

When reading the essence descriptions, it may seem as if they all apply to you. However, you should try to limit your combination to 6 or 7 essences. Read the following questions and check the ones that apply well to you this moment. If you answer yes to all questions in any group, that essence should be part of your formula.

### 1. Agrimony

- Do you find yourself hiding worries behind a cheerful smiling face in attempt to conceal your pain from others?
- Are you distressed by arguments and quarrels often "giving in" to avoid any conflict?
- When you feel life's pressures weighing you down, do you often turn to drugs, alcohol or other outside influences to help you cope?

### 2. Aspen

- Do you have feelings of apprehension, anticipation or uneasiness with no known cause?
- Do you worry that something bad may happen but you are not sure what?
- Do you awaken with a sense of fear and anxiety of what the day will bring?

### 3. Beech

- Are you annoyed by the habits and shortcomings of others?
- Are you overly-critical and intolerant, usually looking for what someone has done wrong and not right?
- Do you prefer to work or be alone as the seeming foolishness of others irritates you?

### 4. Centaury

- Are you unable to say no to those who constantly impose upon your good nature?
- Do you tend to be timid and shy, easily influenced by those stronger than yourself?
- Do you often deny your own needs to please others?

### 5. Cerato

- Do you constantly question your decisions and judgement?
- Are you often seeking advice and confirmation from other people, mistrusting your own wisdom?
- Do you change direction often, first going one way, then another way because you lack the confidence in yourself to stick with one direction?

### 6. Cherry Plum

- Do you fear losing control of yourself?
- Are you afraid of hurting yourself and others?
- Do you have a tendency to act irrationally and violently, exploding into unexplained fits of rage and anger?

### 7. Chestnut Bud

- Do you find yourself making the same mistakes over and over such as choosing the wrong type of partner or staying in a job that you dislike?
- Do you fail to learn from your experiences?
- Does it take longer to advance in your life because you fail to learn from mistakes?

### 8. Chicory

- Are you possessive and manipulative of those you care for?
- Do you need to be needed?
- Do you feel unloved and unappreciated by your loved ones "after all you've done for them"?

### 9. Clematis

- Do you often feel spacey and out of touch with the "real world"?
- Do you find yourself preoccupied and dreamy, unable to concentrate for any length of time?
- Are you drowsy and listless, sleeping more than necessary?

### 10. Crab Apple

- Are you obsessed with cleanliness?
- Are you embarrassed and ashamed of yourself physically, finding yourself unattractive?
- Do you tend to focus on small, physical conditions like pimples or marks, neglecting more serious problems?

### 11. Elm

- Are you often overwhelmed by your responsibilities?
- Do you feel inadequate when it comes to dealing with the tasks ahead of you?
- Do you become depressed and exhausted when faced with everyday commitments?

### 12. Gentian

- Do you become discouraged and depressed when things go wrong?
- Do you find yourself easily disheartened when faced with difficult situations?
- Does your pessimistic attitude often prevent you from making an effort to accomplish something?

### 13. Gorse

- Do you feel despondent and hopeless, at the end of your rope, both mentally and physically?
- Do you lack confidence that things will get better in your life and therefore make no effort to improve your circumstances?
- Do you believe that nothing can be done to relieve your pain and suffering?

### 14. Heather

- Are you totally self absorbed, concerned about yourself and your own problems and ailments?
- Do you talk incessantly, not interested in what others say?
- Do you dislike being alone, always seeking the companionship of others?

### 15. Holly

- Are you full of jealousy and hate?
- Do you mistrust others' intentions, feeling that people have "ulterior motives"?
- Do you feel great anger toward other people?

### 16. Honey Suckle

- Do you find yourself living in the past, nostalgic for the "way it was"?
- Are you unable to change the present circumstances because you are always looking back and never forward?
- Are you dissatisfied with your accomplishments?

### 17. Hornbeam

- Do you often feel too tired to face the day ahead?
- Do you feel overworked or bored with your life?

- Do you lack enthusiasm and therefore tend to procrastinate?

### 18. Impatiens

- Are you impatient and irritable with others who seem to do things too slowly for you?
- Do you prefer to work alone?
- Do you feel a sense of urgency in everything you do, always rushing to get through things?

