

How do I use the Bach Flower questionnaire to choose the essences for my remedy?

When reading the essence descriptions, it may seem as if they all apply to you. However, you should try to limit your combination to 6 or 7 essences at the very most. Read the following questions and check the ones that apply to you at this time. You can then read the remedy descriptions page to confirm your choices.

1. Agrimony

Do you find yourself hiding worries behind a cheerful smiling face in attempt to conceal your pain from others?

Are you distressed by arguments and quarrels often "giving in" to avoid any conflict?

When you feel life's pressures weighing you down, do you often turn to drugs, alcohol or other outside influences to help you cope?

2. Aspen

Do you have feelings of apprehension, anticipation or uneasiness with no known cause?

Do you worry that something bad may happen but you are not sure what?

Do you awaken with a sense of fear and anxiety of what the day will bring?

3. Beech

Are you annoyed by the habits and shortcomings of others?

Are you overly-critical and intolerant, usually looking for what someone has done wrong and not right?

Do you prefer to work or be alone as the seeming foolishness of others irritates you?

4. Centaury

Are you unable to say no to those who constantly impose upon your good nature?

Do you tend to be timid and shy, easily influenced by those stronger than yourself?

Do you often deny your own needs to please others?

5. Cerato

Do you constantly question your decisions and judgement?

Are you often seeking advice and confirmation from other people, mistrusting your own wisdom?

Do you change direction often, first going one way, then another way because you lack the confidence in yourself to stick with one direction?

6. Cherry Plum

Do you fear losing control of yourself?

Are you afraid of hurting yourself and others?

Do you have a tendency to act irrationally and violently, exploding into unexplained fits of rage and anger?

7. Chestnut Bud

Do you find yourself making the same mistakes over and over such as choosing the wrong type of partner or staying in a job that you dislike?

Do you fail to learn from your experiences?

Does it take longer to advance in your life because you fail to learn from mistakes?

8. Chicory

Are you possessive and manipulative of those you care for?

Do you need to be needed?

Do you feel unloved and unappreciated by your loved ones "after all you've done for them"?

9. Clematis

Do you often feel spacey and out of touch with the "real world"?

Do you find yourself preoccupied and dreamy, unable to concentrate for any length of time?

Are you drowsy and listless, sleeping more than necessary?

10. Crab Apple

Are you obsessed with cleanliness?

Are you embarrassed and ashamed of yourself physically, finding yourself unattractive?

Do you tend to focus on small, physical conditions like pimples or marks, neglecting more serious problems?

11. Elm

Are you often overwhelmed by your responsibilities?

Do you feel inadequate when it comes to dealing with the tasks ahead of you?

Do you become depressed and exhausted when faced with everyday commitments?

12. Gentian

Do you become discouraged and depressed when things go wrong?

Do you find yourself easily disheartened when faced with difficult situations?

Does your pessimistic attitude often prevent you from making an effort to accomplish something?

13. Gorse

Do you feel despondent and hopeless, at the end of your rope, both mentally and physically?

Do you lack confidence that things will 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?

14. Heather

Are you totally self absorbed, concerned about yourself and your own problems and ailments?

Do you talk incessantly, not interested in what others say?

Do you dislike being alone, always seeking the companionship of others?

15. Holly

Are you full of jealousy and hate?

Do you mistrust others' intentions, feeling that people have "ulterior motives"?

Do you feel great anger toward other people?

16. Honey Suckle

Do you find yourself living in the past, nostalgic for the "way it was"?

Are you unable to change the present circumstances because you are always looking back and never forward?

Are you dissatisfied with your accomplishments?

17. Hornbeam

Do you often feel too tired to face the day ahead?

Do you feel overworked or bored with your life?

Do you lack enthusiasm and therefore tend to procrastinate?

18. Impatiens

Are you impatient and irritable with others who seem to do things too slowly for you?

Do you prefer to work alone?

Do you feel a sense of urgency in everything you do, always rushing to get through things?

19. Larch

Do you lack self confidence?

Do you feel inferior and often become discouraged?

Are you so sure that you will fail and therefore do not even attempt things?

20. Mimulus

Do you have fears of known things, i.e. illness, death, pain, heights, darkness, dentists, etc?

Are you shy, overly sensitive and often afraid?

When confronted with a frightening situation, do you become too paralyzed to act?

21. Mustard

Do you feel deep gloom which seems to quickly descend for no apparent reason and lifts just as suddenly?

Do you feel your moods swinging back and forth?

Do you feel depressed without knowing why?

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?

Do you neglect your own needs to complete a task?

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?

Is everything an effort, does your life lack zest?

24. Pine

Are you full of guilt and self-reproach?

Do you blame yourself for everything that goes wrong, even the mistakes of others?

Do you set overly high standards for yourself, never satisfied with your achievements?

25. Red Chestnut

Are you excessively concerned and worried for your loved ones?

