

# Flower Remedy QUESTIONNAIRE

CHECK ALL THAT APPLY. IF YOU HAVE TO THINK ABOUT IT, SKIP IT. DON'T LIMIT YOUR CHOICES

- 1  I hide my feelings behind a facade of cheerfulness  
 I dislike arguments and often give in to avoid conflict  
 I turn to food, work, alcohol, drugs, etc., when down

- 2  I feel anxious without knowing why  
 I have a secret fear that something bad will happen  
 I wake up feeling anxious

- 3  I get annoyed by the habits of others  
 I focus on others' mistakes  
 I am critical and intolerant

- 4  I often neglect my own needs to please  
 I find it difficult to say "no"  
 I tend to be easily influenced

- 5  I constantly second-guess myself  
 I seek advice, mistrusting my own intuition  
 I often change my mind out of confusion

- 6  I'm afraid I might lose control of myself  
 I have sudden fits of rage  
 I feel like I'm going crazy

- 7  I make the same mistakes over and over  
 I don't learn from my experience  
 I keep repeating the same patterns

- 8  I need to be needed and want my loved ones close  
 I feel unloved and unappreciated by my family  
 I easily feel slighted and hurt

- 9  I often feel spacey and absent minded  
 I find myself unable to concentrate for long  
 I get drowsy and sleep more than necessary

- 10  I am overly concerned with cleanliness  
 I feel unclean or physically unattractive  
 I tend to obsess over little things

- 11  I feel overwhelmed by my responsibilities  
 I don't cope well under pressure  
 I have temporarily lost my self-confidence

- 12  I become discouraged with small setbacks  
 I am easily disheartened when faced with difficulties  
 I am often skeptical and pessimistic

- 13  I feel hopeless, and can't see a way out  
 I lack faith that things could get better in my life  
 I feel sullen and depressed

- 14  I am obsessed with my own troubles  
 I dislike being alone and I like to talk  
 I usually bring conversations back to myself

- 15  I am suspicious of others  
 I feel discontented and unhappy  
 I am full of jealousy, mistrust, or hate

- 16  I'm often homesick for the "way it was"  
 I think more about the past than the present  
 I often think about what might have been

- 17  I often feel too tired to face the day ahead  
 I feel mentally exhausted  
 I tend to put things off

- 18  I find it hard to wait for things  
 I am impatient and irritable  
 I prefer to work alone

- 19  I lack self-confidence  
 I feel inferior and often become discouraged  
 I never expect anything but failure

- 20  I am afraid of things such as spiders, illness, etc.  
 I am shy, overly sensitive, and modest  
 I get nervous and embarrassed

- 21  I get depressed without any reason  
 I feel my moods swinging back and forth  
 I get gloomy feelings that come and go

- 22  I tend to overwork and keep on in spite of exhaustion  
 I have a strong sense of duty and never give up  
 I neglect my own needs in order to complete a task

- 23  I feel completely exhausted, physically and/or mentally  
 I am totally drained of all energy with no reserves left  
 I have just been through a long period of illness or stress

- 24  I feel unworthy and inferior  
 I often feel guilty  
 I blame myself for everything that goes wrong

- 25  I am overly concerned and worried about my loved ones  
 I am distressed and disturbed by other people's problems  
 I worry that harm may come to those I love

- 26  I sometimes feel terror and panic  
 I become helpless and frozen when afraid  
 I suffer from nightmares

- 27  I set high standards for myself  
 I am strict with my health, work &/or spiritual discipline  
 I am very self-disciplined, always striving for perfection

- 28  I find it difficult to make decisions  
 I often change my opinions  
 I have intense mood swings

- 29  I feel devastated due to a recent shock  
 I am withdrawn due to traumatic events in my life  
 I have never recovered from loss or fright

- 30  I feel extreme mental or emotional heartache  
 I have reached the limits of my endurance  
 I am in complete despair, all hope gone

- 31  I get high-strung and very intense  
 I try to convince others of my way of thinking  
 I am sensitive to injustice, almost fanatical

- 32  I tend to take charge of projects, situations, etc.  
 I consider myself a natural leader  
 I am strong-willed, ambitious and often bossy

- 33  I am experiencing change in my life—a move, new job, etc.  
 I get drained by people or situations  
 I want to be free to follow my own ambitions

- 34  I give the impression that I'm aloof  
 I prefer to be alone when overwhelmed  
 I often don't connect with people

- 35  I am constantly thinking unwanted thoughts  
 I relive unhappy events or arguments over and over again  
 I am unable to sleep at times because I can't stop thinking

- 36  I can't find my path in life  
 I am drifting in life and lack direction  
 I am ambitious but don't know what to do

- 37  I am apathetic and resigned to whatever happens  
 I have the attitude, "It doesn't matter anyhow"  
 I feel no joy in life

- 38  I feel resentful and bitter  
 I have difficulty forgiving and forgetting  
 I think life is unfair and have a "Poor me attitude"