This is a Fillable PDF Form. Simply place your cursor in the blue boxed areas to fill in your information. Then Save and Print.

BACH FLOWER QUESTIONNAIRE

Patient Name: _____ Date: _____
Address: _____ Date of Birth: _____
City, State, Zip: _____ Home #: _____
Gender (circle one): MALE ○ FEMALE ○ Work #: _____
Primary Care Physician: _____ Referring Physician: _____

Please answer the questions on this form as they relate to the person being evaluated.

Although your history and symptoms are very important in our analysis of your condition, it is also important for us that you understand:

- *We do not treat symptoms, illness, conditions or diseases.*
- *This is not a treatment for allergies, this does not diagnose allergies or relieve allergies*
- *A symptom is an attempt by your body to tell you something.*
- *We identify substances that may cause stress on the body and work to reduce substance specific stress using a combination of Low Level Light Therapy, Acupoint Stimulation, Homeopathy, Nutrition and Energetic Information to help bring the body back into balance*
- *We do not use drugs in this program.*
- *There is no single method that will work for everyone but this integrative approach can help increase your core level energy, boost your immune system and help your body better deal with substance stressors leading to a higher quality of life*
- *Just because certain substances are considered "healthy" or "safe", this does not mean they are appropriate, "healthy" or "safe" for you.*
- *Your diet and environment consists of everything you **eat, drink, rub on your skin,** or **inhale***
- *Our procedures are safe, non-invasive and painless.*
- *If you suffer from anaphylaxis, we recommended you consult your primary care physician for medical treatment appropriate for you.*
- *If you believe you suffer from allergies, we recommend you consult with your general practitioner, immunologist or board certified allergist before seeking alternative care.*

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Click inside the blue box for the questions that have a "yes" answer

Agrimony	☐	Are you distressed by arguments and quarrels, often "giving in" to avoid any conflict?
	☐	Do you find yourself hiding your worries behind a cheerful, smiling face in an attempt to conceal your pain from others?
	☐	When you feel life's pressures weighing you down, do you often turn to alcohol or to drugs or other outside influences to help you cope?
Aspen	☐	Do you awaken with a sense of fear and anxiety of what the day will bring?
	☐	Do you have feelings of apprehension, anticipation, or uneasiness with no known causes?
	☐	Do you worry that something bad may happen but you are not sure what?
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?
	☐	Do you prefer to work or be alone because the seeming foolishness of others irritates you?
Centaury	☐	Are you unable to say no to those who constantly impose upon your good nature?
	☐	Do you often deny your own needs in order to please others?
	☐	Do you tend to be timid and shy, easily influenced by those stronger nature than yourself?
Cerato	☐	Are you often seeking advice and confirmation from other people, mistrusting your own wisdom?
	☐	Do you change direction often, first going one way, then another because you lack the confidence in yourself to stick with one direction?
	☐	Do you constantly question your own decisions and judgment?
Cherry Plum	☐	Are you afraid of hurting yourself or others?
	☐	Do you fear losing control of yourself?
	☐	Do you have tendency to act irrationally and violently, exploding into unexplained fits of rage and anger?
Chestnut Bud	☐	Do you fail to learn from your experiences?
	☐	Do you find yourself making the same mistakes over and over again such as choosing the wrong type of partner or staying in a job you dislike?
	☐	Does it take you longer to advance in your life because you are slow to learn from past mistakes?

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Chicory	☐	Are you possessive and manipulative of those you care for?
	☐	Do you need to be needed?
	☐	Do you often feel unloved and unappreciated by the loved ones "after all you have done for them"?
Clematis	☐	Are you drowsy and listless, sleeping more often than necessary?
	☐	You find yourself preoccupied and dreamy, unable to concentrate for any length of time?
	☐	Do you often feel spaced and out of touch with the "real world"?
Crab Apple	☐	Are you embarrassed and ashamed of yourself physically, finding yourself unattractive?
	☐	Are you obsessed with cleanliness?
	☐	Do you tend to concentrate on small conditions such as pimples or marks, neglecting more serious problems?
Elm	☐	Are you often overwhelmed by your responsibilities?
	☐	Do you become depressed and exhausted when faced with your everyday commitments?
	☐	Do you feel inadequate when it comes to dealing with the tasks ahead of you?
Gentian	☐	Are you easily disheartened when faced with difficult situations?
	☐	Do you become discouraged and depressed when things go wrong?
	☐	Does your pessimism prevent you from making an effort to accomplish something?
Gorse	☐	Do you believe that nothing can be done to relieve your pain and suffering?
	☐	Do you feel despondent and hopeless, at the end of your rope both mentally and physically?
	☐	Do you lack confidence that things will get better in your life and therefore make no effort to improve your circumstances?
Heather	☐	Are you totally self-absorbed, concerned only about yourself and your problems and ailments?
	☐	Do you dislike being alone, always seeking the companionship of others?
	☐	Do you talk incessantly, not interested in what anyone else has to say?
Holly	☐	Are you full of jealousy, envy, or hate?
	☐	Do you feel generalized anger toward other people?
	☐	Do you mistrust others' intentions, feeling that people have "ulterior motives"?

