

Bach Flower Symptom Survey

INSTRUCTIONS: Completely black out one of the five circles only if it is applicable to you:

1 2 3 4 5

Rarely, if ever

Occasionally

Frequently

Most of the Time

Always, Constantly

LEAVE ITEM BLANK UNLESS IT APPLIES

NAME: _____ DATE: _____

DOB: _____ SEX: Male Female

HEIGHT: _____ WEIGHT: _____ lbs.

List below your 3 main complaints in order of importance:

1. _____
2. _____
3. _____

1 2 3 4 5 ----- GROUP 1 -----AG

- 1 hide worries behind a cheerful, smiling face
- 2 hide worries in an attempt to conceal your pain
- 3 distressed by arguments and quarrels
- 4 often "give in" to avoid conflict
- 5 use drugs, alcohol or other outside influences to help you cope with life's pressures

1 2 3 4 5 ----- GROUP 2 -----AS

- 6 feelings of apprehension, anticipation or uneasiness with no known cause
- 7 worry something bad may happen, not sure what
- 8 awoken with a sense of fear and anxiety of what the day will bring

1 2 3 4 5 ----- GROUP 3 -----BE

- 9 annoyed by the habits and shortcomings of others
- 10 overly-critical and intolerant of others
- 11 often look for what someone has done wrong and not right
- 12 prefer to work or be alone because the seeming foolishness of others irritates you

1 2 3 4 5 ----- GROUP 4 -----CT

- 13 unable to say no to those who constantly impose upon your good nature
- 14 tend to be timid and shy
- 15 easily influenced by those stronger in nature than yourself
- 16 often deny your needs in order to please others

1 2 3 4 5 ----- GROUP 5 -----CE

- 17 constantly question your own decisions and judgment
- 18 often seeking advice and confirmation from other people
- 19 often mistrust your own internal wisdom
- 20 often change directions or plans, first going one way, then another
- 21 lack confidence in yourself to stick with one direction or plan

1 2 3 4 5 ----- GROUP 6 -----CP

- 22 often fear losing control of yourself
- 23 afraid of hurting yourself or others
- 24 tendency to act irrationally and violently
- 25 may explode into unexplained fits of rage and anger

1 2 3 4 5 ----- GROUP 7 -----CB

- 26 often make the same mistakes over and over again
- 27 poor life choices are repeated over and over again
- 28 fail to learn from your experiences
- 29 takes you longer to advance in life or job because you are slow to learn from past mistakes

1 2 3 4 5 ----- GROUP 8 -----CH

- 30 possessive and manipulative of those you care for
- 31 you feel a need to be needed
- 32 feel unloved and unappreciated by your loved ones especially "after all you've done for them"

1 2 3 4 5 ----- GROUP 9 -----CL

- 33 feel spacey or out of touch with the "real world"
- 34 often preoccupied in thought and/or dreamy,
- 35 often unable to concentrate on a task for any length of time
- 36 feel drowsy and listless, sleeping more often than necessary

1 2 3 4 5 ----- GROUP 10 -----CA

- 37 tend to be obsessed with cleanliness
- 38 embarrassed and ashamed of yourself physically, finding yourself unattractive
- 39 tend to concentrate on small physical conditions such as pimples or marks, neglecting more serious problems

1 2 3 4 5 ----- GROUP 11 -----EL

- 40 often overwhelmed by your responsibilities
- 41 feel inadequate when it comes to dealing with tasks ahead of you
- 42 become depressed and exhausted when faced with your everyday commitments

1 2 3 4 5 ----- GROUP 12 -----GE

- 43 become discouraged and depressed when things go wrong
- 44 easily disheartened when faced with difficult situations
- 45 pessimistic attitude prevent you from making an effort to accomplish something

1 2 3 4 5 ----- GROUP 13 -----GO

- 46 feel despondent and hopeless, at the end of your rope both mentally and physically
- 47 lack confidence that things will get better in your life and therefore make no effort to improve your circumstances
- 48 believe that nothing can be done to relieve your pain and suffering

1 2 3 4 5 ----- GROUP 14 -----HE

- 49 often totally self-absorbed, concerned only about yourself and your own problems and ailments
- 50 you talk incessantly, not interested in what anyone else has to say
- 51 dislike being alone, always seeking the companionship of others

