

## Bach Flower Remedy Self Help Questionnaire

Please read and answer each of the questions carefully. Circle ONLY the numbers which give you a definite YES to. If your answer is NO or SOMETIMES, do NOT circle the number.

1. Do you have vague fears, which 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 up with a sense of apprehension and forboding, feeling that something bad may happen, but don't know what it may 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 your over-concern and worry for others cause you 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 though you know what you want?
18. After taking advice from others, do you find yourself confused by the choices, constantly changing direction with each recommendation?
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 emotional 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 or career, or change your old one, but have difficulty deciding what you should be doing?
25. Do you lack confidence?
26. Do you avoid things for fear of failing?
27. Do you feel inferior and that others are more capable and qualified than you?
28. On rising do you find yourself tired, not wanting to get up?
29. Do you feel part of you needs to be strengthened before you can tackle that day?
30. Do you find once you've started your daily activities your tiredness is forgotten, and you're 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 yourself caught between living in the present and dwelling memories of the past?
35. Are there things you would like to have done with 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 yourself indifferent and apathetic toward life?
38. Are you resigned to your current circumstances, making little effort to improve things, or find joy?
39. Do you feel you've given up and don't care on way or the other what happens?
40. Are you troubled by persistent, unwanted thoughts?
41. Do you worry or have mental arguments that circle around in your mind?
42. Do you have difficulty sleeping due to mental chatter and worries?
43. Do you find you're unable to learn from past experiences, repeating the same mistakes or patterns of behavior?
44. Due to lack of observation, do you find it necessary to go over or correct things already done?

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45. Is there a particular situation or condition continually recurring in your life, which 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 drained of strength vitality, where even the least effort exhausts you?
49. Do others find you aloof, prideful, and at times condescending?
50. Do you keep to yourself, not wishing to be interfered with or to interfere in others people's affaires?
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 to 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 with 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. When worried or in pain, do you tend to conceal it from others, making light of even the most trying of circumstances?
59. Do you go out of your way to avoid burdening others with your problems, or giving into others' wishes in order to avoid an argument or quarrel?
60. When troubled, do you find yourself drinking alcohol or using 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 that 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 you're having difficulty letting go of the past attachments and starting new beginnings?
67. Are you suspicious and mistrusting of other people's motives and intentions?
68. Do others find you spiteful, envious, jealous, or vengeful?
69. Do you find yourself lacking compassion or warmth toward others?
70. Are you 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 you fault or responsibility?
72. Are you hard on yourself when you fail to live up to the standards or expectations that you've set for yourself?
73. Do you tend to over extend your commitments?
74. Do you find yourself overwhelmed by your work and despite being capable, feel you've 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 not have completely recovered from?
77. Do you feel a past surgery or accident is responsible for your present condition?
78. Have you ever suffered a personal loss, which you haven't gotten over?
79. Do you feel you've reached the limits of you endurance, and there's nothing but annihilation left to face?
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'll recover from, or be helped in overcoming, an illness or difficulty?
83. Do you feel it's useless to seek further help for your problems?
84. Have you ever given up hope that things will change for the better in some circumstances or situations 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?

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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, which may lead to self-doubt and at times to depression?
90. Is it hard for you 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 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 and unjust to you?
95. Have you become resentful and bitter toward those who may have treated you poorly?
96. Despite all you've 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 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've already become, contaminated and need to be cleansed?
102. Are you possessive of those close to you and feel you know what's best for them, often directing and correcting even small details of their lives?
103. Do you feel you're not appreciated by those you care for?
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 situation, 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 our standards or expectations?
108. Do you have strong opinions, which you attempt to convince others are right?
109. Are you easily incensed by injustices, arguing for you and defending principals, which you believe in?
110. Are you high-strung, at times tense and overly 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 toward 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 with?
115. Are you strong-willed and expect complete obedience without question from those around you?
116. Do you consider yourself a "Born Leader"?