

Bach's flowers

Questionnaire

www.sintropia.it/flowers

In 1930 Edward Bach identified 38 flowers that have the power to heal negative emotions. With the essences of these flowers it is possible to prepare the “Bach flower remedies”, which come in many combinations. For example, using only two flowers the possible combinations are 1,406, using 7 flowers the possible remedies exceed 60 billion.

Bach's remedies follow the logic that Edward Lorenz summed up in the famous phrase: “*The flap of a butterfly's wings in the Amazon can cause a hurricane in the United States.*” This means that if the remedy is extremely precise it can generate consistent effects. When the combination of flowers is precise, the power of the remedy is amplified and the effects are simply amazing.

The questionnaire is quite long and requires some time. It uses the sentences that Bach himself used to describe the properties of the flowers. You must describe yourself through these sentences using scores from 0 to 10, based on how much you find yourself in each sentence. Because of the masks that we all unconsciously use, it is difficult to describe ourselves truthfully. However, the exact remedy can be found only when answers are truthful. If you find it useful, get help from friends or people who know you well. This help can turn into a game that improves mutual knowledge and relationship. If there are no friends who can help you, to experts such as psychologists and psychotherapists. The questionnaire is anonymous and the answers you send will be used only for the calculation of the combination of flowers in the remedy.

The following pages contain statements. Use the values from 0 to 10 to indicate the degree of agreement. For example, take the statement “*I am afraid of diseases*”. If you are afraid of diseases use the value 10, if you are not afraid use 0, if you are little afraid 1, 2, up to 5 or 6 for average, ... 7 or 8 for very afraid.

Once you have completed the questionnaire, go to www.sintropia.it/flowers. To send the questionnaire, follow the instructions found in the section “*How to proceed*”.

- 1 _____ I go my own way
- 2 _____ I feel as if the light and the joy of life is hidden
- 3 _____ I bear my difficulties alone
- 4 _____ Thoughts which worry return to my mind
- 5 _____ I fear doing things which I don't wish and know are wrong
- 6 _____ I surrender to the struggle of life without complaint
- 7 _____ I am anxious to be free from what I consider should be cured
- 8 _____ I am continually correcting what I consider wrong
- 9 _____ I have something not quite clean within myself
- 10 _____ I am never content with my efforts or results
- 11 _____ I hide my worries behind my humour
- 12 _____ I have fears of misfortune
- 13 _____ Enthusiasm, convictions or strong opinions of others influence me
- 14 _____ I feel a great hopelessness
- 15 _____ I am very independent
- 16 _____ I am kind
- 17 _____ I live in the hope of happier times
- 18 _____ Daily life is hard work for me
- 19 _____ I wish to be well and strong and active
- 20 _____ My body feels that it must give way
- 21 _____ I am attacked by thoughts of envy
- 22 _____ I expect failure
- 23 _____ I have fears for which there is no explanation
- 24 _____ I have suffered physically
- 25 _____ To please others I try different treatments
- 26 _____ I am easily discouraged
- 27 _____ I feel scared, following an accident
- 28 _____ I am over-anxious to serve others
- 29 _____ I have not sufficiently confidence in myself to make my own decisions
- 30 _____ I am a hard master of myself
- 31 _____ I fear of doing fearful and dreaded things
- 32 _____ I am sometimes attacked by thoughts of revenge
- 33 _____ I have much courage when I try to convince
- 34 _____ I desire that those for whom I care should be near me
- 35 _____ I am struggling to get well

- 36 _____ I struggle when others would have given up
- 37 _____ I take less interest in those things which previously I enjoyed
- 38 _____ I hope to do something important
- 39 _____ Although much appears to be wrong, I have the ability to see the good growing within
- 40 _____ I am a hard-worker
- 41 _____ I live in ambitions which have not come true
- 42 _____ I don't speak of my problems with others
- 43 _____ I constantly seek advice from others
- 44 _____ I am almost free of the opinions of others
- 45 _____ I live more in the future than in the present
- 46 _____ I am struggling with the affairs of my daily life
- 47 _____ I try one thing after another
- 48 _____ I am quick in action
- 49 _____ I am very strict in my way of living
- 50 _____ I deny myself many of the joys and pleasures of life because they might interfere with my work
- 51 _____ I am confident of success
- 52 _____ I want to take life to the full
- 53 _____ I have fixed principles
- 54 _____ There is no real cause for my unhappiness
- 55 _____ I have ambitions of prominence in life
- 56 _____ I fear everyday life
- 57 _____ I am more a servant than willing helper
- 58 _____ I am clever
- 59 _____ I quietly and secretly bear my dread
- 60 _____ I fight without loss of effort
- 61 _____ All things are working to their own final perfection
- 62 _____ I find it almost impossible to appear happy or cheerful
- 63 _____ I always find something that should be put right
- 64 _____ I feel gloomy
- 65 _____ I need to stimulate myself in order to bear my trials with cheerfulness
- 66 _____ The presence of unpleasant thoughts drives out peace from my life
- 67 _____ Negative thoughts circle around me and cause mental torture
- 68 _____ I take a longer time than others to learn the lessons of life
- 69 _____ I wish all things to be done without delay