1 2 3 4 5 ----- GROUP 15 -----HO

- 52 often full of jealousy and hate
- 53 often mistrust others' intentions, feeling that people have "ulterior motives"
- 54 feel great anger toward other people

1 2 3 4 5 ----- GROUP 16 -----HS

- 55 find yourself living in the past, nostalgic and homesick for the "way it was"?
- 56 unable to change present circumstances because you are always looking back and never forward
- 57 dissatisfied with your accomplishments

1 2 3 4 5 ----- GROUP 17 -----HB

- 58 often feel too tired to face the day ahead
- 59 feel overworked or bored with your life
- 60 lack enthusiasm and therefore tend to procrastinate

- 1 2 3 4 5 ----- GROUP 18 -----IM**
 61 ○ ○ ○ ○ ○ impatient and irritable with others who seem to do things too slowly for you
 62 ○ ○ ○ ○ ○ prefer to work alone
 63 ○ ○ ○ ○ ○ feel a sense of urgency in everything you do, always rushing to get through things
- 1 2 3 4 5 ----- GROUP 19 -----LA**
 64 ○ ○ ○ ○ ○ lack self-confidence
 65 ○ ○ ○ ○ ○ feel inferior and often become discouraged
 66 ○ ○ ○ ○ ○ often feel sure that you will fail and therefore do not even attempt things
- 1 2 3 4 5 ----- GROUP 20 -----MI**
 67 ○ ○ ○ ○ ○ have fears of known things, i.e. illness, death, pain, heights, darkness, the dentist, etc.
 68 ○ ○ ○ ○ ○ shy, overly-sensitive and often afraid
 69 ○ ○ ○ ○ ○ become too paralyzed to act when confronted with a frightening situation
- 1 2 3 4 5 ----- GROUP 21 -----MU**
 70 ○ ○ ○ ○ ○ feel deep gloom which seems to quickly descend for no apparent reason and lifts just as suddenly
 71 ○ ○ ○ ○ ○ feel your moods swinging back and forth
 72 ○ ○ ○ ○ ○ feel depressed without knowing why
- 1 2 3 4 5 ----- GROUP 22 -----OA**
 73 ○ ○ ○ ○ ○ though exhausted, feel the need to struggle on against all odds
 74 ○ ○ ○ ○ ○ feel a strong sense of duty and dependability
 75 ○ ○ ○ ○ ○ tend to carry on no matter what obstacles stand in your way
 76 ○ ○ ○ ○ ○ neglect your own needs in order to complete a task
- 1 2 3 4 5 ----- GROUP 23 -----OL**
 77 ○ ○ ○ ○ ○ feel utterly and completely exhausted, both physically and mentally
 78 ○ ○ ○ ○ ○ totally drained of all energy with no reserves left, finding it difficult to carry on
 79 ○ ○ ○ ○ ○ everything you do seems to be an effort
 80 ○ ○ ○ ○ ○ Often times your life seems to lack zest
- 1 2 3 4 5 ----- GROUP 24 -----PI**
 81 ○ ○ ○ ○ ○ feel full of guilt and self-reproach
 82 ○ ○ ○ ○ ○ blame yourself for everything that goes wrong, including the mistakes of others
 83 ○ ○ ○ ○ ○ set overly high standards for yourself, never satisfied with your achievements
- 1 2 3 4 5 ----- GROUP 25 -----RC**
 84 ○ ○ ○ ○ ○ excessively concerned and worried for your loved ones
 85 ○ ○ ○ ○ ○ constantly worry that harm may come to those you care for
 86 ○ ○ ○ ○ ○ distressed and disturbed by other people's problems
- 1 2 3 4 5 ----- GROUP 26 -----RR**
 87 ○ ○ ○ ○ ○ feel terror and panic
 88 ○ ○ ○ ○ ○ tend to become helpless and frozen in the face of your fear
 89 ○ ○ ○ ○ ○ suffer from nightmares
- 1 2 3 4 5 ----- GROUP 27 -----RW**
 90 ○ ○ ○ ○ ○ often inflexible in your approach to life, always striving for perfection
 91 ○ ○ ○ ○ ○ often rigid in your ideals to the point that you deny yourself the simple pleasures of life
 92 ○ ○ ○ ○ ○ overly concerned with diet, exercise, work and spiritual disciplines (too excess)
- 1 2 3 4 5 ----- GROUP 28 -----SC**
 93 ○ ○ ○ ○ ○ find it difficult to decide when faced with a choice of two possibilities
 94 ○ ○ ○ ○ ○ you lack concentration, always fidgety and nervous
 95 ○ ○ ○ ○ ○ moods change from one extreme to another: joy to sadness, optimism to pessimism, laughing to crying

