

## Detailed Bach Flower Combination Questionnaire

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City, State & Zip \_\_\_\_\_

Contact Phone: \_\_\_\_\_

E-mail Address \_\_\_\_\_

This questionnaire was developed from the original writings of Dr. Edward Bach and is provided for your interest and self-assessment. Please print out the questionnaire, then read and answer each of the questions carefully. Check only those questions for which you gave a definite **Yes** answer. If you feel your answer to the question is **no** or **sometimes** then leave the box blank.

Mail the completed questionnaire to:

Healing Combinations  
30313 Calle Halcon  
Temecula, CA 92592  
(951) 501-2009

Or, you can fax it back to us at:

(951) 326-3570

Or, you can simply e-mail a list of the **Yes** answers to [answers@healingcombinations.com](mailto:answers@healingcombinations.com). We will evaluate your answers, and then e-mail you the results with a link to the site so that you may purchase your custom combination if desired.

**Questions?** Feel free to call at (951) 501-2009 or e-mail us at [questions@healingcombinations.com](mailto:questions@healingcombinations.com). We look forward to helping you.

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### Part I: Current Acute Emotions or Behaviors

For current situations, acute emotions or behaviors that are unusual or different. Not all of them will fully fit your basic character, nature or long term, more chronic behaviors.

- 1 When worried or in pain, do you tend to conceal it from others, making light of even the most trying of circumstances?
- 2 Do you go out of your way to avoid burdening others with your problems, giving in to the wishes of others in order to avoid an argument or quarrel?
- 3 When troubled, do you find yourself drinking alcohol, or using stimulants or drugs to assist in keeping up a happy disposition?
- 4 Do you have vague fears which you cannot explain?
- 5 Do you often find yourself distressed and anxious, but are unable to put your finger on the problem?
- 6 Do you wake with a sense of apprehension and foreboding, feeling that something bad may happen, but don't know what it may be?
- 7 When assessing people and situations, do you look for what you can find wrong?
- 8 Do the small habits and idiosyncrasies of others bother you?
- 9 Are you critical and intolerant of those who don't measure up to your standards or expectations?
- 10 Are you easily imposed on because of your willingness to help others?
- 11 Is it difficult for you to say no when you're asked for help, becoming more a servant than a willing helper?
- 12 Do you neglect your own needs, because you are too busy taking care of other people's needs?
- 13 Do you lack confidence in your ability to judge things on your own and make decisions?
- 14 Do you find yourself asking other people's advice, even when you know what you want?
- 15 After taking advice from others, do you find yourself confused by the choices, constantly changing your direction according to the latest recommendations?
- 16 Do you fear losing control of your mind or body?
- 17 Are you compulsive, or have impulses to do things you know are wrong but have difficulty controlling your actions?
- 18 Do you fear losing control and hurting yourself or others?

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- 19 Do you find you don't learn from past experiences, repeating the same mistakes or patterns of behavior?
- 20 Due to lack of observation, do you find it necessary to go over things already done?
- 21 Is there a particular situation or condition continually recurring in your life which you would like to overcome?
- 22 Are you possessive of those close to you and feel you know what's best for them, often directing and correcting even small details of their lives?
- 23 Do you feel you are not appreciated by those you care for?
- 24 Do you find yourself needing the attention and devotion of those you love, feeling it's their duty to stay in close contact with you?
- 25 Are you absentminded, or does your attention easily wander, making it difficult to concentrate?
- 26 Do you find you have little interest in present circumstances, often daydreaming, wishing you were somewhere else?
- 27 Do you find yourself dozing off frequently, regardless of where you are?
- 28 Do you feel unclean or ashamed over an act you should not have committed, or over someone or something have violated you personally?
- 29 . Do you find yourself preoccupied with small physical problems such as pimples, small blemishes or rashes, while overlooking more serious conditions?
- 30 Do you feel there is something wrong with, or some things you would like changed, in your physical appearance?
- 31 Are you compulsive about cleanliness, even at times to the extreme?
- 32 Are you afraid of becoming, or feel you have already become, contaminated and need to be cleansed?
- 33 Do you tend to overextend your commitments?
- 34 Do you find yourself overwhelmed by your work, and despite being capable feel you have taken on more than you can do?
- 35 Do you become despondent when faced with the magnitude of your responsibilities?
- 36 Are you easily discouraged when things don't go your way?
- 37 When setting out to accomplish a task, do you become over-sensitive to small delays or hindrances which may lead to self-doubt, and at times to depression?
- 38 Is it hard for you to start over again once you've encountered difficulties?

