**AGRIMONY**

\_\_I hide my feelings behind a façade of cheerfulness

\_\_I dislike arguments and often give in to avoid conflict

\_\_I turn to food, work, alcohol, drugs, etc. when down

**ASPEN**

\_\_I feel anxious without knowing why

\_\_I have a secret fear that something bad will happen

\_\_I wake up feeling anxious

**BEECH**

\_\_I get annoyed by the habits of others

\_\_I focus on others' mistakes

\_\_I am critical and intolerant

**CENTAURY**

\_\_I often neglect my own needs to please

\_\_I find it difficult to say "no"

\_\_I tend to be easily influenced

**CERATO**

\_\_I constantly second-guess myself

\_\_I seek advice, mistrusting my own intuition

\_\_I often change my mind out of confusion

**CHERRY PLUM (Rescue)**

\_\_I'm afraid I might lose control of myself

\_\_I have sudden fits of rage

\_\_I feel like I'm going crazy

**CHESTNUT BUD**

\_\_I make the same mistakes over and over

\_\_I don't learn from my experience

\_\_I keep repeating the same patterns

**CHICORY**

\_\_I need to be needed and want my loved ones close

\_\_I feel unloved and unappreciated by my family

\_\_I easily feel slighted and hurt

**CLEMATIS (Rescue)**

\_\_I often feel spacey and absent minded

\_\_I find myself unable to concentrate for long

\_\_I get drowsy and sleep more than necessary

**CRAB APPLE**

\_\_I am overly concerned with cleanliness

\_\_I feel unclean or physically unattractive

\_\_I tend to obsess over little things

**ELM**

\_\_I feel overwhelmed by my responsibilities

\_\_I don't cope well under pressure

\_\_I have temporarily lost my self-confidence

**GENTIAN**

\_\_I become discouraged with small setbacks

\_\_I am easily disheartened when faced with difficulties

\_\_I am often skeptical and pessimistic

**GORSE**

\_\_I feel hopeless, and can't see a way out

\_\_I lack faith that things could get better in my life

\_\_I feel sullen and depressed

**HEATHER**

\_\_I am obsessed with my own troubles

\_\_I dislike being alone and I like to talk

\_\_I usually bring conversations back to myself

**HOLLY**

\_\_I am suspicious of others

\_\_I feel discontented and unhappy

\_\_I am full of jealousy, mistrust, or hate

**HONEYSUCKLE**

\_\_I'm often homesick for the "way it was"

\_\_I think more about the past than the present

\_\_I often think about what might have been

**HORNBEAM**

\_\_I often feel too tired to face the day ahead

\_\_I feel mentally exhausted

\_\_I tend to put things off

**IMPATIENS (Rescue)**

\_\_I find it hard to wait for things

\_\_I am impatient and irritable

\_\_I prefer to work alone

**LARCH**

\_\_I lack self-confidence

\_\_I feel inferior and often become discouraged

\_\_I never expect anything but failure

**MIMULUS**

\_\_I am afraid of things such as spiders, illness, etc.

\_\_I am shy, overly sensitive, and modest

\_\_I get nervous and embarrassed

**MUSTARD**

\_\_I get depressed without any reason

\_\_I feel my moods swinging back and forth

\_\_I get gloomy feelings that come and go

**OAK**

\_\_I tend to overwork and keep on in spite of exhaustion

\_\_I have a strong sense of duty and never give up

\_\_I neglect my own needs in order to complete a task

**OLIVE**

\_\_I feel completely exhausted, physically and/ or mentally

\_\_I am totally drained of all energy with no reserves left

\_\_I have just been through a long period of illness or stress

**PINE**

\_\_I feel unworthy and inferior

\_\_I often feel guilty

\_\_I blame myself for everything that goes wrong

**RED CHESTNUT**

\_\_I am overly concerned and worried about my loved ones

\_\_I am distressed and disturbed by other people's problems

\_\_I worry that harm may come to those I love

**ROCK ROSE (Rescue)**

\_\_I sometimes feel terror and panic

\_\_I become helpless and frozen when afraid

\_\_I suffer from nightmares

**ROCK WATER**

\_\_I set high standards for myself

\_\_I am strict with my health, work &/or spiritual discipline

\_\_I am very self-disciplined, always striving for perfection

**SCLERANTHUS**

\_\_I find it difficult to make decisions

\_\_I often change my opinions

\_\_I have intense mood swings

**STAR OF BETHLEHEM (Rescue)**

\_\_I feel devastated due to a recent shock

\_\_I am withdrawn due to traumatic events in my life

\_\_I have never recovered from loss or fright

**SWEET CHESTNUT**

\_\_I feel extreme mental or emotional heartache

\_\_I have reached the limits of my endurance

\_\_I am in complete despair, all hope gone

**VERVAIN**

\_\_I get high-strung and very intense

\_\_I try to convince others of my way of thinking

\_\_I am sensitive to injustice, almost fanatical

**VINE**

\_\_I tend to take charge of projects, situations, etc.

\_\_I consider myself a natural leader

\_\_I am strong-willed, ambitious and can be bossy

**WALNUT**

\_\_I am experiencing change in my life--a move, new job, etc.

\_\_I get drained by people or situations

\_\_I want to be free to follow my own ambitions

**WATER VIOLET**

\_\_I give the impression that I'm aloof

\_\_I prefer to be alone when overwhelmed

\_\_I often don't connect with people

**WHITE CHESTNUT**

\_\_I am constantly thinking unwanted thoughts

\_\_I relive unhappy events or arguments over and over again

\_\_I am unable to sleep at times because I can't stop thinking

**WILD OAT**

\_\_I can't find my path in life

\_\_I am drifting in life and lack direction

\_\_I am ambitious but don't know what to do

**WILD ROSE**

\_\_I am apathetic and resigned to whatever happens

\_\_I have the attitude, "It doesn't matter anyhow"

\_\_I feel no joy in life

**WILLOW**

\_\_I feel resentful and bitter

\_\_I have difficulty forgiving and forgetting

\_\_I think life is unfair and have a "Poor me attitude"

**Book your Consultation & Upload Form!**

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