Your Personal QUESTIONNAIRE

Check the box next to the questions you feel strongly apply to you at this moment.

1. AGRIMONY
☐ Do you hide your worries behind a cheerful, smiling face to conceal your pain from others?
☐ Are you distressed by arguments and quarrels, often “giving in” to avoid conflict?
☐ When you feel life’s pressures weighing you down, do you often turn to food, work, alcohol, drugs or other outside influences to help you cope?

2. ASPEN
☐ Do you have feelings of apprehension or anxiety without knowing why?
☐ Do you feel that something bad may happen but you are not sure what?
☐ Do you wake up with a sense of anxiety of what the day will bring?

3. BEECH
☐ Are you annoyed by the habits and shortcomings of others?
☐ Do you find yourself being overly critical and intolerant, usually looking for what someone has done wrong and not right?
☐ Do the incompetence and foolishness of others irritate you?

4. CENTAURY
☐ Do you often neglect your own needs in order to please others?
☐ Is it difficult to say no to those who impose upon your good nature?
☐ Do you tend to be easily influenced by those stronger in nature than yourself?

5. CERATO
☐ Do you constantly second-guess your own decisions and judgment?
☐ Do you often seek advice and confirmation from other people, mistrusting your own intuition?
☐ Do you change direction often, even after asking advice, because you feel confused or unsure?

6. CHERRY PLUM
☐ Are you afraid you might lose control of yourself mentally, emotionally or physically?
☐ Do you fear that you may think or do something that you feel is wrong?
☐ Do you fear you may hurt yourself or others or become violent and explosive?

7. CHESTNUT BUD
☐ Do you find yourself making the same mistakes over and over again such as choosing the wrong type of partner or staying in a job you dislike?
☐ Do you fail to learn from the mistakes or experience of others?
☐ Do you wish you would not repeat the same patterns again and again?

8. CHICORY
☐ Do you need to be needed and want your loved ones to be close by?
☐ Do you feel unloved and unappreciated by your loved ones?
☐ Are you possessive of those you care for, feeling you know what is best for them?

9. CLEMATIS
☐ Do you often feel spacey and absent minded?
☐ Do you find yourself preoccupied and dreamy, unable to concentrate for any length of time?
☐ Are you drowsy and listless, sleeping more often than necessary?

10. CRAB APPLE
☐ Are you obsessed with cleanliness or feel toxic or contaminated?
☐ Are you embarrassed and ashamed of yourself or feel physically unattractive?
☐ Do you tend to concentrate on small physical conditions such as pimples or marks?

11. ELM
☐ Do you feel overwhelmed by your responsibilities?
☐ Do you feel it is too difficult to handle all the many tasks ahead of you?
☐ Do you become depressed and exhausted when faced with your everyday commitments?

12. GENTIAN
☐ Do you become discouraged and depressed when things go wrong?
☐ Are you easily disheartened when faced with difficult situations?
☐ Does your depressed attitude prevent you from making an effort to accomplish something?

13. GORSE
☐ Do you feel hopeless, as if there is no reason to try to improve things?
☐ Do you lack faith that things could get better in your life and therefore make no effort to improve your circumstances?
☐ Do you believe that nothing can be done to relieve your pain and suffering?

14. HEATHER
☐ Do you find that others may avoid you because you seem to talk too much?
☐ Do you dislike being alone, always seeking the companionship of others, to have someone to talk to?
☐ Do your conversations usually wind up focusing on your interests or problems?
Are you totally drained of all energy with no reserves?
Do you feel utterly and completely exhausted, both physically and mentally?

Are you full of guilt and self-reproach?
Do you blame yourself for everything that goes wrong, sometimes even the mistakes of others?

Do you often worry about everyday situations, even stress, or strain with no relief?
Do you have strong opinions and try to convince others of them?

Do you lack self-confidence?
Do you feel life is unfair and find yourself taking the blame for everything that goes wrong?

Do you feel resentful and bitter?

Are you unable to sleep at times because your mind seems to be cluttered with mental arguments and over again?
Do you have a tendency to be withdrawn and prefer to be alone when faced with too many external distractions?

Are you unable to change present circumstances and homesick for the “way it was”?
Are you suspicious of others, feeling that people have “ulterior motives”?

Are you so sure that you will fail that you do not even attempt things?
Are you unable to make a break from strong forces or attachments in your life that may be holding you back?

Are you full of jealousy, mistrust or hate?
Are you numbed or withdrawn because of death, pain, heights, darkness, the dentist, etc.? Are you unable to sleep at times because your mind seems to be cluttered with mental arguments and over again?

Are you full of guilt and self-reproach?
Do you consider yourself a natural leader?

Are you experiencing any change in your life—a move, new job, loss of someone loved, new relationship, divorce, puberty, menopause, giving up an addiction?
Do people or situations sometimes drain your energy?

Are you shy, overly sensitive and often afraid?
Are you afraid of identifiable things, i.e. traffic, bills, etc.?

Are you full of jealousy, mistrust or hate?
Are you filled with uncertainty over major life decisions?
Do you feel ready for a change of direction, but are unsure of which way to go?

Are you able to sleep at times because your mind seems to be cluttered with mental arguments that go round and round?

Do you have ambition but feel that life is passing you by?
Are you susceptible to feelings of terror and panic?

Do you lack self-confidence?
Are you full of guilt and self-reproach?

Do you often contemplate past regrets?

Do you lack self-confidence?
Do you consider yourself a natural leader?

Are you often concerned and worried about your loved ones?
Are you disturbed and disturbed by other people’s problems?

Do you suffer from extreme mental or emotional anguish?
Do you have a tendency to be withdrawn and prefer to be alone when faced with too many external distractions?

Are you full of jealousy, mistrust or hate?
Are you full of guilt and self-reproach?

Are you suspicious of others, feeling that people have “ulterior motives”?
Do you have a tendency to be withdrawn and prefer to be alone when faced with too many external distractions?

Do you often feel too tired to face the day ahead?
Do you feel overworked or bored with your life?

Are you so sure that you will fail that you do not even attempt things?
Are you unable to make a break from strong forces or attachments in your life that may be holding you back?

Do you find yourself in a complete state of anguish?
Are you unable to sleep at times because your mind seems to be cluttered with mental arguments and over again?

Do you appear to others to be aloof and overly proud?
Do you consider yourself a natural leader?

Are you always looking back and never forward?
Are you full of jealousy, mistrust or hate?

Do you consider yourself a natural leader?
Are you strong-willed and ambitious but may appear aggressive and dominating to others?

Are you often concerned and worried about your loved ones?
Are you disturbed and disturbed by other people’s problems?

Do you set overly high standards for yourself, never satisfied with your achievements?
Are you full of guilt and self-reproach?

Are you so sure that you will fail that you do not even attempt things?
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