GENESIS SEED THERAPY ASSESSMENT statements w/flowers

Apple Ring Acacia  
1. \_\_\_\_\_\_i resent being used by others to follow their passion but am denied to follow my own  
2. \_\_\_\_\_\_i find it difficult to begin again or to face overwhelming situations  
3. \_\_\_\_\_\_i suffer skin disorders  
  
Perfume Acacia  
4. \_\_\_\_\_\_i am frustrated that obstacles continue to keep me from accomplishing my goals.  
5. \_\_\_\_\_\_i am fearful of starting afresh  
6. \_\_\_\_\_\_i feel disconnected from the spiritual

African Tulip Tree  
7. \_\_\_\_\_i do not feel able to enjoy the future either physically or emotionally  
8. \_\_\_\_\_i have an addictive personality which seeks release in drugs or alcohol  
9. \_\_\_\_\_i often feel restless and dissatisfied without reason  
  
  
Arizona Organ Pipe Cactus   
10. \_\_\_\_\_i feel guilty over failing to nurture or protect loved ones  
11. \_\_\_\_\_i am questioning my foundational beliefs for being.  
12. \_\_\_\_\_i am impatient with the mundane reality of life

Atkinsii Snowdrops  
13. \_\_\_\_\_i fear criticism and/or success in my life  
14. \_\_\_\_\_i resist mourning/grieving   
15. \_\_\_\_\_i experience no joy, no beauty, no importance of self

Banksia Brownii  
16. \_\_\_\_\_i fear being controlled or dominated by others.  
17. \_\_\_\_\_i am burnt out after a setback  
18. \_\_\_\_\_i am normally dynamic but am experiencing a loss of drive

Bauhmia Purpea  
19. \_\_\_\_\_i am angry because others seem to always get in my way  
20. \_\_\_\_\_i have difficulties with change, resistance, and inflexibility  
21. \_\_\_\_\_i am uncomfortable thinking outside the box  
  
Double Begonia

22. \_\_\_\_\_i want things my own way or i get controlling  
23. \_\_\_\_\_I prefer limitations to letting go.  
24. \_\_\_\_\_i have kidney complaints – issues with my sensory nerves  
  
  
Bidens Connata  
25. \_\_\_\_\_i resent when family members or loved ones do not carry their weight in relationships  
26. \_\_\_\_\_i was nervous and upset as a child.  
27. \_\_\_\_\_i am prone to headaches and skin irritations

Camel Thorn Drops  
28. \_\_\_\_\_i feel stuck and hopeless about higher aspirations in life  
29. \_\_\_\_\_i am fearful and self-doubtful about finding my spiritual and emotional goals  
30. \_\_\_\_\_i am prone to breathing issues, such as asthma or polyps

Canada Anemone  
31. \_\_\_\_\_i am unclear about my life’s purpose.  
32. \_\_\_\_\_I cannot fine meaning in life  
33. \_\_\_\_\_i often struggle between empowerment and victim mentality

Cattail  
34. \_\_\_\_\_i do not feel close to God – God is mythical or abstract  
35. \_\_\_\_\_i believe God is mythical or abstract; unapproachable  
36. \_\_\_\_\_i have difficulties maintaining emotional balance

Canahuate Costus

37. \_\_\_\_\_i am emotionally/spiritually stuck.  
38. \_\_\_\_\_i can see multiple possibilities, but cannot decide what direction to take  
39. \_\_\_\_\_i am prone to digestive problems such as gas, dysentery, etc.  
  
Claret Cup   
40. \_\_\_\_\_i have difficulty expressing my feelings and emotions.  
41. \_\_\_\_\_i feel detached from my body/soul   
42. \_\_\_\_\_i find it difficult to maintain clarity and focus  
  
  
Common Milkweed  
43. \_\_\_\_\_i tend to feel responsible for losses and tragedies for which i am not responsible.  
44. \_\_\_\_\_i have now, or in the past, had dependencies on drugs, alcohol, food, etc.  
45. \_\_\_\_\_i have created dependency/sickness to receive attention  
  
Cotton Drops

46. \_\_\_\_\_i tend to feel guilty when i am happy, esp. if those around me are unhappy.  
47. \_\_\_\_\_i harbor negative expectations and always fear the worst.  
48. \_\_\_\_\_i have trouble anticipating the future with courage and optimism

