

Agrimony

- I hide my feelings behind a façade of cheerfulness.
- I dislike arguments and often give in to avoid conflict.
- I turn to food, alcohol, drugs, etc. when down.

Beech

- I get annoyed by the habits of others.
- I focus on others' mistakes.
- I am critical and intolerant.

Cerato

- I constantly second-guess myself.
- I seek advice, mistrusting my own intuition.
- I often change my mind out of confusion.

Chestnut Bud

- I make the same mistakes over and over.
- I don't learn from my experience.
- I keep repeating the same patterns.

Clematis

- I often feel spacey and absent minded.
- I find myself unable to concentrate for long.
- I get drowsy and sleep more than necessary.

Elm

- I feel overwhelmed by my responsibilities.
- I don't cope well under pressure.
- I have temporarily lost my self-confidence.

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.

Holly

- I am suspicious of others.
- I feel discontented and unhappy.
- I am full of jealousy, mistrust, or hate.

Hornbeam

- I often feel too tired to face the day ahead.
- I feel mentally exhausted.
- I tend to put things off.

Larch

- I lack self-confidence.
- I feel inferior and often become discouraged.
- I never expect anything but failure.

Mustard

- I get depressed without any reason.
- I feel my moods swinging back and forth.
- I get gloomy feelings that come and go.

Aspen

- I feel anxious without knowing why.
- I have a secret fear that something bad will happen.
- I wake up feeling anxious.

Centaury

- I often neglect my own needs to please others.
- I find it difficult to say "no".
- I tend to be easily influenced.

Cherry Plum

- I'm afraid I might lose control of myself.
- I have sudden fits of rage.
- I feel like I'm going crazy.

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.

Crab Apple

- I am overly concerned with cleanliness.
- I feel unclean or physically unattractive.
- I tend to obsess over little things.

Gentian

- I become discouraged with small setbacks.
- I am easily disheartened when faced with difficulties.
- I am often skeptical and pessimistic.

Heather

- I am obsessed with my own troubles.
- I dislike being alone and I like to talk.
- I usually bring conversations back to myself.

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.

Impatiens

- I find it hard to wait for things.
- I am impatient and irritable.
- I prefer to work alone.

Mimulus

- I am afraid of things such as spiders, illness, etc.
- I am shy, overly sensitive, and modest.
- I get nervous and embarrassed.

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.

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 Water

- I set high standards for myself.
- I am strict with my health, work, and/or spiritual discipline.
- I am very self-disciplined, always striving for perfection.

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.

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.

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.

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 Rose

- I am apathetic and resigned to whatever happens.
- I have the attitude, "It doesn't matter anyhow".
- I feel no joy in life.

Pine

- I feel unworthy and inferior.
- I often feel guilty.
- I blame myself for everything that goes wrong.

Rock Rose

- I sometimes feel terror and panic.
- I become helpless and frozen when afraid.
- I suffer from nightmares.

Scleranthus

- I find it difficult to make decisions.
- I often change my opinions.
- I have intense mood swings.

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.

Vine

- I tend to take charge of projects, situations, etc.
- I consider myself a natural leader.
- I am strong-willed, ambitious and often bossy.

Water Violet

- I give the impression that I'm aloof.
- I prefer to be alone.
- When overwhelmed, I often don't connect with people.

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.

Willow

- I feel resentful and bitter.
- I have difficulty forgiving and forgetting.
- I think life is unfair and have a "Poor me attitude".

Name: _____

Date: _____