It is possible that I haven't quite broken free of someone who is close to me (mother, father, partner, grandfather ...).	OR.')	
104. Often there are occasions that make me panic.	NR.')	
105. Life has taught me to give in to what fate has in store.	CW.')	
106. Those around are surprised when I lose control	HC3	
107. When I am sick, depressed, or exhausted, I feel like I should apologize to those around me.	PP 3	
108. I lose my balance very quickly; my moods change much more quickly than those of the people around me.	LS3	
109. I am very familiar with the feeling of having my back to the wall and believing that nobody can help me.	JS 3	
110. I am easily embarrassed when I have to speak in front of strangers.	TM3	

	CODE	APPUES
III. When following my own principles, I have to make certain not to let myself be influenced or shaken up by others.	GW.3	
112. Everyday things interest me and I'm marginally. Fantasy has a big part in my life.	EC .3	
113. I tend to overextend myself because I don't want to let other people down.	CE.3	
114. I am being told that I need to be more confident, anchored and to have more faith.	BG .3	

Group 4: Me and My Past
(Please think a little longer about
your answers in this section)

	CODE	APPUES
115. In school I felt like a failure compared to my fellow classmates.	UL 4	
116. The word "responsibility" played an important part in my upbringing.	CE4	
117. I had learning problems in my first years of school.	GC 4	
118. As a child, I gladly helped with housework.	DC4	
119. I had considerable difficulty deciding on a job.	DW4	
120. I used to have trouble falling asleep, because I had so many thoughts running around in my head.	EW4	
121. When I look back at my life, I realize that I always got myself into emotional, borderline situations.	IS 4	
122. As a child, I was so emotionally attached to my relatives that I would experience their distress, as if it were my own.	OR4	

	CODE	APPUES
123. In my youth I enjoyed taking contro~ and I always kept a cool head in a crisis.	HV 4	
124. The circumstances of my birth and early childhood were difficult.	CW4	
125. As a child in school, I always did everything at 150 percent, otherwise I didn't fed good.	IV4	
126. Even now I dream about shocking experiences that happened _ years ago.	KS4	
127. I used to be quid~-tempered and furious.	YH 4	
128. Even as a child, I had a we~ nervous constitution.	NR 4	
129. I have built my life on solid principles.	MR4	
130. M)' life has always alternated between phases of great productivity and extreme exhaustion.	QO 4	
131. In school I used to enjoy proving others wrong.	LB 4	
132. For a time as a child, I used to walk in my sleep day or night.	EC 4	
133. Fate has dealt me a bad hand.	BW4	
134. My mood has always oscillated between jubilation and distress.	LS4	
135. There were people who tended to be depressed in my family.	SM 4	
136. As a child, I was so restless at times that I could not sit on a chair for long.	VI4	
137. From early on I looud at things in my own way, differently than those around me.	GW4	
138. In my youth I of~en had bad impulses that required a lot of self-control.	HC4	
139. When I was a child~ bright lights, shrill colors, and certain noises gave me physical pain.	TM4	

	CODE	APPUES
140. rYe noticed that without a cup of tea or coffee, or some other stimulant, I cannot begin to work.	WH4	
141. For the sake of peace I have made a few sacrifices.	NA4	
142. In my youth I~vas often confronted by chronically ill people or had a chronic iDncSJmysdf	AG 2	
143. During classroom work, I have often crossed out a correct answer and put down an incorrect one-only because of uncenainty.	IC 4	
144. As a child I had nightl), fears and strange nightmares.	MA 4	
145. When I was a child I would gct an idea in my head and would e\en usc trickery in order to accomplish my goals.	FC 4	
146. Skepticism and pessimism were rampant in my family.	BC 4	
147. I have fewer memories about my childhood than most people.	XH 4	
148. Even as a child I had a tendell<=)to get a guilty conscience.	PP 4	
149. I used to participate in conversations-even if I did not ltnow anything about the subject matter-just to fed involved.	ZH4	
150. As early as I can remember, I tried to handle things by ~ instead of asking for help.	FW4	
151. I was a good-natured child. Often I used to do something other than I had intended.	KC4	
152. In our family it was understood that one would carry a task through to ita conclusion.	R04	