Do you constantly worry that harm may come to those you care for?

Are you disturbed by other people's problems?

26. Rock Rose

Do you feel terror and panic?

Do you become helpless and frozen in the face of fear?

Do you suffer from nightmares?

27. Rock Water

Are you inflexible in your approach to life, always striving for perfection?

Are you so rigid in your ideals that you deny yourself the simple pleasures of life?

Are you overly concerned with diet, exercise, work and spiritual disciplines?

28. Scleranthus

Do you find it difficult to decide when faced with a choice of two possibilities?

Do you lack concentration, always fidgety and nervous?

Do your moods change from one extreme to another: joy to sadness, optimism to pessimism, laughing to crying?

29. Star of Bethlehem

Have you suffered a shock in your life such as an accident, loss of a loved one, terrible news, illness?

Are you numbed or withdrawn as a result of recent traumatic events in your life?

Have you suffered a loss or grief that you have never recovered from?

30. Sweet Chestnut

Do you suffer from extreme mental anguish?

Do you feel that you have reached the limits of what you could possibly endure?

Do you feel as though the future holds nothing for you?

31. Vervain

Do you feel tense and highly strung?

Do you have strong opinions and only yours are the right ones?

Is your over-enthusiasm almost to the point of being fanatical?

32. Vine

Do you tend to be domineering and overbearing?

Do you feel the need to always be right?

Are you inflexible and feel you know more than anyone?

33. Walnut

Are you experiencing any change in your life, such as a move, new job, loss of someone loved, new relationship, divorce, puberty, menopause, giving up an addiction?

Are you distracted by outside influences?

Do you need to make a break from strong forces or attachments in your life that may be holding you back?

34. Water Violet

Do you appear to others to be aloof and overly proud?

Do you have a tendency to be withdrawn and prefer to be alone when faced with too much external distraction?

Do you bear your grief and sorrow in silence?

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?

36. Wild Oat

Do you find yourself in a complete state of uncertainty over major life decisions?

Are you displeased with your lifestyle and feel dissatisfied with your achievements?

Do you have ambition but feel that life is passing you by?

37. Wild Rose

Are you apathetic and resigned to whatever may happen in your life?

Do you have the attitude, "I will just live with it"?

Do you lack the motivation to improve the quality of your life?

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 and less interest in the things you used to enjoy?

Choose the Bach Flower Essences to include in your individual tincture.

**Please note, remedies are not a substitute for medical or psychological diagnosis or treatment.*

It is recommended that you see your physician or licensed health care professional when needed.

How do I know which of my present emotions can be helped with Bach Flower Remedies?

Below are brief descriptions of the emotional states the thirty-eight 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.

How many remedies should I choose?

Generally speaking a person may choose up to seven of these to be included in their individual tincture.

However, should you be very sensitive, you may wish to limit the initial bottle to three or four to see how you do. It is sometimes possible to bring on a "healing crisis" when embarking on a holistic path such as using the Bach Flower Remedies. While this will resolve, it usually means that for a short while a condition gets somewhat worse before it gets better. Your emotional responses to everyday situations are changing and so you must be gentle and accepting with yourself.

What are the negative emotional states or conditions and how will I feel when they become positive?

The first few phrases describe the more extreme form of the negative emotions. Then you will see in italics what positive qualities the essence will help develop.

1. **Agrimony** Hide their feelings, appear bright and cheerful when in reality worried or tormented,

“give in” to avoid arguments or conflicts, may turn to food, work, alcohol, drugs or other influences to help them cope. *Remedy works to help people release stress, relax and share problems if needed.*

2. **Aspen** Feel worried, apprehensive, unknown fears, anxious but not sure why. Sensitive and intuitive. *Remedy helps people to develop fearlessness and trust.*

3. **Beech** Critical of the behavior of others, lack tolerance, find other people’s habits annoying, may seem patient outside but be seething inside. *Remedy helps people to develop sympathy and tolerance.*

4. **Centaury** Find it hard to stand up for themselves or say no, neglect own needs to please others, have trouble asking for what they need. *Remedy helps people to develop inner strength and the ability to stand up for themselves.*

5. **Cerato** Lack of self-confidence in decision making, distrust their own judgment, ask everyone else for their opinion but still feel confused and indecisive. *Remedy helps people to develop self-confidence in their own judgment..*

6. **Cherry Plum** Afraid of losing mental, emotional or physical control, afraid they may become violent, explosive or hurt others, fear they may do something wrong. *Remedy helps to restore self-control, and aids in times of emotional crisis.*

7. **Chestnut Bud** Make the same mistakes over and over again, fail to learn from past experience, wish to stop repeating the same old patterns. *Remedy helps people to break old habits and learn life’s lessons.*

8. **Chicory** Over-possessive, over-nurturing, over-protective, fussy, can become stifling and selfish, may feel sorry for themselves and unappreciated. *Remedy helps people to let go and give love and advice while respecting freedom of others.*

