

## BACH FLOWER ESSENCES BY CATEGORY

- **FEAR:**
  - Aspen -- Vague fears of unknown origin, free-floating anxiety.
  - Cherry Plum -- Desperation; fear of going crazy; fear of losing control; fear of hurting oneself or others; suicidal
  - Mimulus -- Fear of a specific known source
  - Red Chestnut -- Excessive fear, anxiety, and worry for others
  - Rock Rose -- For moments of extreme terror and panic
- **SADNESS:**
  - Gentian -- Easily discouraged. Depression following a setback
  - Gorse -- Resigned hopelessness, often resulting from multiple failures
  - Mustard -- Deep depression arising from no known source
- **SOCIAL ISSUES:**
  - Beech -- Intolerant, judgmental, negative outlook
  - Chicory -- Possessive, jealous, controlling, self-pitying
  - Heather -- Self-centered, dislikes being alone
  - Holly -- Hatred, envy, suspicion, jealousy
  - Vine -- Strong-willed; ambitious; inflexible
  - Water Violet -- Isolation, aloofness, pride
  - Willow -- Resentment; bitterness; feeling entitled
- **NOT BEING IN THE PRESENT:**
  - Chestnut Bud -- Learns slowly, repeats mistakes, needs same lessons over and over
  - Clematis -- Indifferent, dreamy, inattentive, impractical, spaced out
  - Honeysuckle -- Overly nostalgic, homesick, unable to cope with the loss of a loved one, regretful
  - Wild Rose -- Apathy; resignation
- **TIRED AND WEAK:**
  - Elm -- Temporary feelings of exhaustion, inadequacy, and being overwhelmed
  - Hornbeam -- Mental more than physical exhaustion, lack of enthusiasm
  - Oak -- Burdened by duty; overworked; workaholic; unceasing effort
  - Olive -- Complete mental and physical exhaustion; indifference to life
- **INDECISION:**
  - Scleranthus -- Can't decide between two things. Moody; vacillating between extremes; unbalanced
  - Wild Oat -- Uncertainty with regard to career or life's work; dissatisfaction with current situation
- **LOW SELF ESTEEM/IMPAIRED DRIVE:**
  - Centaury -- Weak-willed, lacking individuality, "door-mat"
  - Cerato -- Indecisive, easily swayed, foolish
  - Larch -- Lack of confidence, expectations of failure, self doubt
  - Walnut -- Over-sensitive to outside influences; to help through major life changes
- **GUILT & SELF-HATRED**
  - Crab Apple -- Feels unclean or corrupted in some way, perfectionistic
  - Pine -- Feelings of guilt; self-reproach; self-condemnation
  - Rock Water -- Self-repression; self-denial; strict; stoic
- **TENSION**
  - Agrimony -- Concealed worry
  - Impatiens -- Impatient, irritable, tense
  - Star of Bethlehem -- Provides comfort following a shock or sudden unpleasant experience
  - Sweet Chestnut -- Extreme anguish, mental torture
  - Vervain -- High-strung; over-enthusiastic; straining; fanaticism, martyrdom
  - White Chestnut -- Persistent spinning thoughts; mental tension