Dusty Miller  
49. \_\_\_\_\_i have very low self-esteem  
50. \_\_\_\_\_i have suffered bullying by peers  
51. \_\_\_\_\_i am prone to vision issues such as cataracts or blurred vision

Eastern Gammagrass  
52. \_\_\_\_\_I tend to believe that my illness/situation will occur again and again.  
53. \_\_\_\_\_i do not believe that i can escape repeating this negative cycle  
54. \_\_\_\_\_ i feel i am an old soul in a new environment  
  
  
Elm-leaved Goldenrod  
55. \_\_\_\_\_i am overly-sensitive to criticism   
56. \_\_\_\_\_i feel crushed emotionally by the criticism of others  
57. \_\_\_\_\_i am insecure and will seek negative attention by inappropriate behaviour.

Golden Dalea  
58. \_\_\_\_\_i was unjustly accused and belittled as a child  
59. \_\_\_\_\_i feel unworthy of life  
60. \_\_\_\_\_i struggle to balance the inner me with the outer me  
  
Feathered Hyacinth  
61. \_\_\_\_\_i tend to have high expectations of myself and others.  
62. \_\_\_\_\_i have been accused of being judgmental  
63. \_\_\_\_\_i have experienced recent personal grief/mourning  
  
Feathertop Grass  
64. \_\_\_\_\_I tend to respond spontaneously  
65. \_\_\_\_\_i react more from the subconscious rather than conscious mind  
66. \_\_\_\_\_i am prone to urinary issues

Hedgehog Cactus  
67. \_\_\_\_\_i feel disappoint in my immediate family relationships.  
68. \_\_\_\_\_I find the line blurred between self-nurturance and overindulgence.  
69. \_\_\_\_\_i do not commune with nature as much as i know i should.  
  
Hoary Tickfoil  
70. \_\_\_\_\_i feel abandoned and separated from others.  
71. \_\_\_\_\_i have always been shy, sensitive, and nervous.  
72. \_\_\_\_\_i hold back when stepping through to new life areas.

Hypericum  
73. \_\_\_\_\_i have such excessively low self-esteem, i am worthy of nothing.  
74. \_\_\_\_\_i experienced night errors and deep-rooted fears as a child.  
75. \_\_\_\_\_i have difficulty maintaining calm, clear, and grounded.

Iceland Poppy  
76. \_\_\_\_\_i sometimes fear my sanity is under attack.  
77. \_\_\_\_\_i find it difficult to integrate and radiate spiritual energy  
78. \_\_\_\_\_i have trouble maintaining a spiritual focus in my life  
  
  
Indian Paintbrush  
79. \_\_\_\_\_\_ i am tormented by self-guilt and regret over past events.  
80. \_\_\_\_\_\_i am a creative person, but unable to bring these forces into expression  
81. \_\_\_\_\_\_ i suffer low vitality, exhaustion during work because i cannot stay focused and grounded.

Jan Bos Hyacinth  
82. \_\_\_\_\_i was made to feel insignificant and stupid throughout my childhood.  
83. \_\_\_\_\_i have difficulty standing up for my own or saying no  
84. \_\_\_\_\_i feel numb and out of touch with how i feel  
  
  
Japanese Iris  
85. \_\_\_\_\_i am afraid to be left out of a group or situation.  
86. \_\_\_\_\_I have difficulty being alone for even a short period of time.  
87. \_\_\_\_\_i tend to imitate others or follow the latest craze.

Larkspur  
88. \_\_\_\_\_i am frustrated at feeling resentful when my generosity exceeds my good sense.  
89. \_\_\_\_\_i have been accused of having distorted self-aggrandizement and self-importance.  
90. \_\_\_\_\_i am unable to motivate or inspire others  
  
  
Lichen  
91. \_\_\_\_\_i wonder if i am destined to life without pleasure, health or joy.  
92. \_\_\_\_\_i process tension through my skin which suffers by way of various conditions.  
93. \_\_\_\_\_i sometimes have difficulty telling when i end and the world begins.

