

Bach Flower Remedy Consultation

Name _____

Best phone to reach you to check in after our session: _____

Email: _____ Birthdate: _____

Address: _____

Together we are going to create a Bach Flower remedy that is unique to you and your experience at this time. Bach Flowers work subtly and on a vibrational level, and help to create more balance emotionally and mentally. The effect of taking the remedies is not to suppress negative attitudes but to transform them into positive ones, stimulating one's own potential for self-healing.

Please complete this questionnaire and bring it with you to your first session. It will take you about 15 minutes to complete.

Creating a focus for your session:

In three to five sentences, write down what (e.g. stress, frustration, concern or personal growth interest) you wish to work on. (This may change as you work through this form or when we meet for your session, that's ok, it is a place to begin.)

Please answer the following questions in relation to what is going on for you right now, your focus.

Your Present Situation:

How are you reacting to your current problem? Circle the sentence or parts of the sentences that most apply to you *right now*.

1. *Right now I am feeling* guilty, I am blaming myself.
2. *Right now I am feeling* uncertain; I question my own judgment and follow the advice of others.
3. *Right now I am feeling* distrustful; emotionally hurt; hostile; angry; jealous; or vengeful.
4. *Right now I am feeling* as though I'm not quite here; my mind is preoccupied with other things.
5. *Right now I am feeling* irritated because things are too disorderly; I feel dirty, nauseated, or disgusted; I feel the need to clean up.
6. *Right now I am feeling* abandoned as though Fate has treated me unjustly; poor me!
7. *Right now I am feeling* driven to impose my will, to succeed.
8. *Right now I am feeling* tired; I don't have the energy and initiative to face the day's work.
9. *Right now I am feeling* unstable and too easily swayed: I wish I could be true to myself.
10. *Right now I am feeling* melancholy, sad, and depressed, and I don't know why.
11. *Right now I am feeling* inferior; as though I'm a loser; less able than others; as though I'm a second-rate person.
12. *Right now I am feeling* like an exhausted fighter still on duty by myself; there's no way I will quit now.
13. *Right now I am feeling* afraid. I'm scared of (enter specific person or situation).
14. *Right now I am feeling* too soft and too nice; I can never say no.
15. *Right now I am feeling* nostalgic; I just can't let go of (enter relationship or situation).
16. *Right now I am feeling* overwhelmed by my responsibilities; I can't go on any longer!
17. *Right now I am feeling* indifferent; I've given into the situation.
18. *Right now I am feeling* undecided, scattered, dissatisfied; uncertain whether this is what I really want.

19. *Right now I am feeling* impatient; everything is moving too slowly!
20. *Right now I am feeling* needy; I need affection and sympathy.
21. *Right now I am feeling* as though I have to grin and bear it; I'm pretending that things are all right.
22. *Right now I am feeling* reserved; I want to withdraw and be left alone.
23. *Right now I am feeling* perplexed because I'm still making the same mistake.
24. *Right now I am feeling* bothered by unwanted thoughts and persistent inner dialogue; I just can't tune them out.
25. *Right now I am feeling* up against a wall; I'm desperate and I have no idea how to go on from here.
26. *Right now I am feeling* very enthusiastic-150 percent committed!
27. *Right now I am feeling* as though I'm still in shock; I haven't digested it yet.
28. *Right now I am feeling* torn between two things; I'm really out of balance.
29. *Right now I am feeling* drained, zapped, exhausted.
30. *Right now I am feeling* like an athlete in training, mercilessly denying myself everything.
31. *Right now I am feeling* defeated and without hope; I'm resigned.
32. *Right now I am feeling* I'm feeling vaguely threatened; I can't get a handle on my fears.
33. *Right now I am feeling* unloved; I feel hurt or disappointed because I expected more gratitude or appreciation for what I've done.
34. *Right now I am feeling* completely absorbed by my fears for someone else; I don't even know what I feel myself.
35. *Right now I am feeling* discouraged; skeptical; despondent.
36. *Right now I am feeling* as if I'm sitting on a powder keg ready to explode; I'm barely able to control myself.
37. *Right now I am feeling* irritated – maybe I'm just too critical and intolerant' maybe it would be better not to criticize at all.
38. *Right now I am feeling* panic stricken; I've lost my mind and my nerves are on edge.

Behaviors and Character:

What are the negative behavior patterns that keep you from implementing your goal?

