

The Heart's Key Emotional Assessment

Instructions: Read each statement. If you agree with the statement, put a check mark in each of the unshaded boxes to the right of the question. Then total the number of checked boxes in each column. The key is found at the bottom of the page.

Statement	Green	Red	Orange	Blue	Purple	Yellow
People around me often do things that make me feel angry and irritable; if I could just get them to change their behavior I would be much happier						
I seldom get angry with anyone; in fact, we should always try to avoid getting angry						
I cry easily when I feel hurt						
When I see an adult crying, I think they just need to grow up and stop being such a baby						
I often find it hard to make decisions, especially when I'm feeling stressed						
I smoke, drink, use drugs or have other addictive habits that I can't seem to break						
People who are suffering can't heal unless someone shows them sympathy and comforts them						
I have to defend myself when people say things that hurt my feelings						
I overeat and have a hard time controlling my weight						
I allow my fears to hold me back from doing many of the things I want to do in life						
When there is a disagreement in a relationship, I often let the other person have their way to avoid contention						
Parents are to be blamed for their children's misbehavior; when children are misbehaving parents need to punish them						
It is selfish to do things for myself when others around me have needs; I should take care of others before taking care of myself						
People need to be confronted with what they're doing wrong; so I often confront people and let them know what I think about them						
I have to be careful not to get too close to other people so they can't hurt or betray me						
I often find myself talking with others about past hurts and problems hoping to find sympathy and understanding						
I ask a lot of people for advice when I'm trying to make decisions about solving a problem						
I love engaging in extreme sports and other activities many people might consider dangerous						
If I have a serious health problem, I always follow my doctor's advice; it is important to always follow the advice of professionals like doctors and lawyers						
Being vulnerable and compassionate are signs of weakness; in this life I have to be strong						
I have obsessive thoughts that I can't control; it's sometimes hard to sleep because I can't stop thinking about my problems						
I feel responsible for helping other people fix their problems and heal from their hurts						
I am constantly surprised at how rude and inconsiderate other people can be; it frequently annoys me						
I find it hard to stand up for myself even when I feel like others are mistreating me						
To succeed in life I have to be willing to compete and win so I can come out on top						
I find it hard to control my temper and I sometimes yell, shout or threaten people close to me						
I should do my best not to hurt other people, even if they are hurting me						
When I feel things are unfair or people have hurt me, I need to find someone to complain to						
I believe it is very important to always obey the law, even if I disagree with it						
I suffer from anxiety or panic attacks that come on for no apparent reason						
Interpreting Your Results: Total each column to find problem areas and look at the back side of this sheet to find a matching flower essences remedy.						

0-3 checks: this is not a problem area for you

4-6 checks: you may need some work in this area

7-10 checks: this is a major area for you to work on

Totals

Suppressed Anger Vented Anger Suppressed Grief Vented Grief Suppressed Fear Vented Fear

Seven Flower Essence Blends for Emotional Healing

After filling out the assessment on the reverse side read the corresponding description for the remedy that matches your result. If there is a tie read both and pick only one.

Green: Suppressed Anger (Find Strength)

The **Find Strength** remedy is helpful for “people pleasers” and enablers who tolerate abuse and neglect instead of standing up for themselves. When a person tries to ignore or suppress their anger, they tend to sacrifice their own needs trying to please others. This suppression of anger causes a person to lose control of their own life and allows others to “leech” off of and drain one’s energy. Low energy manifests as feelings of chronic fatigue, discouragement, loss of enthusiasm and joy in life, and ultimately full-blown depression. It can also weaken the person’s immune system and the ability of their body to detoxify. **Find Strength** helps these people set healthy boundaries and have the courage to communicate their own needs and feelings openly and honestly. It contains the flower essences of Mariposa Lily, Pine, Centaury, Scarlet Monkeyflower, Fuchsia, Pink Yarrow and Goldenrod

Red: Vented Anger (Keep Cool)

The **Keep Cool** remedy is a blend of flower essences that calm people who are impatient, easily irritated and quick to lose their temper. It helps the angry person be more receptive to other people’s points of view. **Keep Cool** also helps them work for cooperation, rather than competition, in relationships. It promotes forgiveness of past hurts, tolerance for differences, acceptance of others, and facilitates more open and loving communication. It is a good essence to take when negotiating or discussing problems that could lead to a loss of temper. **Keep Cool** contains flower essences of Calendula, Snapdragon, Vine, Impatiens, Willow, Holly and Tiger Lily.