Lily of the Valley  
94. \_\_\_\_\_i carry unresolvable anger and resentment toward those who wrong me.  
95. \_\_\_\_\_i often seek the approval of others.  
96. \_\_\_\_\_i am prone to cardiac issues of all sorts

Maidenhair Fern  
97. \_\_\_\_\_i find myself feeling i am not good enough due to unfair criticism of others.  
98. \_\_\_\_\_i have dry lusterless hair/scalp  
99. \_\_\_\_\_i take tension/stress into my breathing which becomes shallow when i am overwhelmed

Marsh Grass  
100. \_\_\_\_\_i am often frustrated because i feel ignored, or that no-one understands me.  
101. \_\_\_\_\_i am prone to respiratory issues  
102. \_\_\_\_\_i often get drawn into other people’s business without intending to.  
  
Mayflower   
103. \_\_\_\_\_i feel deep estrangement, disappointment, or resentfulness toward my father figure.  
104. \_\_\_\_\_i am emotionally stressed due to unresolveable relationship issues.  
105. \_\_\_\_\_i have suffered with kidney/bladder disorders.

Morning Glory Crimson Rambler  
106. \_\_\_\_\_i am a night owl with erratic eating and sleeping habits.  
107. \_\_\_\_\_i tend to have addictive habits.  
108. \_\_\_\_\_i feel hungover and dull when i wake up with an inability to fully enter my body.  
  
  
  
  
Morning Glory Star of Yelta  
109. \_\_\_\_\_i have negative, resentful issues with my mother figure  
110. \_\_\_\_\_i lack attunement to natural energy and sparkling life force.  
111. \_\_\_\_\_i suffer nervous depletion and poor immunity.

Neem Tree  
112. \_\_\_\_\_i have low self worth as i don’t believe i am as good as i should be.  
113. \_\_\_\_\_i tend to overthink everything.  
114. \_\_\_\_\_i work more from the intellect than the heart.

Olea Europa  
115. \_\_\_\_\_i have difficulty learning to express my physical and emotional needs.  
116. \_\_\_\_\_i have recently endured a prolonged illness/convalescence  
117. \_\_\_\_\_i often feel total mental and physical exhaustion.

Phlox  
118. \_\_\_\_\_i do not fear death, but am resentful over the anguish death has caused me  
119. \_\_\_\_\_i have a tendency to procrastinate.  
120. \_\_\_\_\_i am often more aggressive and tense than calm and serene.

Pinus Thumberg  
121. \_\_\_\_\_i focus on mistakes and lost opportunities for which i tend to blame my parents.  
122. \_\_\_\_\_i constantly re-experience guilt and shame for long ago errors.  
123. \_\_\_\_\_i apologize all the time, even for things that aren’t my fault.

Pleurisy Root  
124. \_\_\_\_\_i am driven by perfectionism.  
125. \_\_\_\_\_i believe the future will be better if i am perfect now.  
126. \_\_\_\_\_i often feel ‘butterflies in my stomach’

Pomegranate  
127. \_\_\_\_\_i am uncomfortable with intimacy  
128. \_\_\_\_\_i have difficulty giving and/or receiving maternal support  
129. \_\_\_\_\_i often don’t know where best to focus my attention

Prairie Wild Rye  
130. \_\_\_\_\_i experience separation anxiety and/or sadness.  
131. \_\_\_\_\_i have, or have had, hypoglycemia  
132. \_\_\_\_\_i am a woman in menopause or post-menopausal

Prickly Pear Cactus  
133. \_\_\_\_\_i am often overwhelmed with fear of losing everything i have.  
134. \_\_\_\_\_i am given to worrying about losing time enough to complete tasks.  
135. \_\_\_\_\_i do not adapt very easily to the flow of life’s events.

Rattlesnake Quaking Grass  
136. \_\_\_\_\_i am often torn between my genuine feelings and a sense of loyalty or social pressure.  
137. \_\_\_\_\_i am uncomfortable in group situations  
138. \_\_\_\_\_i am afraid of mice.

Regal Lily  
139. \_\_\_\_\_i often feel mildly disassociated or detached from my true self.  
140 \_\_\_\_\_i feel like i have been victimized and controlled by the work of others.  
141. \_\_\_\_\_i am anxious and fearful about the outcome of everyday events.  
  
