



Kardia Health Services, LLC

Bach Flower Remedy

Assessment

Date:

Client's Name:

Mailing Address:

Email Address:

Your Personal Questionnaire

INSTRUCTIONS: Check the box next to each question that you firmly feel applies to you at this moment.

AGRIMONY

- ☐ Do you hide your worries behind a cheerful, smiling face to conceal your pain from others?
- ☐ Are you distressed by arguments and quarrels, often "giving in" to avoid conflict? ☐ When you feel life's pressures weighing you down, do you usually turn to food, work, alcohol, drugs, or other outside influences to help you cope?

ASPEN

- ☐ Do you have feelings of apprehension or anxiety without knowing why?
- ☐ Do you feel that something terrible will happen, but you are not sure what?
- ☐ Do you wake up with a sense of fear of what the day will bring?

BEECH

- ☐ Are you annoyed by the habits and shortcomings of others?
- ☐ Do you find yourself being overly critical and intolerant, usually looking for what someone has done wrong and not right?



123 S. Chestnut Street
Suites 101 & 102
Marion, VA 24354



276-329-5422 (phone &
fax)



billmcfeature@yahoo.com



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☐ Does the incompetence and foolishness of others irritate you and you find yourself being critical and intolerant of others?

CENTAURY

☐ Do you often neglect my own needs to please others?

☐ Is it difficult to say no to those who impose upon your good nature?

☐ Do you tend to be easily influenced by those more persuasive in life than yourself?

CERATO

☐ Do you constantly second-guess your own decisions and judgment?

☐ Do you often seek advice and confirmation from other people, mistrusting your intuition?

☐ Do you change direction often even after asking for advice, because you feel confused or unsure?

CHERRY PLUM

☐ Are you afraid you might lose control of yourself mentally, emotionally, or physically?

☐ Do you fear that you may think or do something that you feel is wrong?

☐ Do you feel like you are going crazy and fear you may hurt yourself or others or become violent and explosive?

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 you dislike?

☐ Do you fail to learn from the errors or experience of others?

☐ Do you wish you would not repeat the same patterns again and again?

CHICORY

☐ Do you need to be needed and want your loved ones?

☐ Do you feel unloved and unappreciated by your family?

☐ Are you somewhat possessive of those you care for, feeling you know what is best for them?

CLEMATIS

☐ Do you often feel spacey and absent-minded?

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

☐ Are you tired and listless, sleeping more often than necessary?

CRAB APPLE

☐ Are you overly concerned or obsessed with cleanliness or feel toxic or contaminated?

☐ Are you embarrassed and ashamed of yourself or feel physically unattractive?

☐ Do you tend to obsess over little things or concentrate on small physical conditions, such as pimples or marks?

ELM

☐ Do you feel overwhelmed by responsibilities?

☐ Do you think and feel it is too difficult to handle all the many tasks ahead of you?

☐ Do you become depressed and exhausted when faced with your everyday commitments and feel you have temporarily lost my self-confidence?

GENTIAN

☐ Do you become discouraged and feel hopeless when things go wrong?

☐ Are you easily disheartened when faced with difficulties?

☐ Does your depressed attitude prevent you from trying to accomplish something?

GORSE

☐ Do you feel hopeless, as if there is no reason to try to improve things?

☐ Do you lack faith that things could 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?

HEATHER

- ☐ Do you find that others may avoid you because you seem to talk too much about yourself?
- ☐ Do you dislike being alone, always seeking the companionship of others, to have someone to speak with?
- ☐ Do your conversations usually wind up focusing on your interests or problems?

HOLLY

- ☐ Are you suspicious of others, feeling that people have “ulterior motives?”
- ☐ Do you feel great anger toward other people?
- ☐ Are you full of jealousy, mistrust, or hate?

HONEYSUCKLE

- ☐ Do you often feel homesick for the "way it was" and living in the past?
- ☐ Do you think more about the past than the present and not looking forward? ☐ I often think about what might have been

HORNBEAM

- ☐ Do you often feel too tired to face the day ahead?
- ☐ Do you feel mentally exhausted, overworked, or bored with your life?
- ☐ Do you tend to put things off and procrastinate some tasks while efficiently accomplishing those that are more enjoyable?

IMPATIENS

- ☐ Do you feel I find it hard to wait for items and a sense of urgency in everything you do?
- ☐ Are you impatient and irritable with others who seem to do things too slowly for you?
- ☐ Do you prefer to work alone?

LARCH

- ☐ Do you lack self-confidence?

- ☐ Do you feel inferior and often become discouraged?
- ☐ Are you so sure that you will fail that you do not even attempt things?