9. **Clematis** Creative but unable to materialize this, lack interest in the present, may be quite oblivious to surroundings, dreaming of the future, inattentive, absent-minded. *Remedy helps to bring focus to the present and to encourage people to take a more active role in life.*

10. **Crab Apple** Compulsive physical cleaning, feel unclean, may be unhappy with own body; feel physically unattractive, prone to skin problems, sensitive to environmental pollution. *Remedy helps people to develop self-acceptance and perspective.*

11. **Elm** Usually temporary state, overwhelmed by responsibilities, exhausted, may hold responsible

- position. *Remedy works to calm the mind and give confidence in the ability to complete tasks.*
12. **Gentian** Wants facts and proof, scornful of faith, small setbacks discourage, pessimistic, tends to expect the worst, easily disheartened. *Remedy helps to dispel negative thinking and give people positive thoughts, faith and perseverance.*
13. **Gorse** Feel hopeless, lack faith things can improve, no effort to improve circumstances, deeper than Gentian condition. *Remedy helps people have hope and optimism.*
14. **Heather** Preoccupied with self, need to be centre of attention may be clingy, need to talk about themselves, drain the energy of others. *Remedy helps people to care about the needs of others and not just themselves.*
15. **Holly** Frequent state of irritation, anger, jealousy, suspicion, revenge, strong emotions. *Remedy helps people to develop compassion and an open heart.*
16. **Honeysuckle** Lost in the past, “good old days”, regrets, reminiscing, little interest in present. *Remedy helps people focus the mind on the present and put the past into perspective.*
17. **Hornbeam** Mental weariness and lack of enthusiasm, boredom with daily routine. *Remedy helps people develop more energy and enthusiasm.*
18. **Impatiens** Impatient, does things quickly, want others to hurry, easily irritated. *Remedy helps people develop patience, acceptance, and gentleness.*
19. **Larch** Lack self-confidence, fear failure, may not put in effort. *Remedy helps people to develop self-confidence and self-esteem.*
20. **Mimulus** Has fears and, unlike Aspen, can identify origin, often shy and retiring. *Remedy helps people to develop more courage and confidence.*
21. **Mustard** Feeling of depression without known cause which comes and goes, desire to be left alone, emptiness. *Remedy works to dispel the feeling of doom and gloom and encourage joy.*
22. **Oak** Strong, capable, rarely ask for help, struggle on, overdo things. *Remedy helps people to renew strength and vitality.*
23. **Olive** Drained of energy, physically and mentally exhausted. *Remedy helps rejuvenation and*

renewal of energy.

24. **Pine** Feelings of guilt, blame themselves, often apologizing. *Remedy helps people to develop self-forgiveness and self-acceptance.*

25. **Red Chestnut** Anxiety and extreme concern for the welfare of loved ones. *Remedy helps people put fears into perspective.*

26. **Rock Rose** Extreme fear, terror, panic, nightmares. *Remedy helps people to release terror and panic in crisis situations.*

27. **Rock Water** Rigid standards, self-denial, hard on themselves. *Remedy helps people to be more lenient and less rigid with themselves.*

28. **Scleranthus** Difficulty making choices, doubt, mood swings. *Remedy helps people see their options more clearly and become more decisive.*

29. **Star of Bethlehem** Shock, recent or past trauma, grief. *Remedy helps to soothe and calm people and help them cope with grief.*

30. **Sweet Chestnut** Mental anguish and despair, desolate. *Remedy helps to alleviate despair and restore faith.*

31. **Vervain** Strong feelings, try to convert others to their point of view, wish to convince and convert others. *Remedy helps people become more relaxed and restrained.*

32. **Vine** Self-assured, dominant, leader, inflexible, can be demanding. *Remedy helps people to maintain leadership qualities, be more understanding and less harsh with others.*

33. **Walnut** For times of change and transition, adjustment to new situations. *Remedy helps people to adjust to situations involving change.*

34. **Water Violet** Proud, aloof, reserved, independent, tend to suffer in silence. *Remedy helps people to retain serenity while connecting more easily with others.*

35. **White Chestnut** Worry, repetitive and unwanted thoughts, difficulty concentrating. *Remedy helps brings stillness and peace to the mind.*

36 **Wild Oat** At a crossroads, uncertain about life's direction. *Remedy helps people to see their way more clearly and have a sense of vocation.*

37 **Wild Rose** Apathetic, resigned, passive, lack motivation to improve quality of life. *Remedy helps people revive their inner zest for life.*

38 **Willow** Resentful, bitter, sorry for themselves. *Remedy helps people to accept personal responsibility and have a more optimistic outlook on life.*

Rescue Remedy A combination of Clematis, Cherry Plum, Impatiens, Rock Rose, Star of Bethlehem. For the purpose of a personal tincture may be counted as one remedy.