

**Bach Flower Questionnaire**

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The following questionnaire was developed from the original writings of Edward Bach, M.D. and is provided for your interest and self-assessment. Please read and answer each of the questions by placing a check on the line preceding the question.

Check only those questions for which the answer is YES.

\_\_\_\_1.Do you have vague fears that you cannot explain?

\_\_\_\_2.Do you often find yourself distressed and anxious, but are unable to put your finger on the problem?

\_\_\_\_3.Do you wake with a sense of apprehension and foreboding, feeling that something bad may happen, but don’t know what it might be?

\_\_\_\_4.Do you have specific fears you can identify and would like to overcome?

\_\_\_\_5.Are you shy and easily frightened by particular circumstances and things?

\_\_\_\_6.When faced with situations or things that frighten you, do you become nervous and too paralyzed to act?

\_\_\_\_7.Do you fear losing control of your mind or body?

\_\_\_\_8.Are you compulsive, or have impulses to do things you know are wrong but have difficulty controlling your actions?

\_\_\_\_9.Do you fear losing control and hurting yourself or others?

\_\_\_\_10.Do you worry over the health and safety of your friends and family?

\_\_\_\_11.Do you fear that something may happen to those close to you?

\_\_\_\_12.Does you over-concern and worry for others cause considerable distress?

\_\_\_\_13.Do you suffer from extreme terror?

\_\_\_\_14.Do you tend to panic and become hysterical?

\_\_\_\_15.Are you troubled by nightmares?

\_\_\_\_16.Do you lack confidence in your ability to judge things on your own and make decisions?

\_\_\_\_17.Do you find yourself asking other people’s advice, even when you know what you want?

\_\_\_\_18.After taking advice from others, do you find yourself confused by the choices, constantly changing your mind or direction according to the latest recommendations?

\_\_\_\_19.Do you suffer from indecision, uncertainty or hesitancy?

\_\_\_\_20.Do you have difficulty choosing between one thing and another?

\_\_\_\_21.Do you experience extreme mood swings, or have difficulty in keeping your balance?

\_\_\_\_22.Are you dissatisfied with your current role in life, feeling that life is passing you by?

\_\_\_\_23.Have you tried many different directions in life, but nothing seems to bring satisfaction?

\_\_\_\_24.Would you like to find a new lifestyle/career or change your old one, but have difficulty deciding what you should be doing?

\_\_\_\_25.Do you lack confidence?

\_\_\_\_26.Do you not try things for fear of failing?

\_\_\_\_27.Do you feel inferior and that others are more capable and qualified than you are?

\_\_\_\_28.On rising in the morning, do you find yourself tired, not wanting to get up?

\_\_\_29.Do you feel some part of you needs to be strengthened before you can tackle the day?

\_\_\_30.Do you find that, once you have started, your tiredness is forgotten and you are able to complete your task?

\_\_\_31.Are you absentminded, or does your attention easily wander, making it difficult to concentrate?

\_\_\_32.Do you find you have little interest in present circumstances, often daydreaming, wishing you were somewhere else?

\_\_\_33.Do you find yourself dozing off frequently, regardless of where you are?

\_\_\_34.Do you find you are caught between living in the present and dwelling in memories of the past?

\_\_\_35.Are there things you would like to have done in your life but never had the opportunity to do?

\_\_\_36.Do you find yourself reminiscing about the good old days, wishing you were able to live your life over again?

\_\_\_37.Do you find you are indifferent and apathetic toward life?

\_\_\_38.Are you resigned to your current circumstances, making little effort to improve things or to find joy?

\_\_\_39.Do you feel you’ve given up and don’t care one way or another what happens?

\_\_\_40.Are you troubled by persistent unwanted thoughts?

\_\_\_41.Do you worry or have mental arguments that circle round you mind?

\_\_\_42.Do you have difficulty sleeping due to mental chatter and worries?

\_\_\_43.Do you find you don’t learn from past experiences, repeating the same mistake or pattern of behavior?

\_\_\_44.Due to lack of observation, do you find it necessary to go over things already done?

\_\_\_45. Is there a particular situation or condition continually recurring in your life that you would like to overcome?

\_\_\_46. Are you now going through, or have you recently gone through, an illness or personal ordeal that left you physically and mentally drained?

\_\_\_47. Do you tire easily with no reserve energy to complete your tasks or enjoy the day?

\_\_\_48. Do you feel zapped of strength and vitality, where even the least effort exhausts you?

\_\_\_49. Do others find you aloof, proud, and at times condescending?

\_\_\_50. Do you keep to yourself, not wishing to be interfered with or to interfere with other people’s affairs?

\_\_\_51. Are you self-reliant and prefer spending your time alone?

\_\_\_52. Do you find yourself losing patience, becoming tense and irritable with people and things that move too slowly for you?

\_\_\_53. Do you do things in a rush, racing from one place or situation to another?

\_\_\_54. Do you find you need to work alone, because others can’t keep up to your pace?

\_\_\_55. Do you find others avoiding conversation with you because you tend to talk a great deal?

\_\_\_56. Do you dislike being alone and seek the company of anyone willing to listen to your troubles?

\_\_\_57. Do you feel the need to steer conversations back to your special interests or problems, and are reluctant to discontinue them even when the listener has to leave?

\_\_\_58. Do you try to have a “stiff upper lip” and make light of even the most trying circumstances?

