

Complementary Care

Traditional Flower Remedies Questionnaire

The following questionnaire is provided for your self-assessment. Please read and answer each of the questions carefully. Check ONLY those questions to which your answer would be a definite YES. If you feel that your answer would be SOMETIMES, and if your answer is NO, then leave the box unchecked.

1) Mimulus

- 1. Do you have specific fears you can identify and would like to overcome?
- 2. Are you shy and easily frightened by particular circumstances and things?
- 3. When faced with situations or things that frighten you, do you become nervous and too paralyzed to act?

Aspen

- 4. Do you have vague fears that you cannot explain?
- 5. Do you often find yourself distressed and anxious, but are unable to put your finger on the problem?
- 6. Do you wake with a sense of apprehension and foreboding, feeling that something bad may happen but don't know what it is?

Rock Rose

- 7. Do you suffer from extreme terror?
- 8. Do you tend to panic and become hysterical?
- 9. Are you troubled by nightmares?

Cherry Plum

- 10. Do you fear losing control of your mind or body?
- 11. Are you compulsive or have impulses to do things you know are wrong, but have difficulty controlling your actions?
- 12. Do you fear losing control and hurting yourself or others?

Red Chestnut

- 13. Do you worry over the health and safety of your friends and family?
- 14. Do you fear that something may happen to those close to you?
- 15. Does your over-concern and worry for others cause you considerable distress?

2) Cerato

- 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 with choices, constantly changing direction with each recommendation?

Scleranthus

- 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, or have difficulty in keeping your emotional balance?

Wild Oat

- 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 or career, or change your old one, but have difficulty deciding what you should be doing?

Hornbeam

- 25. On rising do you find yourself tired, not wanting to get up?
- 26. Do you feel some part of you needs to be strengthened before you can tackle the day?
- 27. Do you find once you've started your daily activities, your tiredness is forgotten and you're able to complete your task?

Gentian

- 28. Are you easily discouraged when things don't go your way?
- 29. 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?
- 30. Is it hard for you to start over again once you've encountered difficulties?

Gorse

- 31. Have you lost hope that you'll recover from, or be helped in, overcoming an illness or difficulty?
- 32. Do you feel it's useless to seek further help for your problems?
- 33. Have you given up hope that things will change for the better in some circumstance or situation in your life?

3) Honeysuckle

- 34. Do you find yourself 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?

Clematis

- 37. Are you absentminded or does your attention easily wander, making it difficult to concentrate?
- 38. Do you find you have little interest in present circumstances, often daydreaming, wishing you were somewhere else?
- 39. Do you find yourself dozing off frequently, regardless of where you are?

Chestnut Bud

- 40. Do you find that you're unable to learn from past experiences, repeating the same mistakes or patterns of behavior?
- 41. Due to lack of observation, do you find it necessary to go over or correct things already done?
- 42. Is there a particular situation or condition continually recurring in your life that you would like to overcome?

White Chestnut

- 43. Are you troubled by persistent unwanted thoughts?
- 44. Do you worry or have mental arguments that circle around in your mind?
- 45. Do you have difficulty sleeping due to mental chatter and worries?

Wild Rose

- 46. Do you find yourself indifferent and apathetic toward life?
- 47. Are you resigned to your current circumstances, making little effort to improve things or find joy?
- 48. Do you feel you've given up and don't care one way or the other what happens?

Mustard

- 49. Do you ever become gloomy and depressed for no reason?
- 50. Does this depression envelop you like a dark cloud, hiding the joys of life?
- 51. Do you find this gloom and depression, for no apparent reason, lifts as suddenly as it comes?

Olive

- 52. Are you now going through, or have you recently gone through an illness or personal ordeal that left you physically or mentally drained?
- 53. Do you tire easily with no reserve energy to complete your tasks or enjoy the day?
- 54. Do you feel sapped of strength and vitality, where even the least effort exhausts you?

4) Star of Bethlehem

- 55. Have there been past traumas or shocks in your life from which you may not have completely recovered?
- 56. Do you feel a past surgery or accident is responsible for your present condition?
- 57. Have you ever suffered a personal loss that you haven't gotten over?

Willow

- 58. Through no fault of your own, do you feel that life has been unfair or unjust to you?
- 59. Have you become resentful or bitter towards those who may have treated you poorly?
- 60. Despite all you've done, do you feel your best efforts have largely gone unrewarded, while others not as deserving as yourself have gained?

Elm

- 61. Do you tend to over-extend your commitments?
- 62. Do you find yourself overwhelmed by your work and despite being capable, feel you've taken on more than you can do?
- 63. Do you become despondent when faced with the magnitude of your responsibilities?
- 64. Are you afraid of becoming, or feel you've already become contaminated and need to be cleansed?