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Honeysuckle	☐	Are you dissatisfied with your accomplishments?
	☐	Are you unable to change present circumstances because you are always looking back and never forward?
	☐	Do you find yourself living in the past, nostalgic and homesick for the "way it was"?
Hornbeam	☐	Do you feel overworked or bored with your life?
	☐	Do you lack enthusiasm and therefore tend to procrastinate?
	☐	Do you often feel too tired to face the day ahead?
Impatients	☐	Are you impatient and irritable with others who seem to do things too slowly for you?
	☐	Do you feel a sense of urgency in everything you do, always rushing to get through things?
	☐	Do you prefer to work alone?
Mimulus	☐	Are you shy, overly sensitive, and often afraid?
	☐	Do you have fears of known things, such as illness, death, pain, heights, darkness, snakes, etc.?
	☐	When you are confronted with a frightening situation, do you become too paralyzed to act?
Mustard	☐	Do you feel deep gloom that seems to quickly descend for no apparent reason and lifts just as suddenly?
	☐	Do you feel depressed without knowing why?
	☐	Do you feel your moods swinging back and forth?
Oak	☐	Are you exhausted but feel the need to struggle on against all odds?
	☐	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	☐	Are you totally drained of all energy with no reserves left to carry on?
	☐	Do you feel utterly and completely exhausted, both physically and mentally?
	☐	Is everything an effort, does your life lack zest?
Pine	☐	Are you full of guilt and self-reproach?
	☐	Do you blame yourself for everything that goes wrong, including the mistakes of others?
	☐	Do you set overly high standards for yourself, never satisfied with your achievements?

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Red Chestnut	☐	Are you distressed and disturbed by other people's problems?
	☐	Are you excessively concerned and worried for your loved ones?
	☐	Do you constantly worry that harm may come to loved ones, family members, or others you care for?
Rock Rose	☐	Do you become helpless and frozen in the face of your fear?
	☐	Do you feel terror and panic?
	☐	Do you suffer from nightmares?
Rock Water	☐	Are you inflexible in your approach to life, always striving for perfection?
	☐	Are you overly concerned with diet, exercise, work, and spiritual disciplines?
	☐	Are you so rigid in your ideals that you deny yourself the simple pleasures of life?
Scleranthus	☐	Do you find it difficult to decide when faced with a choice of two possibilities?
	☐	Do you lack concentration, always fidgety and nervous?
	☐	Do your moods change from one extreme to another: joy to sadness, optimism to pessimism, laughing to crying?
Star of Bethlehem	☐	Are you numbed or withdrawn as a result of recent traumatic events in your life?
	☐	Have you suffered a loss or grief that you have never recovered from?
	☐	Have you suffered a shock in your life such as an accident, loss of a loved one, terrible news, illness?
Sweet Chestnut	☐	Do you feel as though the future holds nothing for you?
	☐	Do you feel that you have reached the limits of what you could possible endure?
	☐	Do you suffer from extreme mental anguish?
Vervain	☐	Do you feel tense and highly strung?
	☐	Do you have strong opinions and only yours are the right ones?
	☐	Is your over-enthusiasm almost to the point of being fanatical?
Vine	☐	Are you inflexible and feel you know more than anyone else?
	☐	Do you feel the need to always to be right?
	☐	Do you tend to be domineering and overbearing?

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Walnut	☐	Are you distracted by outside influences?
	☐	Are you experiencing any change in your life–a move, new job, loss of a loved one, new relationship, divorce, puberty, menopause, or giving up an addiction?
	☐	Do you need to make a break from strong forces or attachments in your life that may be holding you back?
Water Violet	☐	Do you appear to others to be aloof and overly proud?
	☐	Do you bear your grief and sorrow in silence?
	☐	Do you have tendency to be withdrawn and prefer to be alone when faced with too many distractions?
White Chestnut	☐	Are you unable to sleep at times because your mind seems to be cluttered with mental arguments that go round and round?
	☐	Do you relive unhappy events or arguments over and over again?
	☐	Do you find your head full of persistent, unwanted thoughts that prevent concentration?
Wild Oat	☐	Are you displeased with your lifestyle and feel dissatisfied with your achievements?
	☐	Do you find yourself in a complete state of uncertainty over major life decisions?
	☐	Do you have ambition but feel that life is passing you by?
Wild Rose	☐	Are you apathetic and resigned to whatever may happen in your life?
	☐	Do you have the attitude, "I will just live with it"?
	☐	Do you lack the motivation to improve the quality of your life?
Willow	☐	Do you feel life is unfair and find yourself taking less and less interest in the things you used to enjoy?
	☐	Do you feel resentful and bitter?
	☐	Do you have difficulty forgiving and forgetting?

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