\_\_\_59. Do you go out of your way to avoid burdening others with your problems, give in to the wishes of others in order to avoid an argument or quarrel?

\_\_\_60. When troubled, do you find yourself drinking alcohol or using stimulants or other drugs to assist in keeping up a happy disposition?

\_\_\_61. Are you easily imposed on because of your willingness to help others?

\_\_\_62. Is it difficult for you to say NO when you’re asked for help, becoming more a servant than a willing helper?

\_\_\_63. Do you neglect your own needs, because you are too busy taking care of other people’s needs?

\_\_\_64. Are you involved in a relationship or situation you would like to be free of but cannot break away from?

\_\_\_65. Are you currently in a state of transition or change?

\_\_\_66. In the midst of this change, do you find that you’re having difficulty in letting go of past attachments or in starting new beginnings?

\_\_\_67. Are you suspicious and mistrusting of other peoples’ motives and intentions?

\_\_\_68. Do others find you spiteful, envious, jealous or vengeful?

\_\_\_69. Do you find yourself lacking compassion and warmth toward others?

\_\_\_70. Are rarely content with your accomplishments, feeling that you could always do better?

\_\_\_71. Do you blame yourself for other people’s mistakes, feeling that their shortcomings are in some way your fault or responsibility?

\_\_\_72. Are you hard on yourself when you fail to live up to the standards or expectations you’ve set for yourself?

\_\_\_73. Do you tend to overextend your commitments?

\_\_\_74. Do you find yourself overwhelmed by your work, and despite being capable feel you have taken on more than you can do?

\_\_\_75. Do you become despondent when faced with the magnitude of your responsibilities?

\_\_\_76. Have there been past traumas or shocks in your life which you may have not completely recovered from?

\_\_\_77. Do you feel a past surgery or accident is responsible for your present condition?

\_\_\_78. Have you recently, or in the past, suffered a personal loss that you haven’t quite gotten over?

\_\_\_79. Do you feel that your very “soul” is suffering destruction or being annihilated?

\_\_\_80. Do you suffer from mental anguish and deep despair?

\_\_\_81. Do you feel that the burden of life is more than you can bear?

\_\_\_82. Have you lost hope that you will recover from or be helped in overcoming an illness or difficulty?

\_\_\_83. Do you feel it is useless to seek further help for your problems?

\_\_\_84. Have you given up hope that things will change for the better in some circumstance or situation in your life?

\_\_\_85. Do you ever become gloomy and depressed for no known reason?

\_\_\_86. Does this depression envelope you like a dark cloud, hiding the joy of life?

\_\_\_87. Do you find this gloom and depression, for no apparent reason, lifts as suddenly as it comes?

\_\_\_88. Are you easily discouraged when things don’t go your way?

\_\_\_89. When setting out to accomplish a task, do you become over-sensitive to small delays and hindrances that may lead to self-doubt, and at times to depression?

\_\_\_90. Is it hard to start over again once you’ve encountered difficulties?

\_\_\_91. Are you one who tirelessly struggles on despite oppositions and delays?

\_\_\_92. Can you always be depended on to complete what you set out to do, regardless of the challenge?

\_\_\_93. Do you tend to throw yourself into your projects neglecting your own needs, as well as the needs of those close to you?

\_\_\_94. Through no fault of your own, do you feel that life has been unfair or unjust to you?

\_\_\_95. Have you become resentful and bitter towards those who may have treated you poorly?

\_\_\_96. Despite all you have done, do you feel your best efforts have largely gone unrewarded, while others not as deserving as yourself have gained?

\_\_\_97. Do you feel unclean or ashamed over an act you should have not committed, or over someone or something having violated you personally?

\_\_\_98. Do you find yourself preoccupied with small physical problems such as pimples, small blemishes or rashes, while overlooking more serious conditions?

\_\_\_99. Do you feel there is something wrong with, or some things you would like changed, in your physical appearance?

\_\_\_100. Are you compulsive about cleanliness, even at times to the extreme?

\_\_\_101. Are you afraid of becoming, or feel you have already become, contaminated and need to be cleansed?

\_\_\_102. Do you want to keep your loved ones close to you and help them by directing their lives?

\_\_\_103. Do you feel those you care for do not appreciate you?

\_\_\_104. Do you find yourself needing the attention and devotion of those you love, feeling it’s their duty to stay in close contact with you?

\_\_\_105. When assessing people and situations, do you look for what you can find wrong?

\_\_\_106. Do the small habits and idiosyncrasies of others bother you?

\_\_\_107. Are you critical and intolerant of those who don’t measure up to your standards or expectations?

\_\_\_108. Do you have strong opinions that you attempt to convince others are right?

\_\_\_109. Are you easily incensed by injustices, arguing for and defending principles that you believe in?

\_\_\_110. Are you high-strung, at times tense and over-enthusiastic, always teaching and philosophizing?

\_\_\_111. Do you feel you have a mission in life to conform with or live up to?

\_\_\_112. Are you strict in your adherence to a religious or social discipline or a particular way of living?

\_\_\_113. Do you feel it’s important to make an example of yourself by living up to your ideals, so that others may follow?

\_\_\_114. Do you tend to take charge in circumstances and situations you’re involved in?

\_\_\_115. Are you strong-willed and expect complete obedience (without question) from those around you?

\_\_\_116. Do you consider yourself a “born leader”?