

## Lifestyle For Health - Emotional Questionnaire

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Name \_\_\_\_\_ Date \_\_\_\_\_

*Emotions are at the root of many health issues. Bach Flower remedies help support the person as they go through emotional healing. The following questionnaire will help you identify major emotional stressors and the flower essences that will support you. If you have any questions, you can schedule a phone consultation with Cheryl Townsley.*

Enter 0 for never, 1 for sometimes, 2 for frequent occurrence beside each question. Subtotal for each group.

### **Aspen Remedy** (subtotal \_\_\_\_\_)

- 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?

### **Mimulus Remedy** (subtotal \_\_\_\_\_)

- 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?

### **Cherry Plum Remedy** (subtotal \_\_\_\_\_)

- 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?

### **Red Chestnut Remedy** (subtotal \_\_\_\_\_)

- 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?

### **Rock Rose Remedy** (subtotal \_\_\_\_\_)

- 13 \_\_\_ Do you suffer from extreme terror?
- 14 \_\_\_ Do you tend to panic and become hysterical?
- 15 \_\_\_ Are you troubled by nightmares?

### **Cerato Remedy** (subtotal \_\_\_\_\_)

- 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?

**Scleranthus Remedy** (subtotal \_\_\_\_\_)

- 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?

**Wild Oat Remedy** (subtotal \_\_\_\_\_)

- 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?

**Larch Remedy** (subtotal \_\_\_\_\_)

- 25 \_\_\_ Do you lack confidence?
- 26 \_\_\_ Do you not try things for fear of failure?
- 27 \_\_\_ Do you feel inferior, and that others are more capable and qualified than you?

**Hornbeam Remedy** (subtotal \_\_\_\_\_)

- 28 \_\_\_ Upon 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?

**Clematis Remedy** (subtotal \_\_\_\_\_)

- 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 where you are?

**Honeysuckle Remedy** (subtotal \_\_\_\_\_)

- 34 \_\_\_ Do you find you are caught in 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 have 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?

**Wild Rose Remedy** (subtotal \_\_\_\_\_)

- 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?

**White Chestnut Remedy** (subtotal \_\_\_\_\_)

- 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?

**Chestnut Bud Remedy** (subtotal \_\_\_\_\_)

- 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?

**Olive Remedy** (subtotal \_\_\_\_\_)

- 46 \_\_\_\_ Are you now going through, or have recently gone through, an illness or personal ordeal which left you physically or 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?

**Water Violet Remedy** (subtotal \_\_\_\_\_)

- 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?

**Impatiens Remedy** (subtotal \_\_\_\_\_)

- 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 with your pace?

**Heather Remedy** (subtotal \_\_\_\_\_)

- 55 \_\_\_\_ Do you find others avoiding conversations 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 needs to leave?

**Agrimony Remedy** (subtotal \_\_\_\_\_)

- 58 \_\_\_\_ When seriously worried or in pain, do you tend to conceal it from others, making light of even the most challenging 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?

**Centauray Remedy** (subtotal \_\_\_\_\_)

- 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?

**Walnut Remedy** (subtotal \_\_\_\_\_)

- 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 are having difficulty in letting go of past attachments or in starting new beginnings?

**Holly Remedy** (subtotal \_\_\_\_\_)

- 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?

**Pine Remedy** (subtotal \_\_\_\_\_)

- 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?

**Elm Remedy** (subtotal \_\_\_\_\_)

- 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?

**Star of Bethlehem Remedy** (subtotal \_\_\_\_\_)

- 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?

**Sweet Chestnut Remedy** (subtotal \_\_\_\_\_)

- 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?

**Gorse Remedy** (subtotal \_\_\_\_\_)

- 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?

**Mustard Remedy** (subtotal \_\_\_\_\_)

- 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?

**Gentian Remedy** (subtotal \_\_\_\_\_)

- 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?

**Oak Remedy** (subtotal \_\_\_\_\_)

- 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?

**Willow Remedy** (subtotal \_\_\_\_\_)

- 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 without reward, while others not as deserving as yourself, have gained?

**Crab Apple Remedy** (subtotal \_\_\_\_\_)

- 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?

**Chicory Remedy** (subtotal \_\_\_\_\_)

- 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?

**Beech Remedy** (subtotal \_\_\_\_\_)

- 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?

**Vervain Remedy** (subtotal \_\_\_\_\_)

- 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?

**Rock Water Remedy** (subtotal \_\_\_\_\_)

- 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?

**Vine Remedy** (subtotal \_\_\_\_\_)

- 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?

*Follow the directions at the top of the questionnaire and subtotal for each Remedy.  
List the top three Remedies with the highest Scores using the above Subtotals by Remedy.*

<b>Remedy</b>	<b>Score (Subtotal)</b>
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## **Bach Flower Remedies Selection Guide**

Now that you have completed the questionnaire, circle Remedies below where all three in a category have been checked. (If you have more than three remedies, read the Category and Action columns below to see which three fit the most.) You may need multiple Single Flower Essence Remedies, or may be able to combine them in a blended bottle for easier daily use.

<b>Questions</b>	<b>Remedy</b>	<b>Category</b>	<b>Action</b>
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 advice 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	Weariness, 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, mental 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	Easily Influenced	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	Despondent	Hopeless, despair, nothing can help
85-87	Mustard	Uncertainty	Hopeless without reason
88-90	Gentian	Disinterested	Negative outlook, known cause
91-93	Oak	Uncertainty	Overworked, obstinate, struggles on
94-96	Willow	Despondent	Resentment
97-101	Crab Apple	Despondent	Self-hatred, unclean, disgust
102-104	Chicory	Despondent	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