**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”