- 70 _____ I am cheerful
- 71 _____ I do not consider myself as good or capable as those around me
- 72 _____ Little can be done for me
- 73 _____ I blame myself
- 74 _____ I am not inclined to discuss my difficulties with others
- 75 _____ I will do anything which appeals to others
- 76 _____ I have ceased to worry about myself
- 77 _____ I have reasons to believe that some poison has entered in my body and must be drawn out
- 78 _____ I fear pain
- 79 _____ I am not able to give any reason or explanation for my negative mood
- 80 _____ I often have troubles
- 81 _____ I live in a past time of great happiness
- 82 _____ I often prefer to work alone
- 83 _____ I fear being alone
- 84 _____ At times I feel depressed
- 85 _____ On occasions I am tempted to be led away from my own ideas
- 86 _____ I am quick in thought
- 87 _____ I am certain of my abilities
- 88 _____ I don't do any effort to improve things and find some joy
- 89 _____ I am embittered
- 90 _____ Even when successful I think I could have done better
- 91 _____ I consider it wrong to be slow
- 92 _____ I feel that I will never succeed
- 93 _____ Any small delay or hindrance causes doubt and soon disheartens me
- 94 _____ I am gentle
- 95 _____ I claim responsibility even for mistakes due to another
- 96 _____ I am not really happy in the present circumstances
- 97 _____ I cause great fear to those around me
- 98 _____ I feel the need to see more good and beauty in all that surrounds me
- 99 _____ I find difficult not to complain
- 100 _____ There is little hope of relief for me
- 101 _____ I am resigned to all that happens
- 102 _____ I believe that some part of my mind or body needs to be strengthened
- 103 _____ I consider it a waste of time to be slow
- 104 _____ I find it very difficult to be patient with people who are slow

- 105 _____ I am very mindful of the needs of others
- 106 _____ I live in memories of a lost friend
- 107 _____ I very rarely change my mind
- 108 _____ It seems there is nothing but destruction and annihilation left to face
- 109 _____ I am doing a good work
- 110 _____ I make little or no effort to get well
- 111 _____ I have given up
- 112 _____ I wish to enjoy all that which is possible
- 113 _____ I tend to be over-full of care for relatives and friends
- 114 _____ I am sometimes attacked by thoughts of suspicion
- 115 _____ I feel that my aims are not within the power of a human being
- 116 _____ I have vague unknown fears
- 117 _____ I have fears for no reason
- 118 _____ I generally succeed in fulfilling my tasks
- 119 _____ To avoid arguments I give up much
- 120 _____ I have strong ambitions in life
- 121 _____ I am a brave person
- 122 _____ I fight against great difficulties
- 123 _____ I am discontented with myself if illness interferes with my duties of helping others
- 124 _____ I refuse to be consoled
- 125 _____ I follow the call of my life
- 126 _____ I take life as it is
- 127 _____ I am understanding of the different ways of each individual
- 128 _____ I cannot avoid ideas which I do not want, from entering my mind
- 129 _____ I cannot avoid in my mind arguments which I do not want
- 130 _____ I am considered a very good friend
- 131 _____ I feel dissatisfaction
- 132 _____ I don't expect happiness such as that I have had
- 133 _____ I frequently anticipate that some unfortunate thing may happen to those I am fond of
- 134 _____ I think that it would be for the benefit of others if they could be persuaded to do things as
I do them
- 135 _____ I am fragile, mentally
- 136 _____ I look forward to death, in the hope of better times
- 137 _____ I have suffered misfortune
- 138 _____ I fear worldly things

