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?

YOUR PERSONAL QUESTIONNAIRE & GUIDE TO USE
16. HONEYSUCKLE
☐ Are you sensitive to injustice and dedicated to
justice for all?
☐ Do you blame yourself for everything that goes
wrong, sometimes even the mistakes of others?

24. PINE
☐ Are you full of energy and drive, that you’re
sometimes tense and can’t fall asleep?
☐ Do you feel inferior and often become discouraged?

25. RED CHESTNUT
☐ Are you often concerned and worried about your
loved ones?
☐ Do you lack concentration, always fidgety and
tense?

26. ROCK ROSE
☐ Are you often worried about everyday situations,
e.g. traffic, bills, etc.?
☐ Do you find yourself living in the past, nostalgic
for the way it was?