### 19. Larch

- Do you lack self confidence?
- you feel inferior and often become discouraged?
- Are you so sure that you will fail and therefore do not even attempt things?

### 20. Mimulus

- Do you have fears of known things, i.e. illness, death, pain, heights, darkness, dentists, etc?
- Are you shy, overly sensitive and often afraid?
- When confronted with a frightening situation, do you become too paralyzed to act?

### 21. Mustard

- Do you feel deep gloom which seems to quickly descend for no apparent reason and lifts just as suddenly?
- Do you feel your moods swinging back and forth?
- Do you feel depressed without knowing why?

### 22. Oak

- Are you exhausted but feel the need to struggle on against all odds?
- Do you have a strong sense of duty and dependability, carrying on no matter what obstacles stand in your way?
- Do you neglect your own needs to complete a task?

### 23. Olive

- Do you feel utterly and completely exhausted, both physically and mentally?
- Are you totally drained of all energy with no reserves left, finding it difficult to carry on?
- Is everything an effort, does your life lack zest?

#### 24. Pine

- Are you full of guilt and self-reproach?
- Do you blame yourself for everything that goes wrong, even the mistakes of others?
- Do you set overly high standards for yourself, never satisfied with your achievements?

#### 25. Red Chestnut

- Are you excessively concerned and worried for your loved ones?
- Do you constantly worry that harm may come to those you care for?
- Are you disturbed by other people's problems?

#### 26. Rock Rose

- Do you feel terror and panic?
- Do you become helpless and frozen in the face of fear?
- Do you suffer from nightmares?

#### 27. Rock Water

- Are you inflexible in your approach to life, always striving for perfection?
- Are you so rigid in your ideals that you deny yourself the simple pleasures of life?
- Are you overly concerned with diet, exercise, work and spiritual disciplines?

#### 28. Scleranthus

- Do you find it difficult to decide when faced with a choice of two possibilities?
- Do you lack concentration, always fidgety and nervous?
- Do your moods change from one extreme to another: joy to sadness, optimism to pessimism, laughing to crying?

### 29. Star of Bethlehem

- Have you suffered a shock in your life such as an accident, loss of a loved one, terrible news, illness?
- Are you numbed or withdrawn as a result of recent traumatic events in your life?
- Have you suffered a loss or grief that you have never recovered from?

### 30. Sweet Chestnut

- Do you suffer from extreme mental anguish?
- Do you feel that you have reached the limits of what you could possibly endure?
- Do you feel as though the future holds nothing for you?

### 31. Vervain

- Do you feel tense and highly strung?
- Do you have strong opinions and only yours are the right ones?
- Is your over-enthusiasm almost to the point of being fanatical?

### 32. Vine

- Do you tend to be domineering and overbearing?
- Do you feel the need to always be right?
- Are you inflexible and feel you know more than anyone?

### 33. Walnut

- Are you experiencing any change in your life – a move, new job, loss of someone loved, new relationship, divorce, puberty, menopause, giving up an addiction?
- Are you distracted by outside influences?
- Do you need to make a break from strong forces or attachments in your life that may be holding you back?

### 34. Water Violet

- Do you appear to others to be aloof and overly proud?
- Do you have a tendency to be withdrawn and prefer to be alone when faced with too many external distractions?

- Do you bear your grief and sorrow in silence?

### 35. White Chestnut

- Do you find your head full of persistent, unwanted thoughts that prevent concentration?
- Do you relive unhappy events or arguments over and over again?
- Are you unable to sleep at times because your mind seems to be cluttered with mental arguments that go round and round?

### 36. Wild Oat

- Do you find yourself in a complete state of uncertainty over major life decisions?
- Are you displeased with your lifestyle and feel dissatisfied with your achievements?
- Do you have ambition but feel that life is passing you by?

### 37. Wild Rose

- Are you apathetic and resigned to whatever may happen in your life?
- Do you have the attitude, "I will just live with it"?
- Do you lack the motivation to improve the quality of your life?

### 38. Willow

- Do you feel resentful and bitter?
- Do you have difficulty forgiving and forgetting?
- Do you feel life is unfair and find yourself taking less and less interest in the things you used to enjoy?