- 1 2 3 4 5 ----- GROUP 29 -----SB**
 96 ○ ○ ○ ○ ○ suffered a shock in your life such as an accident, loss of a loved one, terrible news, illness
 97 ○ ○ ○ ○ ○ feel numbed or withdrawn as a result of recent traumatic events in your life
 98 ○ ○ ○ ○ ○ suffered a loss or grief that you have never recovered from
- 1 2 3 4 5 ----- GROUP 30 -----SCH**
 99 ○ ○ ○ ○ ○ suffer from extreme mental anguish
 100 ○ ○ ○ ○ ○ feel that you have reached the limits of what you could possibly endure
 101 ○ ○ ○ ○ ○ feel as though the future holds nothing for you
- 1 2 3 4 5 ----- GROUP 31 -----VE**
 102 ○ ○ ○ ○ ○ feel tense and highly strung
 103 ○ ○ ○ ○ ○ have strong opinions and only yours are the right ones
 104 ○ ○ ○ ○ ○ often find that your over-enthusiasm is almost to the point of being fanatical
- 1 2 3 4 5 ----- GROUP 32 -----VI**
 105 ○ ○ ○ ○ ○ tend to be domineering and overbearing
 106 ○ ○ ○ ○ ○ you feel the need to always be right
 107 ○ ○ ○ ○ ○ inflexible and feel you know more than anyone else
- 1 2 3 4 5 ----- GROUP 33 -----WA**
 108 ○ ○ ○ ○ ○ experiencing any major change in your life
 109 ○ ○ ○ ○ ○ distracted by outside influences
 110 ○ ○ ○ ○ ○ need to make a break from strong forces or attachments in your life that may be holding you back
- 1 2 3 4 5 ----- GROUP 34 -----WV**
 111 ○ ○ ○ ○ ○ appear to others to be aloof and overly proud
 112 ○ ○ ○ ○ ○ tendency to be withdrawn and prefer to be alone when faced with too many external distractions
 113 ○ ○ ○ ○ ○ you bear your grief and sorrow in silence
- 1 2 3 4 5 ----- GROUP 35 -----WC**
 114 ○ ○ ○ ○ ○ you find your head full of persistent, unwanted thoughts that prevent concentration
 115 ○ ○ ○ ○ ○ tendency to relive unhappy events or arguments over and over again
 116 ○ ○ ○ ○ ○ unable to sleep at times because your mind seems to be cluttered with mental arguments that go round and round
- 1 2 3 4 5 ----- GROUP 36 -----WO**
 117 ○ ○ ○ ○ ○ find yourself in a complete state of uncertainty over major life decisions
 118 ○ ○ ○ ○ ○ displeased with your lifestyle and feel dissatisfied with your achievements
 119 ○ ○ ○ ○ ○ have ambition but feel that life is passing you by
- 1 2 3 4 5 ----- GROUP 37 -----WR**
 120 ○ ○ ○ ○ ○ apathetic and resigned to whatever may happen in your life
 121 ○ ○ ○ ○ ○ often have the attitude, "I will just live with it?"
 122 ○ ○ ○ ○ ○ lack the motivation to improve the quality of your life
- 1 2 3 4 5 ----- GROUP 38 -----WI**
 123 ○ ○ ○ ○ ○ feel resentful and bitter
 124 ○ ○ ○ ○ ○ have difficulty forgiving and forgetting
 125 ○ ○ ○ ○ ○ feel life is unfair and find yourself taking less and less interest in the things you used to enjoy

Notes:
