



ISOLA

ISOLA WELLNESS

2025

ADULT FLOWER ESSENCE QUESTIONNAIRE

Step 1: Go through each statement and give yourself a score of between 1 (does not apply to you), up to 10 (applies strongly to you)



Step 2: Send this questionnaire to your Clinical Herbalist, and schedule a consult to have your custom Flower Essence blend made for you.



Flower Essences, as taught by Dr. Edward Bach, and my mentor, Dr. Terry Willard of the Wild Rose College, are remedies that can affect the body, mind and spirit, specifically addressing the emotions. In using a Flower Essence, the emotional course-corrections that the Flower Essence provides then allow the body to begin to change, heal, grow and detoxify from that which causes us harm.



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This questionnaire is credited to the Wild Rose College and Dr. Bach's Flower Remedy Questionnaires

ADULT FLOWER ESSENCE QUESTIONNAIRE



1.

Do you feel a disconnection between your Higher Self and your physical body because of shock or trauma?

Do you have a feeling of disassociation or unconsciousness?

Do you feel dysfunctional or have a latent illness derived from past trauma?

2.

Do you procrastinate?

Do you have a difficult time manifesting your ideas and goals?

Do you lack vitality in your limbs or digestive tract?

3.

Do you have a deep fear related to identity shifts or crises?

Are any of your major relationships based on fear?

Are you emotionally suffering from a significant breakup, such as death, separation, or relocation (job, moving, etc.)?

4.

Do you feel emotionally co-dependent?

Are any of your major relationships based on fear?

Are you emotionally suffering from a significant breakup, such as death, separation, or relocation (job, moving, etc.)?

5.

Are you shy, reserved, or aloof or fear being submerged in groups?

Do you have suppressed anger?

Do you have a difficult time resolving conflict?

6.

Do you have a heavy-heart?

Do you have a lack of confidence when facing difficult circumstances?

Do you experience depressive behavior?

7.

Do you have feelings of low self-worth?

Do you have an inability to acknowledge or experience your inner light and uniqueness?

Do you feel you need help making a life transition (energetically or physically)?

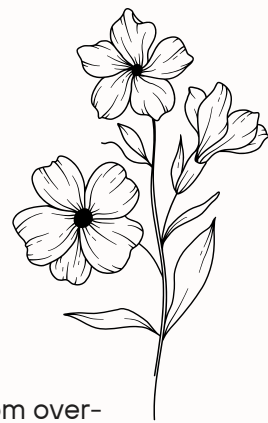
8.

Do you easily get upset, moody and irritable?

Do you have an inability to release emotional tension, especially in the stomach or solar plexus?

Do you suffer from attention deficit disorder (ADD) or mood swings?

ADULT FLOWER ESSENCE QUESTIONNAIRE



9.

- Do you feel easily slighted and hurt?
- Are you possessive or needy?
- Do you feel unloved and unappreciated by your loved ones "after all you've done for them"?

10.

- Do you have difficulty being in the moment?
- Do you have a difficult time freely expressing yourself due to shyness or timidity?
- Do you feel you are holding on to unresolved emotions?

11.

- Are you motivated by fear, especially fear of dying?
- Do you fulfill your daily tasks without joy, inspiration, or pleasure?
- Are you unable to express abstract concepts and ideas in clear and concise terms?

12.

- Are you overly tense, especially in the musculature of the body?
- Are you over-striving and hard-driving?
- Do you find yourself over planning things you do, maybe holding resentment and hatred because of it?

13.

- Do you feel overwhelm from over-stimulation?
- Are you hypersensitive to your environment or to activity happening around you?
- Do you feel you have sensory congestion (hearing, visual, scent, touch, taste)?

14.

- Do you feel weakened by severe trauma or abuse which has destroyed your sense of Self?
- Do you feel threatened by physical or emotional disintegration which is reflected in immune issues?
- Do you feel you are only partially present at times?

15.

- Do you feel that you are/were rejected or unwanted (even from in before birth)?
- Do you avoid commitment in relationships, feeling sexually or emotionally repressed?
- Do you have a fear of parenthood, or your parent(s)?

16.

- Do you carry negative feelings from previous relationships, making you fearful of committing to a new one?
- Do you feel you need to let go of misused energy patterns, habits or addictions?
- Do you feel separated from others?

ADULT FLOWER ESSENCE QUESTIONNAIRE

17.

- Are you lacking inspiration or creativity?
- Do you have a feeling of being weighed down by the ordinariness of the world?
- Do you feel your life has become mundane?

18.

- Are you struggling with addictions?
- Do you balance one extreme with another, or experience extreme imbalance in any area of your life?
- Are you having difficulty re-centering after a traumatic or unsettling experience?

19.

- Do you feel estranged from your inner authority?
- Are you unable to integrate your higher spiritual purpose with real life and work?
- Are you suffering from nervous exhaustion or sexual depletion?

20.

- Do you feel you have an inability to hear your inner voice?
- Do you experience confusion, or indecisiveness or suffer from moral weakness?
- Do you feel you are lying or deceiving yourself or others?

21.

- Do you find that you over intellectualize everything into a 'dry' reality?
- Are you worn out from too much studying or work; or from spending too much time in your head?
- Do you tend to intellectualize everything; perhaps even making you a little narrow minded and short sighted?

22.

- Are you unable or unwilling to make a deep and lasting commitment in a relationship?
- Do you need to bring your life into perspective?
- Is it time to begin a transformation in your life?

23.

- Do you feel that you are susceptible to mass hysteria and anxiety?
- Are you easily influenced by panic, economic crisis, political events, religious events, or other forms of "Group Thought" or the media?
- Do you feel you lose your individuality when in a group, (your family or other group)?



ADULT FLOWER ESSENCE QUESTIONNAIRE



24.

- Do you feel you have an overly expanded emotional state, leading to psychic and physical vulnerability?
- Do you become fearful or disturbed by dreams?
- Are you depressed, physically or emotionally?

25.

- Do you need help to understand how to balance your own needs with the responsibility of service and care for others?
- Do you feel burnt out?
- Do you feel exhausted with relationships, needing to replenish self-love?

26.

- Are you unable to take responsibility for your own healing?
- Are you lacking in spiritual motivation for wellness?
- Are you overly dependent on external help?

27.

- Do you over-intellectualize reality?
- Do you see information as bits and pieces, rather than parts of a whole?
- Do you feel confused and need better focus?

28.

- Do you have a profound feeling of alienation?
- Do you not feel at home on Earth, or sometime feel not human?
- Do you feel 'homesick' for some unknown place?

29.

- Do you feel you are verbally aggressive and hostile?
- Do you have repressed or misdirected libido?
- Do you have mouth and jaw tension, or inappropriate snapping, biting or eating behaviors?

30.

- Do you feel you have patterns of imbalance, or a distorted sense of Self?
- Do you have low self-esteem or arrogance?
- Do you have a poor relationship with authority, your father or masculine aspect of Self?

31.

- Do you feel you have energy blockages, creating a lack of vitality?
- Do you want to hold onto the beneficial energy achieved in a 'healing session' or a ceremony, bringing about more lasting result and completion?
- Do you feel a need to clear up disharmony at home, work or other environments?

ADULT FLOWER ESSENCE QUESTIONNAIRE

32.

Do you have an inability to form bonds with social community or to find one's place on Earth?

Do you feel homeless or dislocated?

Do you travel frequently and/or move often?

33.

Do you feel lethargic?

Do you procrastinate or are unable to take straightforward action?

Do you have habits which undermine or subvert real intentions of Self, abilities and talents?

34.

Do you feel you are overly aggressive, or competitive?

Do you have a hostile attitude towards others?

Are you excessively yang, with male energies, creating separatist tendencies?

35.

Do you have feelings of apprehension, anticipation or uneasiness with no known cause, or do you startle or frighten easily?

Do you have anxiety that something "bad" may happen to you, but you are unclear of what that may be?

Do you dream of, or awaken with, a general sense of fear and anxiety or fear of what the day will bring?

36.

Are you apathetic and resigned to whatever may happen in your life?

Do you have the attitude "I'll just have to learn to live with it"?

Do you lack the motivation to improve the quality of your life?

37.

Are you having a hard time letting go of unresolved anger and resentment resulting from past actions of self or others?

Do you feel you need to let go of old energy patterns, breaking unconscious ties to bad habits or connections to others?

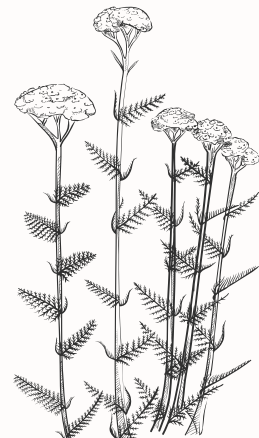
Would you like to bring the lessons and fulfillment of the dream world or spiritual practice into your daily life?

38.

Do you feel unbalanced to sympathetic forces, or lacking in emotional clarity?

Do you have an overly absorbent emotional or 'auric' field, feeling you need protection in order to open your heart?

Are you dysfunctional when merging with others?



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39.

- Are you an outgoing person who is overly influenced by your environment or by other people?
- Do you feel you need to protect yourself from feeling vulnerable to others by withdrawal and social isolation?
- Do you have a dependence on drugs for protection or social masking?

40.

- Do you have a feeling of extreme vulnerability to others and to the environment?
- Are you easily depleted or overly absorbent of negative influences and psychic toxicity, or do you feel you have a 'leaky aura'?
- Are you looking for protection from outside yourself, rather than from within yourself?



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