MIMULUS

- ☐ Do you have fears of identifiable things, i.e., illness, death, pain, heights, darkness, etc.?
- ☐ Are you shy, overly sensitive, and often afraid?
- ☐ Do you often get nervous and embarrassed and worry about everyday situations, i.e., traffic, bills, etc.?

MUSTARD

- ☐ Do you get depressed without knowing why?
- ☐ Do your moods swing back and forth?
- ☐ Do you get gloomy feelings that come and go and quickly appear for no apparent reason and then lifts just as suddenly?

OAK

- ☐ Do you tend to overwork and keep on despite exhaustion?
- ☐ 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?

OLIVE

- ☐ Do you feel completely exhausted, both physically and mentally?
- ☐ Are you drained of all energy with no reserves left, finding it difficult to carry on?
- ☐ Have you just been through a long period of illness or stress or strain with no relief?

PINE

- ☐ Do you set overly high standards for yourself, never satisfied with your achievements?
- ☐ Do you often feel guilty?
- ☐ Do you blame yourself for everything that goes wrong, sometimes even the mistakes of others?

RED CHESTNUT

- ☐ Are you overly concerned and worried about your loved ones?
- ☐ Are you distressed and disturbed by other people's problems?
- ☐ Do you worry that harm may come to those you love?

ROCK ROSE

- ☐ Are you susceptible to feelings of terror and panic?
- ☐ Do you become helpless and frozen in the face of your fear?
- ☐ Do you suffer from nightmares?

ROCK WATER

- ☐ Do you set high personal standards and take pride in setting a good example?
- ☐ Are you overly strict with your health, work, and spiritual disciplines?
- ☐ Are you very self-disciplined in your approach to life, always striving for perfection?

SCLERANTHUS

- ☐ Do you find it difficult to make decisions when I have two options?
- ☐ Do you lack concentration, always fidgety and nervous?
- ☐ Do you have intense mood swings from one extreme to another: joy to sadness, optimism to pessimism, laughing to crying?

STAR OF BETHLEHEM

- ☐ Do you feel devastated due to a recent shock in your life such as an accident, loss of loved one, terrible news, illness?
- ☐ Are you withdrawn due to traumatic events in your life?
- ☐ Have you suffered grief from which you never recovered from loss, trauma, or fright?

SWEET CHESTNUT

- ☐ Do you suffer from extreme mental or emotional heartache?
- ☐ Do you feel you have reached the limits of your endurance?

☐ Do you have feelings of complete despair and that all hope is gone?

VERVAIN

☐ Do you get high-strung and have so much energy you cannot fall asleep?

☐ Do you have a strong opinion and try to convince others of your way of thinking? ☐ Are you sensitive to injustice and dedicated to causes that some people would think you are obsessed with?

VINE

☐ Do you tend to take charge of projects, situations, etc.?

☐ Do you consider yourself a natural leader?

☐ Are you strong-willed and ambitious and may appear aggressive or domineering to others?

WALNUT

☐ Are you experiencing a change in your life, a move, a new job, a new relationship, etc.?

☐ Do you get drained by people or situations?

☐ Do you need to be free to follow your ambitions and break away from strong forces or attachment that may be holding you back?

WATER VIOLET

☐ Do you give the impression to others that you are aloof and overly proud?

☐ Do you prefer to be alone when overwhelmed?

☐ Do you bear your grief and sorrow without talking to others?

WHITE CHESTNUT

☐ Do you experience repeated unwanted thoughts and worries?

☐ Do you relive unhappy events or arguments repeatedly?

☐ Are you unable to sleep at times because you can't stop thinking, and your mind seems to cycle rumination of mental arguments?

WILD OAT

☐ Do you find yourself in a complete state of uncertainty and not able to find your path in life?

☐ Do you feel ready for a change in direction, but are unsure of what will happen?

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

WILD ROSE

☐ Are you apathetic and resigned to whatever happens to you happens?

☐ Do you have an attitude that "It doesn't matter anyhow."

☐ Do you feel no joy in your life?

WILLOW

☐ Do you feel apathetic, resentful, and bitter?

☐ Do you have difficulty forgiving and forgetting?

☐ Do you think life is unfair and feel yourself taking less interest in things you used to enjoy?

RESCUE REMEDY

☐ Have you experienced complex trauma?

☐ Do you feel very stressed out?

☐ Do you feel irritated and impatient?

☐ Do you feel ungrounded and spacey?

☐ Do you feel frightened and frozen?

☐ Do you feel I may lose self-control?