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- 39 Have you lost hope that you will recover from or be helped in overcoming an illness or difficulty?
- 40 Do you feel it is useless to seek further help for your problem?
- 41 Have you given up hope that things will change for the better in some circumstance or situation in your life?
- 42 Do you find others avoiding conversation with you because you tend to talk a great deal?
- 43 Do you dislike being alone and seek the company of anyone willing to listen to your troubles?
- 44 Do you feel the need to steer conversations back to your special interests or problems? Are you reluctant to discontinue them even when the listener has to leave?
- 45 Are you suspicious and mistrusting of other people's motives and intentions?
- 46 Do others find you spiteful, envious, jealous or vengeful?
- 47 Do you find yourself lacking compassion or warmth toward others?
- 48 Do you find you are caught between living in the present and dwelling in memories of the past?
- 49 Are there things you would like to have done with your life but never had the opportunity to do?
- 50 Do you find yourself reminiscing about the good old days, wishing you were able to live your life over again?
- 51 On rising in the morning, do you find yourself tired, not wanting to get up?
- 52 Do you feel some part of you needs to be strengthened before you can tackle the day?
- 53 Do you find once you have started your daily activities your tiredness is forgotten, and you're able to complete your task?
- 54 Do you find yourself losing patience, becoming tense and irritable with people and things that move too slowly for you?
- 55 Do you do things in a rush, racing from one place or situation to another?
- 56 Do you find you need to work alone, because others can't keep up to your pace?
- 57 Do you lack confidence?
- 58 Do you not try things for fear of failing?
- 59 Do you feel inferior, and that others are more capable and qualified than you?
- 60 Do you have specific fears which you can identify and would like to overcome?
- 61 Are you shy and easily frightened by particular circumstances and things?

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- 62 When faced with situations or things that frighten you, do you become nervous and too paralyzed to act?
- 63 Do you ever become gloomy and depressed for no known reason?
- 64 Does this depression envelope you like a dark cloud, hiding the joy of life?
- 65 Do you find this gloom and depression, for no apparent reason, lifts as suddenly as it comes?
- 66 Are you one who tirelessly struggles on despite oppositions and delays?
- 67 Can you always be depended on to complete what you set out to do, regardless of the challenge?
- 68 Do you tend to throw yourself into your projects neglecting your own needs, as well as the needs of those close to you?
- 69 Are you now going through, or have you recently gone through, an illness or personal ordeal which left you physically and mentally drained?
- 70 Do you tire easily with no reserve energy to complete your tasks or enjoy the day?
- 71 Do you feel sapped of strength and vitality, where even the least effort exhausts you?
- 72 Are you rarely content with your accomplishments, feeling that you could always do better?
- 73 Do you blame yourself for other people's mistakes, feeling that their shortcoming are in some way your fault or responsibility?
- 74 Are you hard on yourself when you fail to live up to the standards or expectations you've set for yourself?
- 75 Do you worry over the health and safety of your friends and family?
- 76 Do you fear that something may happen to those close to you?
- 77 Does your over-concern and worry for others cause you considerable distress?
- 78 Do you suffer from extreme terror?
- 79 Do you tend to panic and become hysterical?
- 80 Are you troubled by nightmares?
- 81 Do you feel you have a mission in life to conform with or live up to?
- 82 Are you strict in your adherence to a religious or social discipline, or in a particular way of living?
- 83 Do you feel it's important to make an example of yourself by living up to your ideals, so that others may follow?
- 84 Do you suffer from indecision, uncertainty or hesitancy?