1. *I hold myself back* because I'm timid and scared; I'm afraid it will involve too much effort and stress.
2. *I hold myself back* with my low self-esteem; I don't believe I can do it.
3. *I hold myself back* with my strong need for harmony; I dislike ugly disputes and arguments.
4. *I hold myself back* because I'm completely exhausted and everything takes too much effort.
5. *I hold myself back* by being too sensitive; when I think about changing this, I'm taken over by strange feelings I can't quite describe.
6. *I hold myself back* with my constant criticism of others and myself; there are many things that disturb me but it's impossible for me to turn a blind eye.
7. *I hold myself back* with my wish to please; I can't say no.
8. *I hold myself back* with my tendency to live in the past; I just can't forget how it used to be.
9. *I hold myself back* my lack of inner drive; I always like it's Monday morning and I just can't get going.
10. *I hold myself back* by fearing that I'll lose control of myself; if I let go of my feelings, I don't know what I'll become.
11. *I hold myself back* by distrusting others and feeling jealous; I can easily become aggressive.
12. *I hold myself back* with my lack of inner direction; it's difficult for me to know what I really want.
13. *I hold myself back* by blaming myself for everything; if I make this change I know I'll find things to feel guilty about.
14. *I hold myself back* because I'm very vulnerable; I'm afraid of being hurt again as I was before.
15. *I hold myself back* by not being able to stick to my decisions; first I prefer one solution, and the next moment I prefer another.
16. *I hold myself back* with my extreme sense of duty; I feel as though I always have to keep struggling on.
17. *I hold myself back* by being so driven and enthusiastic; I always seem to overdo it and get on others' nerves.

18. *I hold myself back* with my strong sense of fairness; I can't see an unjust situation without having to do something about it.
19. *I hold myself back* by doubting my judgment. I always check with others, just to make sure.
20. *I hold myself back* because I tend to panic easily; I feel totally helpless just thinking about it.
21. *I hold myself back* by being overly disciplined. I'm always setting standards for myself that are too high.
22. *I hold myself back* by being picky about details and cleanliness; when things aren't just right, I get nervous.
23. *I hold myself back* with my feelings of hopelessness; it's no use anymore.
24. *I hold myself back* by being so absorbed in myself; I don't pick up on other people's concerns.
25. *I hold myself back* with my dreaminess; I seem to lack any interest in reality.
26. *I hold myself back* with my impatience; I'm unable to wait for things to happen.
27. *I hold myself back* by being too sympathetic; I know exactly what the other person will feel and become overly concerned for him or her.
28. *I hold myself back* with my melancholic disposition; at times it paralyzes me.
29. *I hold myself back* with my apathy; deep inside, I don't care about improving the situation.
30. *I hold myself back* with my tendency to be aloof; I find it difficult to jump in and mingle with others.
31. *I hold myself back* with the steady stream of chatter in my head; I'm unable to concentrate on what's important.
32. *I hold myself back* because I'm too easily influenced: I always let others interfere with my plans instead of staying true to myself.
33. *I hold myself back* by not really paying attention; I tend to make the same mistakes over again.
34. *I hold myself back* with my skepticism; I just don't expect things to end well.
35. *I hold myself back* with my exaggerated sense of responsibility; it keeps me from putting on the brakes before I feel overwhelmed.
36. *I hold myself back* because I expect too much from others; I get involved and then expect recognition or gratitude in return.

37. *I hold myself back* because I tend to let something go until there is no way I can do anything about it.

38. *I hold myself back* with my self-pity; I'm resentful and see myself as a victim of circumstance.

Final Choice Checklist:

What is most bothersome *right now*.

If possible, please circle no more than six responses.

1. My anxiety
2. My lack of self-esteem or feelings of inferiority
3. My need for harmony
4. My lack of energy and exhaustion
5. My vague fears
6. My intolerance
7. My inability to say no
8. My tendency to dwell on the past
9. My mental weariness
10. My inner emotional pressure
11. My anger, envy, jealousy, etc.
12. My lack of clear inner direction
13. My feelings of vulnerability, shock, and numbness
14. My tendency to blame myself for others' mistakes
15. My indecision
16. My need to endure at any cost
17. My excessive zeal
18. My inner uncertainty
19. My panic

Is there anything you would like to change or add to your focus for your session? If so, please add your changes to your answer on page one.

Thank you and I look forward to working together!
Dr. Elissa