

## FLOWER REMEDY SURVEY

Below is a list of "Bach" flower remedies, designed for mental and emotional balancing. Dr. Kraskow uses Bach and many other remedies to help you. Let him help you determine which flower(s) are best for you.

**INSTRUCTIONS:** *Read through the list of mental/emotional characteristics. Mark the words/phrases that apply to you. Then read through a second time and pick the 1 - 3 flowers that describe you most. Circle those flower names.*

Agrimony	Appears carefree/humorous to hide anxiety, worry, torment and/or pain. Social as a distraction. Makes light rather than confront. Perhaps restless at night. Might suppress discomfort with drinking, drugs, comfort eating.
Aspen	Fears/worries of unknown origin, anxious. Nightmares, sense of foreboding. Sudden terror with sweating/trembling.
Beech	Frequently intolerant, critical of others, judgmental, arrogant, easily irritated.
Centauray	Can't say no. Timid, quiet. Anxious to please, easily influenced, avoids confrontation. Lacks energy, tires easily.
Cerato	Seeks advice and confirmation from others. Doesn't trust own decision-making. Has inner wisdom and may be intuitive but follows others recommendations.
Cherry Plum	Fears mind giving way. Verge of breakdown, possibly suicidal. Deep despair. Sensitive and high strung. Fear of being explosive/violent. May be abusive, hysterical, outbursts. Screaming fits in children.
Chestnut Bud	Failure to learn from past experiences, leading to lack of progress in life. Repeating mistakes and even illnesses without dealing with root cause (ex: repeated wrong partners or jobs).
Chicory	Selfishly possessive. Strong willed, controlling, critical, manipulative toward loved ones, making unreasonable demands (ex: on parents or children). Talkative, opinionated, argumentative. Needs attention, self-pitying. Doesn't like to be alone. When thwarted becomes fretful and tearful.
Clematis	Dreaminess, lack of interest in present. Difficulty concentrating. Often artistic, little head for detail. Poor memory, often drowsy, lack of energy, absent-minded. Loner, romantic, may be accident-prone. Yearns for better times.
Crab Apple	Feels unclean, self-disgust/hatred. Obsessive tendencies. Ashamed or embarrassed by physical imperfections.
Elm	Overwhelmed by responsibility. Normally capable and responsible with temporary loss of self-esteem, feeling depressed and exhausted.
Gentian	Despondent, doubtful, negative. Easily depressed / discouraged / disheartened when things go wrong (even slightly).
Gorse	Hopelessness, despair. Given up the fight (ex: with illness, pain or suffering. Will try but have no faith in treatment).
Heather	Preoccupied with themselves. Self-centered / concerned. Often hypochondriacs. Compulsive "in-your-face" talker.
Holly	Envy, jealousy, hatred. Perhaps unconsciously insecure. Suspicious, aggressive, generalized anger toward others. Can be bad tempered, hard-hearted, cruel or violent - but suffers inside. Children jealous of siblings.
Honeysuckle	Lives in the past. Over-attachment to past memories. Homesick, nostalgic. Attached to lost love or happier days. Unending bereavement.
Hornbeam	Mental weariness, doubting ability to face the day. Lacks enthusiasm, may procrastinate. Sleep not refreshing.
Impatiens	Impatient. Nervy, quick, tense, energetic. Capable and efficient preferring to work alone, frustrated by slow workers. Quick temper, fidgety. Hasty eating/poor digestion. A restless and irritable patient.
Larch	Low confidence, won't even try though has potential. May be discouraged/depressed.

Mimulus	Fear of things/events. May blush, stammer, laugh nervously, get tongue-tied. May be artistic and talented, but shy and retiring. Children that are shy, timid, sensitive.
Mustard	Sudden depression/gloom (severe), comes and goes for no apparent reason. Unable to shake it off.
Oak	Exhausted but struggles on. Driven by duty, over-achiever, helpful, reliable. Won't allow relaxation if there is work to be done creating loss of strength, depression, frustration. Sense of failure when ill, so works hard to recover.
Olive	Totally exhausted from lengthy stress, reserves are gone. Everything is an effort. No longer enjoys work or pleasure activities. Needs lots of sleep. Body probably functioning below par.
Pine	Self-reproach, guilt. Blame themselves for everything. Feels undeserving and unworthy, guilt complex, sense of shame. Humble and apologetic. May feel they deserve their illness or pain.
Red Chestnut	Fear/over-concern for others, especially family and friends. Worry about other's problems. Fears the worst.
Rock Rose	Usually brief but intense terror related to a crisis, accident, near escape, disaster, sudden illness, nightmare. Frozen with fear or helplessness.
Rock Water	Self-repression, self-denial. Inflexible, self-dominated, prone to martyrdom. Opinionated, rigid thinking, ruled by fixed ideas regarding religion, diet, morality, politics, etc. Seeks self-perfection, setting high standards for themselves, never being satisfied with own achievements.
Scleranthus	Difficulty making decisions, uncertainty. Mind jumps about in conversation, extreme up and down in moods. Unreliable due to indecision. Children may experience travel sickness.
Star of Bethlehem	After effects of mental/physical trauma. May feel numbed, withdrawn, loss, grief. (for mother/child after birth)
Sweet Chestnut	Extreme mental anguish, reached your limit. Feels hopeless, despair, sorrow, dejected, like God has forsaken you. On the point of nervous breakdown, but not suicidal, perhaps following bereavement or years of difficulty.
Vervain	Over-enthusiasm. Fixed principles, know you're right, over-achieving, pushing beyond limits. Mind races, perhaps leading to lack of sleep. Strong-willed, sensitive to injustice, dedicated/fanatical to causes/principles.
Vine	Dominates others, inflexible. Capable, gifted, demanding, ambitious and may use these to put others down. Aggressive, greedy, uncompassionate, bossy.
Walnut	Influenced by major life changes or other people (sometimes with regret). Eager to move forward in life but sidetracked by a stronger personality, family ties or influences from their past.
Water Violet	Proud, knowledgeable, calm, capable, private. Sense of superiority that if carried to extreme makes them appear withdrawn, anti-social, aloof, condescending. Keeps trouble to themselves, doesn't lean on others.
White Chestnut	Obsessive worrying with unwanted thoughts. Can't let go of and mentally relives unhappy events/arguments leading to a troubled mind/depression. Difficulty concentrating, sleeping. Appears inattentive.
Wild Oat	Uncertainty as to correct path in life (such as a career path). Lacks clear direction, drifts. Easily bored. Often unconventional. Feels frustrated and dissatisfied that life is passing by.
Wild Rose	Resigned, apathetic. Never complains, not actually unhappy. Complacent, dull. Lacks energy/ambition. May have a monotonous voice. Too easily accepts "you'll have to learn to live with it".
Willow	Resentment, self-pity, bitterness. Feels shortchanged by life. Begrudges others luck or success. Never pleased or satisfied, gloomy, critical of others