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- 85 Do you have difficulty choosing between one thing and another?
- 86 Do you experience extreme mood swings, or have difficulty in keeping your balance?
- 87 Have there been past traumas or shocks in your life, which you may not have completely recovered from?
- 88 Do you feel a past surgery or accident is responsible for your present condition?
- 89 Have you recently, or in the past, suffered a personal loss which you haven't quite gotten over?
- 90 Do you feel you've reached the limits of your endurance, and there's nothing but annihilation left to face?
- 91 Do you suffer from mental anguish and deep despair?
- 92 Do you feel that the burden of life is more than you can bear?
- 93 Do you have strong opinions which you attempt to convince others are right?
- 94 Are you easily incensed by injustices, arguing for and defending principles which you believe in?
- 95 Are you high-strung, at times tense and over-enthusiastic, always teaching and philosophizing?
- 96 Do you tend to take charge in circumstances and situations you're involved with?
- 97 Are you strong-willed and expect complete obedience (without question) from those around you?
- 98 Do you consider yourself a "born leader?"
- 99 Are you involved in a relationship or situation you would like to be free of, but cannot break away from?
- 100 Are you currently in a state of transition or change?
- 101 In the midst of this change, do you find that you're having difficulty in letting go of past attachments or in starting new beginnings?
- 102 Do others find you aloof, prideful and at times condescending?
- 103 Do you keep to yourself, not wishing to be interfered with or to interfere in other people's affairs?
- 104 Are you self-reliant? Do you prefer spending your time alone?
- 105 Do you find you can't sleep because your thoughts give you no rest?
- 106 Do you find your head full of persistent, unwanted thoughts that prevent concentration?
- 107 Do you relive unhappy event or arguments over and over again?
- 108 Are you dissatisfied with your current role in life, feeling that life is passing you by?

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- 109 Have you tried many different directions in life, but nothing seems to bring satisfaction?
- 110 Would you like to find a new lifestyle, career or change your old one, but have difficulty deciding what you should be doing?
- 111 Do you find you are indifferent and apathetic toward life?
- 112 Are you resigned to your current circumstances, making little effort to improve things or find joy?
- 113 Do you feel you've given up and don't care one way or another what happens?
- 114 Through no fault of your own, do you feel that life has been unfair or unjust to you?
- 115 Have you become resentful and bitter toward those who may have treated you poorly?
- 116 Despite all you have done, do you feel your best efforts have largely gone unrewarded, while others not as deserving as yourself, have gained?

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### **Part II: Your Present Situation**

How are you reacting to your current problem or situation?

- 117 *Right now I'm feeling* as though I have to grin and bear; I'm pretending that things are all right.
- 118 *Right now I'm feeling* vaguely threatened; I can't get a handle on my fears.
- 119 *Right now I'm feeling* irritated-maybe I'm just too critical and intolerant; maybe it would be better not to criticize at all. (Only one of the words or phrases may apply.)
- 120 *Right now I'm feeling* too soft and too nice; I can never say no.
- 121 *Right now I'm feeling* uncertain. I question my own judgment and follow the advice of others.
- 122 *Right now I'm feeling* as if I'm sitting on a powder keg ready to explode; I'm barely able to control myself.
- 123 *Right now I'm feeling* perplexed because I'm still making the same mistakes.
- 124 *Right now I'm feeling* unloved; I feel hurt or disappointed because I expected more gratitude or appreciation for what I've done. (Only one of the words or phrases may apply.)
- 125 *Right now I'm feeling* as though I'm not quite here; my mind is preoccupied with other things.
- 126 *Right now I'm feeling* irritated because things are too disorderly; I feel dirty, nauseated, or disgusted; I feel the need to clean up. (Only one of the words or phrases may apply.)
- 127 *Right now I'm feeling* overwhelmed by my responsibilities; I can't go on any longer
- 128 *Right now I'm feeling* discouraged; skeptical; despondent. (Only one of the words or phrases may apply.)
- 129 *Right now I'm feeling* defeated and without hope; I'm resigned.
- 130 *Right now I'm feeling* needy; I need affection and sympathy.
- 131 *Right now I'm feeling* distrustful; emotionally hurt; hostile; angry; jealous; or vengeful. (Only one of the words or phrases may apply.)
- 132 *Right now I'm feeling* nostalgic; I just can't let go of [enter relationship or situation].
- 133 *Right now I'm feeling* tired; I don't have the energy and initiative to face the day's work.
- 134 *Right now I'm feeling* impatient; everything is moving too slowly!
- 135 *Right now I'm feeling* inferior; as though I'm a loser; less able than others; as though I'm a second-rate person. (Only one of the words or phrases may apply.)
- 136 *Right now I'm feeling* afraid. I'm scared of [enter specific person or situation].
- 137 *Right now I'm feeling* melancholy, sad, and depressed, and I don't know why.
- 138 *Right now I'm feeling* like an exhausted fighter still on duty by myself; there's no way I will quit now.
- 139 *Right now I'm feeling* drained, zapped, exhausted.
- 140 *Right now I'm feeling* guilty. I am blaming myself.
- 141 *Right now I'm feeling* completely absorbed by my fears for someone else; I don't even know what I feel myself.

