**Check all that apply. If you have to think about it, skip it. Don’t limit your choices.**

**Agrimony**
\_\_\_I hide my feelings behind a facade 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**
\_\_\_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**
\_\_\_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**
\_\_\_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 & disturbed by other people’s problems
\_\_\_I worry that harm may come to those I love

**Rock Rose**
\_\_\_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**
\_\_\_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 often bossy

**Walnut**
\_\_\_I am experiencing change in my life–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/ arguments over and over again
\_\_\_I am unable to sleep at times b/c 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”