



EMOTIONAL QUESTIONNAIRE

Emotions are at the root of many health issues. Bach Flower remedies help support the person as they go through emotional healing. The enclosed questionnaire will help you identify major emotional stressors.

Follow the directions at the top of the questionnaire. Circle remedies where all three in a category have been checked. (If you have more than three remedies, read the *Category* and *Action* columns to see which three **fit the most**.) A customized blend of up to three emotional supports can be provided in one bottle from LFH for \$10.00. Single Flower Essence remedies are available for \$8.00.

If you have any questions you can schedule a phone consultation with a LifeStyle For Health Coach.

Place a checkmark for only the questions which evoke a YES answer. If your answer is NO or SOMETIMES, do not check the item in question.

- 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 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?



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- 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 position in life, feeling that life is passing you by?
- 23 ___ Have you tried many different jobs but nothing seems to bring satisfaction?
- 24 ___ Would you like to find a new 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 work?
- 29 ___ Do you feel some part of you needs to be strengthened before you can tackle your job?
- 30 ___ Do you find once you've started working, your tiredness is forgotten, and you're able to complete your task?

- 31 ___ Are you absent-minded, 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 ___ Are you troubled by persistent unwanted thoughts?
- 41 ___ Do you worry or have mental arguments which circle around in your mind?
- 42 ___ Do you have difficulty sleeping due to mental chatter and worries?



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- 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 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 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 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 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 of other people's needs?



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- 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 a better job?
- 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 work 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 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 envelop 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 opposition 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 work, 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 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 ___ 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 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 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?



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- 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 ____ When taken to an extreme, can you become tyrannical and domineering?
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BACH FLOWER REMEDIES SELECTION GUIDE

Now that you have gone through the questionnaire, **circle remedies where all three in a category have been checked.** (If you have more than three remedies, read the *Category* and *Action* columns to see which three **fit the most.**) A customized blend of up to three emotional supports can be provided in one bottle from LFH for \$10.00. Single Flower Essence remedies are available for \$8.00.

<u>Questions</u>	<u>Remedy</u>	<u>Category</u>	<u>Action</u>
1-3	Aspen	Fear	Fear of unknown
4-6	Mimulus	Fear	Fear of known things
7-9	Cherry Plum	Fear	Fear of mind giving way
10-12	Red Chestnut	Fear	Fear for others
13-15	Rock Rose	Fear	Terror
16-18	Cerato	Uncertainty	Seeks advise from others
19-21	Scleranthus	Uncertainty	Indecisive
22-24	Wild Oat	Uncertainty	Indecisive of direction
25-27	Larch	Despondent	No self-confidence
28-30	Hornbeam	Uncertainty	Weary, fatigued, self preoccupation
31-33	Clematis	Disinterested	Lack of interest in present, sleeper
34-36	Honeysuckle	Disinterested	Live in the past
37-39	Wild Rose	Disinterested	Apathy, resigned to fate
40-42	White Chestnut	Disinterested	Unwanted thoughts
43-45	Chestnut Bud	Disinterested	Compulsive repetition of mistakes
46-48	Olive	Disinterested	Lack of vitality, exhausted, fatigued
49-51	Water Violet	Loneliness	Condescending, metal rigidity
52-54	Impatiens	Loneliness	Impatience, irritable, in a rush
55-57	Heather	Loneliness	Self-centered, wants to talk
58-60	Agrimony	Easily Influenced	Brave front but inside turbulence
61-63	Centaury	Easily Influenced	Timid, weak-willed, subservient
64-66	Walnut	Easily Influenced	Prone to change
67-69	Holly	Easily Influenced	Greed, hatred, envy, jealousy
70-72	Pine	Despondent	Self-reproach, guilt
73-75	Elm	Despondent	Overwhelmed by responsibility
76-78	Star of Bethlehem	Despondent	Shocked
79-81	Sweet Chestnut	Despondent	Extreme anguish, reached limits
82-84	Gorse	Uncertainty	Hopeless, despair, nothing can help
85-87	Mustard	Disinterested	Hopeless without reason
88-90	Gentian	Uncertainty	Negative outlook, known cause
91-93	Oak	Despondent	Overworked, obstinate, struggles on
94-96	Willow	Despondent	Resentment
97-101	Crab Apple	Despondent	Self-hatred, unclean, disgust
102-104	Chicory	Over-caring	Possessive, selfish
105-107	Beech	Over-caring	Intolerance of others
108-110	Vervain	Over-caring	Tenseness, stress, cannot relax
111-113	Rock Water	Over-caring	Self-denial, self-martyrdom
114-116	Vine	Over-caring	Inflexible, domineering