- 139 _____ The presence of negative thoughts interferes with my daily life
- 140 _____ I enjoy correcting people
- 141 _____ I am humorous
- 142 _____ Thoughts which worry remain in my mind
- 143 _____ I am jovial
- 144 _____ I am a quiet person
- 145 _____ I am talented
- 146 _____ I find it necessary to have several experiences before I learn the lesson
- 147 _____ I am worried
- 148 _____ I feel despair
- 149 _____ I don't take full advantage of observation and experience
- 150 _____ I am drowsy
- 151 _____ I feel that I have not deserved such a great a trial
- 152 _____ I am tormented
- 153 _____ I am strong of will
- 154 _____ I have no hope
- 155 _____ I suffer much from being unable to decide between two things, first one seeming right then the other
- 156 _____ I am certain to be right
- 157 _____ I find it difficult not to be anxious for other people
- 158 _____ I suffer much within myself
- 159 _____ I have definite ideals
- 160 _____ I fight without loss of hope
- 161 _____ I am terrified of something terrible going to happen, but I don't know what
- 162 _____ I speak gently
- 163 _____ My difficulty is to determine what occupation to follow
- 164 _____ I find it necessary to discuss my own affairs with others, no matter whom it may be
- 165 _____ I am fighting strongly to get well
- 166 _____ I suffer much from the faults that I attach to myself
- 167 _____ I am under conditions that produce great unhappiness
- 168 _____ I do not make a strong enough attempt to succeed
- 169 _____ I feel that I have not sufficient strength
- 170 _____ I fear reason giving way
- 171 _____ I lost someone dear
- 172 _____ I am very unhappy if I have to be alone for any length of time

- 173 _____ I need to purify myself
- 174 _____ I am afraid to tell my troubles to others
- 175 _____ I have suffered adversities
- 176 _____ I am terrified
- 177 _____ My peace and calmness are a blessing to those around me
- 178 _____ I fear illness
- 179 _____ I endeavour to make slow people quicker in all ways
- 180 _____ I am in great distress
- 181 _____ I am so exhausted and weary that I have no more strength to make any effort
- 182 _____ I have no great interest in life
- 183 _____ I worry a lot for those I am fond of
- 184 _____ I fear accidents
- 185 _____ I am fulfilling my ideals
- 186 _____ I judge life much by the success which it brings
- 187 _____ I do not venture
- 188 _____ I look forward to death in the hope of meeting again some beloved one
- 189 _____ I am very capable
- 190 _____ I feel as though a cold dark cloud overshadows me
- 191 _____ I feel life has been unjust with me
- 192 _____ I overtax my strength to serve others
- 193 _____ I am often misguided by others
- 194 _____ I have suffered mentally
- 195 _____ I am not strong enough to carry the burden of life placed upon me
- 196 _____ I am able to be more tolerant
- 197 _____ I fear my mind being over-strained
- 198 _____ Daily life is without pleasure
- 199 _____ I have some serious disease which is almost disregarded
- 200 _____ I am self-reliant
- 201 _____ At times I feel that the task I have undertaken is too difficult
- 202 _____ An impulse comes to do unwanted things
- 203 _____ I neglect my mission in life
- 204 _____ I move about without noise
- 205 _____ I live much in the past
- 206 _____ I am restless
- 207 _____ I do more than my share of work

- 208 _____ I am not fully awake
- 209 _____ I love peace
- 210 _____ I hope to do something for the benefit of humanity
- 211 _____ I prefer to do things at my own speed
- 212 _____ At moments the anguish is so great as to seem to be unbearable
- 213 _____ I wish all things to be done without hesitation
- 214 _____ I am dreamy
- 215 _____ I wish to have much experience
- 216 _____ I am confident that my ideas are right
- 217 _____ I fear poverty
- 218 _____ I have a great wish to convert all those around me to my views of life
- 219 _____ I just glide through life
- 220 _____ I speak little
- 221 _____ I fear the dark
- 222 _____ Everyday life is too much for me to accomplish
- 223 _____ The mind feels as if it had borne to the uttermost limit of its endurance
- 224 _____ I often take alcohol in excess
- 225 _____ I am distressed by arguments or quarrels
- 226 _____ I am frightened
- 227 _____ I like to be alone
- 228 _____ I cannot prevent thoughts which I do not desire from entering my mind
- 229 _____ I am sometimes attacked by thoughts of jealousy
- 230 _____ My fears haunt me night and day
- 231 _____ My ambitions are strong
- 232 _____ I have been shocked by serious news
- 233 _____ I often take drugs
- 234 _____ My case seems hopeless
- 235 _____ I am always seeking the companionship of anyone who may be available
- 236 _____ I find having to make the same error on different occasions when once would have been enough
- 237 _____ When ill, I am anxious for a hasty recovery
- 238 _____ I find difficult to accept my adversities