Orange: Suppressed Grief (Open Heart)

Open Heart is a blend of flower essences that help people to heal wounds that are keeping them from having an open, loving heart. This blend helps a person recognize and acknowledge their unresolved wounds from childhood and previous relationships. It helps them grieve their losses and open to new possibilities of love and connection. It also increases compassion, empathy and trust in relationships, where trust has been lost or damaged. It helps to heal people who have become “hard of heart,” resulting in a lack empathy and compassion for others. A person with a closed heart becomes inflexible, rigid and judgmental and lacks joy, happiness and pleasure in their life. The flower essences in **Open Heart** are California Wild Rose, Baby Blue Eyes, Star Tulip, Yerba Santa, Evening Primrose, Pink Monkeyflower and Golden Ear Drops.

Blue: Vented Grief (Release It)

Release It is a blend of flower essences that help a person go through a healthy grieving process. This helps a person let go of their pain and sadness and open up to happiness and joy again. **Release It** is a good remedy for people who are going through breakups, divorce or death of loved ones. It can also

help people who are clinging to the past let go of it, finding hope and confidence to face the future. The flower essences in this formula are Self-Heal, Chicory, Love Lies Bleeding, Bleeding Heart, Chrysanthemum, Borage and Star Thistle.

Purple: Suppressed Fear (Be Response-Able)

The **Be Response-Able** flower essence was designed to help people who are caught up in these addictive, obsessive or self-destructive behaviors. It helps them get in touch with the hidden, inner emotions that are driving their dysfunctional behavior. It promotes self-awareness and self-honesty, which helps a person make more positive choices. It can be helpful in overcoming addictive habits, such as drinking, smoking, taking drugs or gambling. It can also be helpful for compulsive shopping, playing computer games or watching TV or obsessive behaviors like hand washing, counting bathroom tiles or hoarding stuff. The flower essences in **Be Response-Able** are Black Cohosh, Black-Eyed Susan, California Poppy, Milkweed, Agrimony, Joshua Tree and Mullein.

Yellow: Vented Fear (Be Courageous)

In dangerous situations fear is a useful emotion. It can prompt us to be alert and careful and help us make choices that keep us safe. Some fears, however, have no basis in any real danger. Instead, they have their roots in unresolved emotional wounds. These fears hold us back from achieving our true potential. **Be Courageous** helps a person develop the courage to take action in the face of their fears. It helps them find the self-confidence to pursue the goals and directions they desire in life. It helps them trust their own observations and judgement rather than blindly trusting in and following the advice of others. The flower essences in **Be Courageous** are Mountain Pride, Aspen, Mimulus, Scleranthus, Cerato, Blackberry and Red Clover.

Emotional Trauma (Distress Remedy)

Distress Remedy is not part of the assessment, but is a general remedy for emotional trauma of any kind.

Distress Remedy can be used to restore a sense of presence and awareness during situations that provoke shock or trauma. It can help a person stay calm in a crisis situation, keeping them from going into panic or losing their temper. Use it for situations involving sudden illness, injury, accidents, crimes, news of death or tragedies. The flower essences in **Distress Remedy** help a person to stay present and focused during any crisis situation or stressful event. It will even promote tissue healing when applied topically to injuries. **Distress Remedy** contains the five flower essences found in the famous Bach Rescue Remedy—Star of Bethlehem, Impatiens, Rock Rose, Clematis and Cherry Plum. It also includes two additional flower essences, Arnica and Red Clover.