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- 142 *Right now I'm feeling* panic-stricken; I've lost my mind and my nerves are on edge.
- 143 *Right now I'm feeling* like an athlete in training, mercilessly denying myself everything.
- 144 *Right now I'm feeling* torn between two things; I'm really out of balance.
- 145 *Right now I'm feeling* as though I'm still in shock; I haven't digested it yet.
- 146 *Right now I'm feeling* up against a wall; I'm desperate and I have no idea how to go on from here.
- 147 *Right now I'm feeling* very enthusiastic – 150% committed!
- 148 *Right now I'm feeling* driven to impose my will, to succeed.
- 149 *Right now I'm feeling* unstable and too easily swayed; I wish I could be true to myself. (Only one of the words or phrases may apply.)
- 150 *Right now I'm feeling* reserved; I want to withdraw and be left alone.
- 151 *Right now I'm feeling* bothered by unwanted thoughts and persistent inner dialogue; I just can't tune them out.
- 152 *Right now I'm feeling* undecided, scattered, dissatisfied; uncertain whether this is what I really want. (Only one of the words or phrases may apply.)
- 153 *Right now I'm feeling* indifferent; I've given in to the situation.
- 154 *Right now I'm feeling* abandoned; as though Fate has treated me unjustly; poor me.

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### **Part III: Your Character**

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

- 155 *I hold myself back* with my strong need for harmony; I dislike ugly disputes and arguments.
- 156 *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.
- 157 *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.
- 158 *I hold myself back* with my wish to please; I can't say no.
- 159 *I hold myself back* by doubting my judgment. I always check with others, just to make sure.
- 160 *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.
- 161 *I hold myself back* by not really paying attention; I tend to make the same mistakes over again.
- 162 *I hold myself back* because I expect too much from others; I get involved and then expect recognition or gratitude in return.
- 163 *I hold myself back* with my dreaminess; I seem to lack any interest in reality.
- 164 *I hold myself back* by being picky about details and cleanliness; when things aren't just right, I get nervous.
- 165 *I hold myself back* with my exaggerated sense of responsibility; It keeps me from putting on the brakes before I feel overwhelmed.
- 166 *I hold myself back* with my skepticism; I just don't expect things to end well.
- 167 *I hold myself back* with my feelings of helplessness; it's no use anymore.
- 168 *I hold myself back* by being so absorbed in myself; I don't pick up on other people's concerns.
- 169 *I hold myself back* by distrusting others and feeling jealous; I can easily become aggressive.
- 170 *I hold myself back* with my tendency to live in the past; I just can't forget how it used to be.
- 171 *I hold myself back* with my lack of inner drive; I always feel like it's Monday morning and I just can't get going.
- 172 *I hold myself back* with my impatience; I'm unable to wait for things to happen.
- 173 *I hold myself back* because I'm timid and scared; I'm afraid it will involve too much effort and stress.
- 174 *I hold myself back* with my low self-esteem; I don't believe I can do it.
- 175 *I hold myself back* with my melancholy disposition; at times it paralyzes me.
- 176 *I hold myself back* with my extreme sense of duty; I feel as though I always have to keep struggling on.
- 177 *I hold myself back* because I'm completely exhausted and everything takes too much effort.
- 178 *I hold myself back* by blaming myself for everything; if I make this change I know I'll find things to feel guilty about.

