

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons),N.D.
Board Certified Naturopathic Doctor | Bowen Practitioner

Bach Flower Questionnaire

Name: _____ Date: _____

The following questionnaire was developed from the original writings of Edward Bach, MD 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 your 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 in life?
- ___ 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 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?

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- ___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 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 your 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 patterns of behaviour?
- ___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 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 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 people's 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 you rarely content with your accomplishments, feeling that you could always do better?

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- ___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 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. 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 you are right?

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- 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"?