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.