Pine

- 65. Are you rarely content with your accomplishments, feeling that you could always do better?
- 66. Do you blame yourself for other people's mistakes, feeling that their shortcomings are in some way your fault or responsibility?
- 67. Are you hard on yourself when you fail to live up to your own self-set standards or expectations?

Sweet Chestnut

- 68. Do you feel you've reached the limits of your endurance, and there's nothing but annihilation to face?
- 69. Do you suffer from mental anguish and deep despair?
- 70. Do you feel that the burden of life is more than you can bear?

Larch

- 71. Do you lack confidence?
- 72. Do you not try things for fear of failing?
- 73. Do you feel inferior and that others are more capable and qualified than you?

Oak

- 74. Are you one who tirelessly struggles on despite oppositions and delays?
- 75. Can you always be depended upon to complete what you set out to do, regardless of the challenge?
- 76. Do you tend to throw yourself into your projects, neglecting your own needs as well as the needs of those close to you?

Crab Apple

- 77. Do you feel unclean or ashamed over an act you should not have committed or over someone or something having violated you personally?
- 78. Do you find yourself preoccupied with small physical problems such as pimples, small blemishes or rashes, while overlooking more serious conditions?
- 79. Do you feel there is something wrong with, or some things you would like changed in, your physical appearance?
- 80. Are you compulsive about cleanliness, even at times to the extreme?

5) Heather

- 81. Do you find others avoiding conversation with you because you tend to talk a great deal?
- 82. Do you dislike being alone and seek the company of anyone willing to listen to your troubles?
- 83. Do you feel the need to steer conversations back to your special interests or problems, and are you reluctant to discontinue them even when the listener has to leave?

Impatiens

- 84. Do you find yourself losing patience, becoming tense and irritable with people and things that move too slowly for you?
- 85. Do you do things in a rush, racing from one place or situation to another?
- 86. Do you find you need to work alone because others can't keep up with your pace?

Water Violet

- 87. Do others find you aloof, prideful and at times condescending?
- 88. Do you keep to yourself, not wishing to be interfered with or to interfere in other people's affairs?
- 89. Are you self-reliant and prefer spending your time alone?

6) Vine

- 90. Do you tend to take charge in circumstances and situations you're involved with?
- 91. Are you strong willed and expect complete obedience without question from those around you?
- 92. Do you consider yourself a "born leader"?

Vervain

- 93. Do you have strong opinions that you attempt to convince others are right?
- 94. Are you easily incensed by injustices, arguing for and defending principles that you believe in?
- 95. Are you high strung, at times tense and over enthusiastic, always teaching and philosophizing?

Beech

- 96. When assessing people and situations, do you look for what you can find wrong?
- 97. Do the small habits and idiosyncrasies of others bother you?
- 98. Are you critical and intolerant of those who don't measure up to your standards or expectations?

Chicory

- 99. 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?
- 100. Do you feel you're not appreciated by those you care for?
- 101. Do you find yourself needing the attention and devotion of those you love, feeling it is their duty to stay in close contact with you?

Rock Water

- 102. Do you feel you have a mission in life to conform with or live up to?
- 103. Are you strict in your adherence to a religious or social discipline or towards a particular way of living?
- 104. Do you feel it is important to make an example of yourself by living up to your ideals so that others may follow?

7) Centuary

- 105. Are you easily imposed upon because of your willingness to help others?
- 106. Is it difficult for you to say no when you're asked for help, becoming more a servant than a willing helper?
- 107. Do you neglect your own needs because you are too busy taking care of other people's needs?

Walnut

- 108. Are you involved in a relationship or situation that you would like to be free of, but from which you cannot seem to break away?
- 109. Are you currently in a state of transition or change?
- 110. In the midst of this change, do you find you're having difficulty letting go of past attachments and starting new beginnings?

Holly

- 111. Are you suspicious and mistrusting of other people's motives and intentions?
- 112. Do others find you spiteful, envious, jealous or vengeful?
- 113. Do you find yourself lacking compassion or warmth towards others?

Agrimony

- 114. When worried or in pain, do you tend to conceal it from others, making light of even the most trying of circumstances?
- 115. Do you go out of your way to avoid burdening others' wishes in order to avoid an argument or quarrel?
- 116. When troubled, do you find yourself drinking alcohol or using drugs to assist in keeping up a happy disposition?

IMPORTANT NOTICE:

This questionnaire is provided strictly for your interest and self-assessment. No claims are made as to the efficacy of the remedies described in this questionnaire. Persistent conditions and conditions requiring medical attention should be referred immediately to a physician.