

# Intake Questionnaire for Bach Flower Remedies

## *Part I: What is bothering you at the moment?*

Step 1: check all that applies to you now

Step 2: review and select 7 that are the most intense/urgent/concerned

### **A. If you are having fear or feeling uneasy:**

1. Are you worried about your health and/or financial circumstances?
2. Do you have fears of being alone, the dark, misfortunes, accidents?
3. Do you have vague fears and forebodings?
4. Are you constantly worried about your loved ones?
5. Are you feeling over-strained and afraid you will break down any moment?
6. Are you terrified by some traumatic incidents/accidents, recently or in the past?
7. Are you a timid or shy person in general?

### **B. If you are struggling with decision-making or moving on life:**

1. Do you usually feel more confident with your decisions after asking around for others' opinions?
2. Are you feeling torn between two decisions now or most of the time?
3. Are you searching for a goal, your career or your next step in life?
4. Do you always indulge in memories of the happy past and feel that you will never taste that again?

### **C. If you are feeling exhausted and overwhelmed:**

1. Are you finding it very hard to struggle through a day, mentally or physically?
2. Do you keep your emotions/worries all to yourself and put up a cheerful face?
3. Do you resort to stimulants or alcohol to help you get through a day?
4. Are you suffering from sleeplessness at night because of an overactive mind?
5. Do you find it difficult to assert or stand up for yourself?

6. Are you in shock from an incident/accident, recent or in the past?
7. Are you finding yourself struggling and fighting on despite great difficulties?
8. Do you feel overwhelmed by a present task that you think you would normally manage without problem?

**D. If you are feeling discouraged or hopeless:**

1. Are you feeling discouraged by some kind of setback?
2. Are you feeling you need mental or physical strength to face your present challenge?
3. Are you feeling hopeless, that nothing will work?
4. Do you feel a lack of confidence and think you will never be successful?
5. Do you have an obsession about cleanliness (physical or spiritual), toxicity and lack of order?

**E. If you are feeling depressed or a lack of joy in life:**

1. Are you suffering from depression or do you feel despair?
2. Do you feel inclined towards negativity and gloom?
3. Are you feeling trapped in some way, making the same mistakes all the time?
4. Are you blaming yourself or expecting much more from yourself?
5. Are you being very hard on yourself with a very strict diet, protocol or way of life?
6. Are you feeling an extreme, unbearable anguish about the situation you are in?
7. Are you feeling resigned to life because you think nothing is going to work?

**F. If you feel lonely or not connected:**

1. Do you feel a need to talk and find yourself looking for companions?
2. Do you find yourself being impatient with others?
3. Do you find that you are ahead of others and you are not understood?
4. Do you like to go on your own way and care less of what people think of you?
5. Are you generally introverted and feel like an outsider?

**G. If you feel easily distracted:**

1. Are you feeling disengaged, dreamy, hoping that things will be better?
2. Do you find yourself often reminiscing the past?
3. Are you finding yourself always putting other's interests before yours?
4. Are you finding yourself easily led away from your ideas, aims and work?
5. Are you sensitive to others' opinions/emotions/energies?

**H. If you are feeling embittered about something/someone:**

1. Are you feeling embittered because life seems to be unfair?
2. Do you find yourself easily overwhelmed by strong emotions like anger, jealousy, envy, suspicion, revenge?
3. Do you find you are easily offended?
4. Do you have a low threshold of tolerance of opposing opinions or people who go against you?
5. Do you find it hard to reconcile, forgive and forget?

**I. If you are full of cares:**

1. Are you full of cares for your loved ones and find yourself stepping in all the time?
2. Do you have strong principles that you would like to teach to others?
3. Do you have a good cause that you want everyone to join and fight with you?
4. Do you like to lead, persuade and organize things for others?
5. Are you finding yourself always putting other's interests before yours?
6. Are you constantly worried about your loved ones?
7. Do you have recurring thoughts that prevent you from falling asleep at night?

## *Part II: Some physical indications*

check all symptoms that you are experiencing

absentmindedness	hormonal system	panic attacks
allergies/allergic reactions	hypertension	prone to injuries
anemia	hypotension	respiratory issues
cardiac issues	insomnia	restlessness
digestive issues	menopause	rheumatic/joint issues
drowsiness	nervous system issues	skin issues
epilepsy/seizures	nightmares	spinal issues
headaches	osteoporosis	thyroid issues

Additional comments/notes:

