



BACH FLOWER ESSENCE Keys - Groups

AVOIDANCE

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

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

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

ANGER & IRRITATION

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

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

IMPATIENS – "I am irritated and impatient!"

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

FEAR & TERROR

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

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

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

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

SADNESS & DESPAIR

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

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

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

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

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

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

WORRY & SELF-CENTEREDNESS

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

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

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

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





CRITICAL OF SELF & OTHERS

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

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

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

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

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."

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

UNCERTAINTY & LACK OF CONFIDENCE

CENTAURY – "I just can't say no!"

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

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

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

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

OVERWHELMED & EXHAUSTED

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

HORNBEAM – "I feel mentally weary."

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

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

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

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.

