

## **Simplified Key Words for each of the 38 Bach Flower Remedies:**

<b>Remedy</b>	<b>For When you feel</b>
Agrimony	The need to put on a cheerful face to hide problems
Aspen	Nervous, anxious, unexplained fears or worries
Beech	Critical or intolerant of others
Centaury	Anxious to please everyone and avoid upset or confrontation
Cerato	Unsure and need reassurance about your own decisions
Cherry Plum	Desperate, tense and fear of losing control
Chesnut Bud	Not learning from past mistakes
Chicory	Possessive of others and hurt by them not recognising what you have to offer
Clematis	Vague and dreamy, avoiding present pain?
Crab Apple	A sense of self-dislike and shame, not valuing self
Elm	Overwhelmed by pressures or responsibilities
Gentian	Discouraged by setbacks
Gorse	Despondent and have no hope left
Heather	Lonely and need other people's company
Holly	Angry, frustrated, jealous, suspicious
Honeysuckle	Nostalgic, homesick, look to the past too much
Hornbeam	Lost motivation – Monday morning feel
Impatiens	Impatient, hurried, with a sense of great urgency
Larch	Lacking confidence
Mimulus	Fearful of specific things eg. flying, rats
Mustard	Deeply gloomy without knowing why
Oak	Tired but still struggle on
Olive	Completely exhausted
Pine	Guilt and blaming self – often for no reason
Red Chesnut	Over-concerned for other people and their safety
Rock Rose	Terrified and panicky (in Rescue Remedy)
Rock Rose	A strong sense of duty which can get in the way of relaxing
Scleranthus	Indecision – can't make mind up
Star of Bethlehem	Traumatized, shock, grieving
Sweet Chesnut	In an anguish of painful sadness
Vervain	Over enthusiastic and want to save the world – today!
Vine	Domineering and strong willed
Walnut	Vulnerable because of situations, people, changes
Water Violet	The need for privacy and to be away from people
White Chesnut	Busy head full of thoughts that don't stop
Wild Oat	Torn in many directions unsure where to focus your energy
Wild Rose	Complacent, not wishing to strive for anything
Willow	Sorry for yourself and hard done by