

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: _____
Insurance: _____

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.*

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Agrimony	<input type="checkbox"/> Are you distressed by arguments and quarrels, often "giving in" to avoid any conflict? <input type="checkbox"/> Do you find yourself hiding your worries behind a cheerful, smiling face in an attempt to conceal your pain from others? <input type="checkbox"/> 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	<input type="checkbox"/> Do you awaken with a sense of fear and anxiety of what the day will bring? <input type="checkbox"/> Do you have feelings of apprehension, anticipation, or uneasiness with no known causes? <input type="checkbox"/> Do you worry that something bad may happen but you are not sure what?
Beech	<input type="checkbox"/> Are you annoyed by the habits and shortcomings of others? <input type="checkbox"/> Do you find yourself being overly critical and intolerant, usually looking for what someone has done wrong? <input type="checkbox"/> Do you prefer to work or be alone because the seeming foolishness of others irritates you?
Centaury	<input type="checkbox"/> Are you unable to say no to those who constantly impose upon your good nature? <input type="checkbox"/> Do you often deny your own needs in order to please others? <input type="checkbox"/> Do you tend to be timid and shy, easily influenced by those stronger nature than yourself?
Cerato	<input type="checkbox"/> Are you often seeking advice and confirmation from other people, mistrusting your own wisdom? <input type="checkbox"/> Do you change direction often, first going one way, then another because you lack the confidence in yourself to stick with one direction? <input type="checkbox"/> Do you constantly question your own decisions and judgment?
Cherry Plum	<input type="checkbox"/> Are you afraid of hurting yourself or others? <input type="checkbox"/> Do you fear losing control of yourself? <input type="checkbox"/> Do you have tendency to act irrationally and violently, exploding into unexplained fits of rage and anger?
Chestnut Bud	<input type="checkbox"/> Do you fail to learn from your experiences?

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	<input type="checkbox"/> 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? <input type="checkbox"/> Does it take you longer to advance in your life because you are slow to learn from past mistakes?
Chicory	<input type="checkbox"/> Are you possessive and manipulative of those you care for? <input type="checkbox"/> Do you need to be needed? <input type="checkbox"/> Do you often feel unloved and unappreciated by the loved ones "after all you have done for them"?
Clematis	<input type="checkbox"/> Are you drowsy and listless, sleeping more often than necessary? <input type="checkbox"/> you find yourself preoccupied and dreamy, unable to concentrate for any length of time? <input type="checkbox"/> Do you often feel spaced and out of touch with the "real world"?
Crab Apple	<input type="checkbox"/> Are you embarrassed and ashamed of yourself physically, finding yourself unattractive? <input type="checkbox"/> Are you obsessed with cleanliness? <input type="checkbox"/> Do you tend to concentrate on small conditions such as pimples or marks, neglecting more serious problems?
Elm	<input type="checkbox"/> Are you often overwhelmed by your responsibilities? <input type="checkbox"/> Do you become depressed and exhausted when faced with your everyday commitments? <input type="checkbox"/> Do you feel inadequate when it comes to dealing with the tasks ahead of you?
Gentian	<input type="checkbox"/> Are you easily disheartened when faced with difficult situations? <input type="checkbox"/> Do you become discouraged and depressed when things go wrong? <input type="checkbox"/> Does your pessimism prevent you from making an effort to accomplish something?
	<input type="checkbox"/> Do you believe that nothing can be done to relieve your pain and

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<p>Gorse</p>	<p>suffering?</p> <p><input type="checkbox"/> Do you feel despondent and hopeless, at the end of your rope both mentally and physically?</p> <p><input type="checkbox"/> Do you lack confidence that things will get better in your life and therefore make no effort to improve your circumstances?</p>
<p>Heather</p>	<p><input type="checkbox"/> Are you totally self-absorbed, concerned only about yourself and your problems and ailments?</p> <p><input type="checkbox"/> Do you dislike being alone, always seeking the companionship of others?</p> <p><input type="checkbox"/> Do you talk incessantly, not interested in what anyone else has to say?</p>
<p>Holly</p>	<p><input type="checkbox"/> Are you full of jealousy, envy, or hate?</p> <p><input type="checkbox"/> Do you feel generalized anger toward other people?</p> <p><input type="checkbox"/> Do you mistrust others' intentions, feeling that people have "ulterior motives"?</p>
<p>Honeysuckle</p>	<p><input type="checkbox"/> Are you dissatisfied with your accomplishments?</p> <p><input type="checkbox"/> Are you unable to change present circumstances because you are always looking back and never forward?</p> <p><input type="checkbox"/> Do you find yourself living in the past, nostalgic and homesick for the "way it was"?</p>
<p>Hornbeam</p>	<p><input type="checkbox"/> Do you feel overworked or bored with your life?</p> <p><input type="checkbox"/> Do you lack enthusiasm and therefore tend to procrastinate?</p> <p><input type="checkbox"/> Do you often feel too tired to face the day ahead?</p>
<p>Impatiens</p>	<p><input type="checkbox"/> Are you impatient and irritable with others who seem to do things too slowly for you?</p> <p><input type="checkbox"/> Do you feel a sense of urgency in everything you do, always rushing to get through things?</p> <p><input type="checkbox"/> Do you prefer to work alone?</p>