  
Sand Love Grass  
142. \_\_\_\_\_i have given up on ever experiencing a deep meaningful love from my significant other.  
143. \_\_\_\_\_i have been known to become claustrophobic in certain situations.  
144. \_\_\_\_\_i prefer sweet creamy desserts.

Scotch Laburnam  
145. \_\_\_\_\_i feel helpless, or that i need help, but no-one hears me  
146. \_\_\_\_\_i have a need to detoxify from stress and tension.  
147. \_\_\_\_\_i am a smoker/i used to smoke

Sesame Seed  
148. \_\_\_\_\_i am very resistant to personal change  
149. \_\_\_\_\_i feel like i carry the weight of the world on my shoulders  
150. \_\_\_\_\_i have, or have had, blood pressure/circulation issues

Siberian Squill  
151. \_\_\_\_\_i feel taken advantage of at home and/or at work.  
152. \_\_\_\_\_I am inhibited by self-imposed obstacles and emotional hangups.  
153. \_\_\_\_\_i am afraid to start/continue on a new path or course of action.  
  
Sicana  
154. \_\_\_\_\_i am depressed, bored, and unmotivated most of the time.  
155. \_\_\_\_\_i can be uncomfortably sensitive to smells  
156. \_\_\_\_\_i am prone to laryngitis and head colds

Southern Grape Hyacinth  
157. \_\_\_\_\_i find myself preoccupied with sadness about failing spiritual and/or emotional fulfilment.  
158. \_\_\_\_\_i recently experienced shock, despair, and stress that left me hopeless and depressed.  
159. \_\_\_\_\_i tend toward issues with my stomach and/or lungs

Sunflower (sunrise)  
160. \_\_\_\_\_i really hate my job, but do not feel as if i can find my vocation in life.  
161. \_\_\_\_\_i feel separated from the universal spirit, rejected, and left to fend for myself.  
162. \_\_\_\_\_i have been accused of having an inflated ego from a distorted sense of myself.  
  
Sunflower (teddy bear)  
163. \_\_\_\_\_i cannot seem to get the attention of those i want to impress, resulting in low self esteem.  
164. \_\_\_\_\_i am sometimes feeling persecuted, fearing death yet suicidal  
165. \_\_\_\_\_i feel that my personality and my soul/spirit are not well integrated.

Syrian Rue  
166. \_\_\_\_\_i feel that i have done very poorly in almost every aspect of my life.  
167. \_\_\_\_\_i find it difficult to believe in my own truth and trustworthiness.  
168. \_\_\_\_\_i fold under outside pressure to accept the party line.

Texas Cupgrass  
169. \_\_\_\_\_i am emotionally at my wit’s end.  
170. \_\_\_\_\_i am no longer able to sort out the confusion in how i feel.  
171. \_\_\_\_\_i live in a country area

Texas Wintergrass  
172. \_\_\_\_\_ i need an emotional reboot.  
173. \_\_\_\_\_i feel all out of balance with myself energetically.  
174. \_\_\_\_\_i prefer to live in urban areas.

Viola Odorata  
175. \_\_\_\_\_i fear losing love if i express my wants and desires.  
176. \_\_\_\_\_i am profoundly shy, reserved, aloof and lonely.  
177. \_\_\_\_\_I long to share myself with others but hold back for fear of being overwhelmed.  
  
Western Ironweed  
178. \_\_\_\_\_i strongly feel my career goals, dreams, and aspiration will never be achieved.  
179. \_\_\_\_\_i have suffered from kidney stones  
180. \_\_\_\_\_i tend to lose my appetite under stress

Yellow Bedstraw  
181. \_\_\_\_\_i am often afraid of losing myself and never finding my way back.  
182. \_\_\_\_\_i fear death or that some part of my ego or soul is going to be taken away.  
183. \_\_\_\_\_i tend to retain water in the ankles, and i am prone to skin conditions.

Yellow Coneflower  
184. \_\_\_\_\_i often feel fear and powerlessness that some past behaviour/negative event will repeat itself  
185. \_\_\_\_\_i tend to get into situations in which i am used by others.  
186. \_\_\_\_\_i suffer with a sense of inferiority and lack of self-esteem.