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- 179 *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.
- 180 *I hold myself back* because I tend to panic easily; I feel totally helpless just thinking about it.
- 181 *I hold myself back* by being overly disciplined. I'm always setting standards for myself that are too high.
- 182 *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.
- 183 *I hold myself back* because I'm very vulnerable; I'm afraid of being hurt again as I was before.
- 184 *I hold myself back* because I tend to let something go until there is no way I can do anything about it.
- 185 *I hold myself back* by being so driven and enthusiastic; I always seem to overdo it and get on others' nerves.
- 186 *I hold myself back* with my strong sense of fairness; I can't see an unjust situation without having to do something about it.
- 187 *I hold myself back* by being overly ambitious; I always want to have things done my own way.
- 188 *I hold myself back* because I'm too easily influenced; I always let others interfere with my plans instead of staying true to myself.
- 189 *I hold myself back* with my tendency to be aloof; I find it difficult to jump in and mingle with others.
- 190 *I hold myself back* with the steady stream of chatter in my head; I'm unable to concentrate on what's important.
- 191 *I hold myself back* with my lack of inner direction; it's difficult for me to know what I really want.
- 192 *I hold myself back* with my apathy; deep inside, I don't care about improving the situation.
- 193 *I hold myself back* with my self-pity; I'm resentful and see myself as a victim of circumstance.

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### **Part IV: Your Most Pressing Issues**

What is most bothersome right now? If you check more than 6 responses, then number them in order of importance where 1 is most important.

- |     |   |                          |
|-----|---|--------------------------|
| 194 | My need for harmony                                   | <input type="checkbox"/> |
| 195 | My vague fears  | <input type="checkbox"/> |
| 196 | My intolerance  | <input type="checkbox"/> |
| 197 | My inability to say no                                | <input type="checkbox"/> |
| 198 | My inner uncertainty                                  | <input type="checkbox"/> |
| 199 | My inner emotional pressure                           | <input type="checkbox"/> |
| 200 | My tendency to repeat the same mistakes               | <input type="checkbox"/> |
| 201 | My possessiveness or need to manipulate               | <input type="checkbox"/> |
| 202 | My dreamy and unrealistic nature                      | <input type="checkbox"/> |
| 203 | My tendency to be picky about details and cleanliness | <input type="checkbox"/> |
| 204 | My tendency to be overly responsible                  | <input type="checkbox"/> |
| 205 | My negative expectations                              | <input type="checkbox"/> |
| 206 | My hopelessness                                       | <input type="checkbox"/> |
| 207 | My tendency to be too self-absorbed                   | <input type="checkbox"/> |
| 208 | My anger, envy, jealousy, etc.                        | <input type="checkbox"/> |
| 209 | My tendency to dwell on the past                      | <input type="checkbox"/> |
| 210 | My mental weariness                                   | <input type="checkbox"/> |
| 211 | My impatience   | <input type="checkbox"/> |
| 212 | My lack of self-esteem or feelings of inferiority     | <input type="checkbox"/> |
| 213 | My anxiety  | <input type="checkbox"/> |
| 214 | My deep gloom   | <input type="checkbox"/> |
| 215 | My need to endure at any cost                         | <input type="checkbox"/> |
| 216 | My lack of energy and exhaustion                      | <input type="checkbox"/> |
| 217 | My tendency to blame myself for others' mistakes      | <input type="checkbox"/> |
| 218 | My tendency to be too tied to someone emotionally     | <input type="checkbox"/> |
| 219 | My panic  | <input type="checkbox"/> |
| 220 | My exaggerated self-discipline                        | <input type="checkbox"/> |
| 221 | My indecision   | <input type="checkbox"/> |
| 222 | My feelings of vulnerability, shock and numbness      | <input type="checkbox"/> |
| 223 | My despair, desperation                               | <input type="checkbox"/> |

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- 224 My excessive zeal
- 225 My need to dominate
- 226 My inability to be true to myself
- 227 My isolation or tendency to retreat
- 228 My never-ending thoughts
- 229 My lack of clear inner direction
- 230 My apathy
- 231 My bitterness