



BACH FLOWER SELF-HELP QUESTIONNAIRE

Check all that apply. If you have to think about it,
skip it. Don't limit your choices.

Agrimony

- 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

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

Beech

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

Centaury

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

Cerato

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

Cherry Plum

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

Chestnut Bud

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

Chicory

- 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

- 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

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

Elm

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

Gentian

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

Gorse

- ___ 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

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

Holly

- ___ I am suspicious of others
- ___ I feel discontented and unhappy
- ___ I am fully of jealousy, mistrust, or hate

Honeysuckle

- ___ 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

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

Impatiens

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

Larch

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

Mimulus

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

Mustard

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

Oak

- ___ 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

Olive

- ___ I feel completely exhausted, physically, and/or mentally
- ___ I am totally drained of all energy with no reserves left
- ___ I've just been through a long period of illness or stress

Pine

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

Red Chestnut

- ___ I'm overly concerned and worried about my loved ones
- ___ I'm distressed and disturbed by other people's problems
- ___ I worry that harm may come to those I love

Rock Rose

- ___ I sometimes feel terror and panic
- ___ I become helpless and frozen when afraid
- ___ I often have nightmares

Rock Water

- ___ 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

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

Star of Bethlehem

- ___ 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

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

Vervain

- ___ 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

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

Walnut

- ___ I'm experiencing change in 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

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

White Chestnut

- ___ I am constantly thinking unwanted thoughts
- ___ I repeatedly relive unhappy events or arguments
- ___ I'm unable to sleep at times because I can't stop thinking

Wild Oat

- ___ 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

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

Willow

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

RBTI

Sugars_____

Urine pH_____

Saliva pH_____

Salts_____

Cell Debris_____

Nit Nit_____

Amm Nit_____

Total Ureas_____

MRT Points to check:

Nail Photo

Eye Photo

Face Photo