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<p>Mimulus</p>	<p><input type="checkbox"/> Are you shy, overly sensitive, and often afraid?</p> <p><input type="checkbox"/> Do you have fears of known things, such as illness, death, pain, heights, darkness, snakes, etc.?</p> <p><input type="checkbox"/> When you are confronted with a frightening situation, do you become too paralyzed to act?</p>
<p>Mustard</p>	<p><input type="checkbox"/> Do you feel deep gloom that seems to quickly descend for no apparent reason and lifts just as suddenly?</p> <p><input type="checkbox"/> Do you feel depressed without knowing why?</p> <p><input type="checkbox"/> Do you feel your moods swinging back and forth?</p>
<p>Oak</p>	<p><input type="checkbox"/> Are you exhausted but feel the need to struggle on against all odds?</p> <p><input type="checkbox"/> Do you have a strong sense of duty and dependability, carrying on no matter what obstacles stand in your way?</p> <p><input type="checkbox"/> Do you neglect your own needs to complete a task?</p>
<p>Olive</p>	<p><input type="checkbox"/> Are you totally drained of all energy with no reserves left to carry on?</p> <p><input type="checkbox"/> Do you feel utterly and completely exhausted, both physically and mentally?</p> <p><input type="checkbox"/> Is everything an effort, does your life lack zest?</p>
<p>Pine</p>	<p><input type="checkbox"/> Are you full of guilt and self-reproach?</p> <p><input type="checkbox"/> Do you blame yourself for everything that goes wrong, including the mistakes of others?</p> <p><input type="checkbox"/> Do you set overly high standards for yourself, never satisfied with your achievements?</p>
<p>Red Chestnut</p>	<p><input type="checkbox"/> Are you distressed and disturbed by other people's problems?</p> <p><input type="checkbox"/> Are you excessively concerned and worried for your loved ones?</p> <p><input type="checkbox"/> Do you constantly worry that harm may come to loved ones, family members, or others you care for?</p>

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<p>Rock Rose</p>	<p><input type="checkbox"/> Do you become helpless and frozen in the face of your fear?</p> <p><input type="checkbox"/> Do you feel terror and panic?</p> <p><input type="checkbox"/> Do you suffer from nightmares?</p>
<p>Rock Water</p>	<p><input type="checkbox"/> Are you inflexible in your approach to life, always striving for perfection?</p> <p><input type="checkbox"/> Are you overly concerned with diet, exercise, work, and spiritual disciplines?</p> <p><input type="checkbox"/> Are you so rigid in your ideals that you deny yourself the simple pleasures of life?</p>
<p>Scleranthus</p>	<p><input type="checkbox"/> Do you find it difficult to decide when faced with a choice of two possibilities?</p> <p><input type="checkbox"/> Do you lack concentration, always fidgety and nervous?</p> <p><input type="checkbox"/> Do your moods change from one extreme to another: joy to sadness, optimism to pessimism, laughing to crying?</p>
<p>Star of Bethlehem</p>	<p><input type="checkbox"/> Are you numbed or withdrawn as a result of recent traumatic events in your life?</p> <p><input type="checkbox"/> Have you suffered a loss or grief that you have never recovered from?</p> <p><input type="checkbox"/> Have you suffered a shock in your life such as an accident, loss of a loved one, terrible news, illness?</p>
<p>Sweet Chestnut</p>	<p><input type="checkbox"/> Do you feel as though the future holds nothing for you?</p> <p><input type="checkbox"/> Do you feel that you have reached the limits of what you could possible endure?</p> <p><input type="checkbox"/> Do you suffer from extreme mental anguish?</p>
<p>Vervain</p>	<p><input type="checkbox"/> Do you feel tense and highly strung?</p> <p><input type="checkbox"/> Do you have strong opinions and only yours are the right ones?</p> <p><input type="checkbox"/> Is your over-enthusiasm almost to the point of being fanatical?</p>

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<p>Vine</p>	<p><input type="checkbox"/> Are you inflexible and feel you know more than anyone else?</p> <p><input type="checkbox"/> Do you feel the need to always to be right?</p> <p><input type="checkbox"/> Do you tend to be domineering and overbearing?</p>
<p>Walnut</p>	<p><input type="checkbox"/> Are you distracted by outside influences?</p> <p><input type="checkbox"/> 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?</p> <p><input type="checkbox"/> Do you need to make a break from strong forces or attachments in your life that may be holding you back?</p>
<p>Water Violet</p>	<p><input type="checkbox"/> Do you appear to others to be aloof and overly proud?</p> <p><input type="checkbox"/> Do you bear your grief and sorrow in silence?</p> <p><input type="checkbox"/> Do you have tendency to be withdrawn and prefer to be alone when faced with too many distractions?</p>
<p>White Chestnut</p>	<p><input type="checkbox"/> Are you unable to sleep at times because your mind seems to be cluttered with mental arguments that go round and round?</p> <p><input type="checkbox"/> Do you relive unhappy events or arguments over and over again?</p> <p><input type="checkbox"/> Do you find your head full of persistent, unwanted thoughts that prevent concentration?</p>
<p>Wild Oat</p>	<p><input type="checkbox"/> Are you displeased with your lifestyle and feel dissatisfied with your achievements?</p> <p><input type="checkbox"/> Do you find yourself in a complete state of uncertainty over major life decisions?</p> <p><input type="checkbox"/> Do you have ambition but feel that life is passing you by?</p>
<p>Wild Rose</p>	<p><input type="checkbox"/> Are you apathetic and resigned to whatever may happen in your life?</p> <p><input type="checkbox"/> Do you have the attitude, "I will just live with it"?</p> <p><input type="checkbox"/> Do you lack the motivation to improve the quality of your life?</p>
<p>Willow</p>	<p><input type="checkbox"/> Do you feel life is unfair and find yourself taking less and less interest in the things you used to enjoy?</p> <p><input type="checkbox"/> Do you feel resentful and bitter?</p> <p><input type="checkbox"/> Do you have difficulty forgiving and forgetting?</p>