

ated to wither. After it was brought back to the front, it recuperated again. As an experiment it was placed again behind the other flower, but this time Heather and Holly were added to the water. No negative action occurred this time, and even today it is as beautiful as ever, though it has taken the place in the back.

more detailed differentiation of the flower remedies requires more care in the handling of Bach Flowers and also some intuition, I need for the first trials, just as in the treatment of animals, the use of Remedy.

Taken from: New Bach Flowers
Therapies. Dietmar Krämer
1995

APPENDIX

QUESTIONNAIRE

1. Are there situations in which you are afraid?
(Aspen, Mimulus, Rock Rose, Cherry Plum, Red Chestnut, Larch, Centaury, Crab Apple)
2. Are there situations in which you feel insecure?
(Cerat, Scleranthus, Wild Oat, Gentian, Hornbeam)
3. Do you sometimes lack concentration? Are you easily distracted from your work?
(Clematis, Honeysuckle, White Chestnut, Chestnut Bud, Wild Rose, Mustard, Olive)
4. Do you sometimes feel lonely?
(Heather, Water Violet, Impatiens)
5. In what situations are you influenced by others?
(Centaury, Walnut, Holly, Agrimony)
6. Are there situations in which you feel discouraged or desperate?
(Star of Bethlehem, Sweet Chestnut, Willow, Crab Apple, Pine, Larch, Elm, Oak)
7. Do you worry about the well-being of other people?
(Chicory, Vine, Beech, Vervain, Rock Water)
8. To what do you react sensitively?
(Mimulus, Agrimony, Larch, Pine, Vervain, Impatiens, Centaury, Gentian, Chicory)

9. What do you think about when you have time to think?
(Star of Bethlehem, Honeysuckle, Clematis, White Chestnut, Willow, Chestnut Bud, Red Chestnut)
10. What makes you angry?
(Holly, Centaury, Vervain, Rock Water, Beech, Impatiens)
11. What is dissatisfying to you at the moment?
(Chicory, Wild Oat, Vervain, Pine, Rock Water, Impatiens, Hornbeam, Water Violet)
12. What makes you feel exhausted?
(Olive, Hornbeam, Elm, Oak, Centaury)
13. What keeps you from being completely happy?
(Holly, Wild Oat, Wild Rose, Gorse, Sweet Chestnut, Pine, Crab Apple, Rock Water, Vervain, Star of Bethlehem, Scleranthus, Gentian, Mustard, Water Violet, Agrimony, Hornbeam, Olive)
14. Do you sometimes feel sad and blue?
(Mustard, Gentian, Wild Oat, Gorse, Sweet Chestnut)
15. Are you careless about minor details or are you a perfectionist?
Careless, sloppy:
(Wild Rose, Wild Oat, Clematis, Chestnut Bud, Water Violet, Heather, Hornbeam, Mustard)
- Perfectionist:*
(Crab Apple, Vervain, Rock Water, Water Violet, Heather, Centaury)
16. Do you mind if you have to wait?
(Impatiens, Cherry Plum, Holly, Beech, Gentian)
17. Do you frequently make the same mistakes?
(Chestnut Bud, Clematis, Centaury)
18. Do you sometimes have the feeling that you are superior to other people?
(Water Violet, Rock Water)
19. Do you tend to have feelings of guilt?
(Pine, Crab Apple)
20. Do you feel jealousy and envy?
(Holly)
21. Do you feel you have been unfairly treated by someone? Is there someone whom you cannot forgive? Do you know the feeling of bitterness?
(Willow)
22. Do you sometimes feel unclean in some way? Are you bothered by dirt? Are you disgusted by other people's toilets? Do you feel disgusted by spiders and snakes?
(Crab Apple)
23. Is it sometimes hard for you to make a decision? How do you behave when you have to make a decision?
(Cervato, Scleranthus, Wild Oat, Walnut, Hornbeam)
24. Are you more of an optimist or a pessimist?
(Gentian, Agrimony)
25. Do you sometimes wish you had more self-esteem? Can you speak in public?
(Larch, Cervato, Centaury)
26. How do assert yourself in your environment? What do you do when other people have a completely different opinion from yours? What would you do if you had to do something that you resent with all your heart?
(Vervain, Vine, Chicory, Impatiens, Rock Water)
27. How do you react to unpleasant things?
Anger:
(Holly, Centaury, Water Violet, Beech, Larch)
- Sorrow:*
(Heather, Star of Bethlehem, Agrimony, Gentian, Gorse)
28. Do you like to be comforted when you are sad?
(Agrimony, Heather)
29. Do you solve your problems on your own or with the help of others?
Alone:
(Agrimony, Water Violet)
- With others:*
(Gerato, Heather)
30. Are there things you consciously avoid because they go against your principles?
(Rock Water)
31. Are you a good listener, or do you sometimes take over a conversation?
(Vervain, Heather, Impatiens)

32. What do you worry about?
(Heather, Red Chestnut, Chicory, Gentian)
33. Have you ever been without hope, resigned? Did you ever give up in your life?
(Gentian, Gorse, Sweet Chestnut, Wild Rose)
34. Have you ever had experiences that shocked you?
(Star of Bethlehem)
35. Do you have thoughts that you can't let go and that constantly occupy you? Do you talk to yourself sometimes?
(White Chestnut, Clematis, Pine)
36. Are there situations that weigh heavily on you? In what kind of situation do you feel tense?
(Impatiens, Vervain, Agrimony, Oak, Rock Water, Cherry Plum, Beech)
37. Are there situations in which you react intolerantly?
(Beech, Rock Water, Vervain, Heather, Holly)
38. What annoys you the most? What would you most like to change about yourself?

EVALUATION SHEET

Name: _____

Decompensation flower	Sweet Chestnut	Pine	Wild Oat	Honeysuckle	Mustard	Wild Rose
Compensation flower	Vervain	Holly	Vine	Red Chestnut	Impatiens	Willow
Communication flower	Agrimony	Centaury	Cerato	Chicory	Clematis	Gentian
Zodiac sign	Sagittarius	Virgo	Gemini	Scorpio	Cancer	Taurus
Decompensation flower	Oak	Mustard	Cherry Plum	Crab Apple	White Chestnut	Beech
Compensation flower	Olive	Heather	Agrimony	Rock Water	Hornbeam	Chestnut Bud
Communication flower	Impatiens	Mimulus	Rock Rose	Scleranthus	Vervain	Water Violet
Zodiac sign	Aries	Capricorn	Pisces	Libra	Leo	Aquarius
Foundation flower	Larch					
External flower	Aspen	Elm	Gorse	Walnut	Star of Bethlehem	