



# BACH FLOWER ESSENCE Keys - Alphabetical

**AGRIMONY** – "I say I'm fine, but I'm really not. I'm hiding my problems deep inside."

**ASPEN** – "I can be seized by free-floating fears."

**BEECH** – "I am easily irritated by others' shortcomings and can't help being critical."

**CENTAURY** – "I just can't say no!"

**CERATO** – "I know what's right for me, but I find it soooo hard to trust myself."

**CHERRY PLUM** – "I am so enraged I'm afraid I'm going to LOSE IT!"

**CHESTNUT BUD** – "I keep repeating the same mistakes over and over."

**CHICORY** – "I am possessive and demanding of others' attention."

**CLEMATIS** – "I lose myself in fantasies and daydreams."

**CRAB APPLE** – "I feel gross about my body."

**ELM** – "I feel overwhelmed by responsibility. I'm not up to it."

**GENTIAN** – "I am discouraged and need a boost."

**GORSE** – "I feel hopeless and cannot imagine anything positive."

**HEATHER** – "I am completely self-involved right now."

**HOLLY** – "I am angry, jealous and suspicious."

**HONEYSUCKLE** – "I am stuck in the past, longing for an earlier time in my life when things were better."

**HORNBEAM** – "I feel mentally weary."

**IMPATIENS** – "I am irritated and impatient!"

**LARCH** – "I don't have the confidence to..."

**MIMULUS** – "I am scared of things I have to do or might encounter in my life."

**MUSTARD** – "I am suddenly engulfed in depression and gloom."





**OAK** – "I keep going and going and going until I drop."

**OLIVE** – "I am exhausted yet resist deep rest."

**PINE** – "Whatever happened, it must be my fault. I have a deep sense of guilt and shame."

**RED CHESTNUT** – "I am consumed with worry for my loved ones' well-being."

**ROCK ROSE** – "I am in the grip of terror, panic and fear of annihilation."

**ROCK WATER**– "I am a perfectionist and hold extremely high standards for myself."

**SCLERANTHUS** – "I am wavering between choices and simply cannot decide."

**STAR OF BETHLEHEM** – "I am in a state of shock or carrying the effects of a past trauma."

**SWEET CHESTNUT** – "I have reached the limits of my endurance and feel bereft and alone."

**VERVAIN** – "I am intense about my beliefs and push them on others."

**VINE** – "I am the authority, and since I know what's best, I expect you to do things MY way."

**WALNUT** – "I am having a hard time coping with changes in my life."

**WATER VIOLET**– "I choose to withdraw rather than share myself with others."

**WHITE CHESTNUT** – "I can't stop myself from obsessive thinking and worrying."

**WILD OAT**– "I want to find my purpose in life and just can't figure it out."

**WILD ROSE** – "I feel apathetic and resigned, with no joy for life."

**WILLOW** – "I am simmering with resentment at others. It's all their fault."

**RESCUE REMEDY / Five Flower Formula** – Good for soothing anxiety/trauma after something shocking happens. Can also ease feelings of fear or panic, but it's best to get to know the other essences and find some that are more targeted to your specific needs.

