



# Natural Paths Healing Arts Center



## Bach Flower Questionnaire



*The following questionnaire was developed from the original writings of Dr. Edward Bach and is provided for your interest and self-assessment. Please read and answer each of the questions carefully. Check only those questions for which you gave a definite YES answer; if your answer is NO or SOMETIMES, leave the box blank.*

**IMPORTANT NOTICE:** *I make no claims as to the effectiveness of the Bach Essences on the conditions described in the Questionnaire. Persistent conditions and those conditions requiring medical attention should be referred to a physician immediately.*

- ☐ 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 with a sense of apprehension and foreboding, feeling that something bad may happen, but don't know what it may be?
- ☐ 4. Do you have specific fears which 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 when you know what you want?
- ( ) 18. After taking advice from others, do you find yourself confused by the choices, constantly changing your 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?
- ( ) 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 once you have 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 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 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 you are 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 one way or another what happens?
- ( ) 40. Do you find you can't sleep because your thoughts give you no rest?
- ( ) 41. Do you find your head full of persistent, unwanted thoughts that prevent concentration?
- ( ) 42. Do you relive unhappy event or arguments over and over again?
- ( ) 43. Do you find you don't 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 things already done?
- ( ) 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 which 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 sapped of strength and 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 other people's affairs?
- ( ) 51. Are you self-reliant? Do you 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? Are you 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, giving 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 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 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 shortcoming 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 not have 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 which you haven't quite gotten over?
- ( ) 79. Do you feel you've reached the limits of your 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 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 problem?
- ( ) 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 or 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 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 toward 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 not have committed, or over someone or something have 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. 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 are 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 situations, do you look for what you can find wrong?
- ( ) 106. Do the small habits and idiosyncracies 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 which you attempt to convince others are right?
- ( ) 109. Are you easily incensed by injustices, arguing for and defending principles which 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 in 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?"

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