Parent-child questionnaire

*A Bach flower mixture is always related to the current situation. So ask yourself the question: how does my child react now, in the current situation?*  *(Not: How does my child*  react *in general?)*

 *Read the questions calmly and answer only those with 'YES'* that currently apply  *acutely . Even if only part of a question applies, the answer is yes.*

*In a 2nd phase, you read the questions answered with 'YES' again and then tick the questions that currently apply most clearly and* seem  *most important* to  *you (thus results in a second cross).*

1. If your child is currently in excessive need of harmony, he makes compromises to avoid arguments. Or does it try to mediate in conflicts?
2. If your child now reacts thin-skinned and prone to inexplicable fears, e.g. in the dark, in the forest, when falling asleep?
3. Does your child currently have something to complain about "everything" and is very picky, e.g. as far as clothing or food are concerned?
4. Is your child currently reacting very good-naturedly and putting up with too much from others, or is he putting his wishes on the back burner?
5. Is your child currently insecure inside, has no opinion of its own and is only guided by others or trends?
6. Does your child seem rather calm and controlled, but unexpectedly freaks out at "little things"?
7. Does your child jump quickly from one thing to the next, therefore learns rather superficially and makes the same mistakes over and over again?
8. Does your child repeatedly demand your attention through targeted actions, does it often want to be praised or rewarded?\*
9. Is your child currently reacting dreamily , inattentive, unable to concentrate?
10. Does your child disgust easily? Does it currently show an overly strong need for cleanliness or pedantic urge for order?\*
11. Does your otherwise powerful child sometimes temporarily doubt his abilities, but hardly gets help because he thinks he has to do it alone?
12. Does your child currently react to a setback, e.g. a botched school work, excessively discouraged, does he see black?
13. Is your child currently reacting hopelessly on something? Is it not developing an initiative to improve the situation?
14. Is your child currently particularly affectionate and wants to be constantly held or cared for? Does it feel neglected otherwise?
15. Is your child currently offended, angry, jealous or envious?\*
16. Is your child currently mourning past times, situations, places or old friends? Are you homesick?\*
17. Can your child currently find it difficult to do his duties, does he lack the necessary momentum?
18. Is your child currently reacting very impatiently, can't wait, is it fidgety?
19. Is your child now not confident enough? Does it always compare itself with other, better ones?
20. Is your child currently hesitant about new situations and reacts shyly? Is it specifically afraid of something?\*
21. Do you have the feeling that your child is currently depressed or sad for no specific reason?
22. Is your child currently required to persevere in a certain situation , does it hardly take breaks out of a sense of duty?
23. If your child is currently e.g. Extremely exhausted after illness or prolonged stress?
24. Does your child currently feel overly responsible? Does it feel guilty when things don't go well, even if it can't help it?
25. Is your child currently overly compassionate? Can it be difficult to detach from another person (or you)? Is anyone overly worried?\*
26. Does your child react now in stressful situations, e.g. before exams, extremely nervous, headless or even hysterical?
27. Does your child now place very high demands on himself and try to achieve his ambitious goals with (too) much discipline?
28. Is your child currently unable to decide? Is it torn inside?
29. Is there an event in your child's life (longer ago or current) that he or she has not yet coped with? Do we need comfort right now?
30. Is there currently a perhaps even extreme situation for your child in which it no longer knows what to do? Does it perhaps also show silent signs of despair?
31. Does your child react very enthusiastically, and does he not find an end to his zeal? Is it still completely turned up at bedtime?
32. Can't your child give in at the moment? Does it want to impose its will at all costs? Does it tell others what to do?\*
33. Does your child currently have to get used to new living conditions (new school, change of location, beginning puberty...) and reacts insecurely.
34. Is it difficult for your child to fit into groups at the moment? Is it on the edge or does it tend to withdraw very much?
35. Is your child currently like in a thought mill? Does it talk incessantly about the same things? Does it sleep worse than usual?
36. Is your child undecided and doesn't know what they really want? Does it always start something new?\*
37. Does your child currently lack liveliness and joie de vivre – does it, figuratively speaking, "leave everything hanging"?
38. Does your child feel unfairly treated again? does it easily assume the role of victim or blame others?

\* Only one term needs to apply at a time.