

# Bach Flower Therapy Basics Home Study Course

6 CE Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*

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It is the responsibility of the practitioner to determine the appropriateness of the techniques presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Written medical opinions are always the best way to resolve any questions regarding contra-indications to massage therapy.

## **Instructions for the Bach Flower Therapy Basics home study course**

Thank you for investing in the Bach Flower Therapy Basics home study course, a 6 CE hour course designed to further your knowledge in the principles and practice of incorporating Bach Flower Therapy in your massage therapy practice.

This guide will contain all of the instructions you will need to complete this course. This is a 6 CE hour course, so that means it should take you approximately 6 hours to read the textbook, watch the online videos, study the material, and complete the multiple choice exam and course evaluation.

### **The following are steps to follow in completing this course:**

- 1. Read the instructions, review the textbook, exam, application methods, and sample charts. Your textbook will be mailed to you.**
- 2. Access the online examination by logging in to your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com). Once there, click on the student login link on the top left and enter your information.**
- 3. Access the online technique demonstration video bank by following this link: [https://www.youtube.com/playlist?list=PLnvS9HaUaKtZLqASV\\_N0ULgXWQed0bLu1](https://www.youtube.com/playlist?list=PLnvS9HaUaKtZLqASV_N0ULgXWQed0bLu1) There is approximately 1 hour of online video clips available discussing the history of Edward Bach, the uses of the Flower Remedies, and 12 of the flower essences.**
- 4. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam and you can save your answers and return at a later date if needed. Feel free to review the textbook while taking the test. This course uses the text *Bach Flower Therapy*, by Mechthild Scheffer. There are no trick questions on the exam. All of the answers are clearly found in the text or on the online video clips.

It is advised to answer the exam questions in this study guide before testing online. That way, when you are testing you do not have to go back and forth through the online exam and risk losing your answered questions.

If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com). Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Bach Flower Therapy Basics home study course.

# Bach Flower Therapy Basics Exam

## Chapter 1

1. The Bach Flower Remedies' system may be described as:
  - A. Healing by restoring harmony in awareness
  - B. Healing by restoring harmony in energy flow
  - C. Healing by restoring harmony in Western medicine
  - D. Healing by restoring awareness in disease

## Chapter 2

2. To date:
  - A. Over 15 research studies have been done proving the effectiveness of the Bach flower remedies
  - B. Over 10 research studies have been done proving the effectiveness of the Bach flower remedies
  - C. Over 5 research studies have been done proving the effectiveness of the Bach flower remedies
  - D. No explanation exists of the mode of action that would fully satisfy current scientific criteria
3. Edward Bach said that two basic errors are the real cause of disease. What are they?
  - A. Personality is not acting in accord with its soul, but persists in the illusion of being separate from it and the personality sins against the 'Principle of Energy'
  - B. Personality is not acting in accord with its soul, but persists in the illusion of being separate from it and the personality sins against the 'Principle of Unity'
  - C. Personality is acting in accord with its soul, and persists in the illusion of being one with it and the personality sins against the 'Principle of Unity'
  - D. Personality is acting in accord with its soul, and persists in the illusion of being one with it and the personality sins against the 'Principle of Energy'
4. Simplicity has to do with:
  - A. Unity, imperfection, and primitiveness
  - B. Disarray, perfection, and disharmony
  - C. Unity, perfection, and harmony
  - D. Disarray, imperfection, and primitiveness
5. Ideally speaking, health is perfect harmony and balance between all the:
  - A. Energy levels of the aura and the Higher Self
  - B. Energy levels of the aura and the physical body
  - C. Western medicine practices and the Higher Self
  - D. Western medicine practices and the physical body

## Chapter 3

6. What is the basic principle of the Bach method?
  - A. Treat the disease, not the patient
  - B. Treat the symptoms, not the disease
  - C. Treat the soul, not the disease
  - D. Treat the patient, not the disease

7. Keep in mind when reading the “Diagnosing Others” section that massage therapists do not diagnose. They may recommend or use a Bach Remedy based on their level of expertise, but it is never appropriate to call it a diagnosis when working with clients. All of the following are one of the ten basic principles of “diagnosing” and recommending a particular flower remedy EXCEPT:
- A. A good diagnosis is never made intellectually
  - B. Never be an authoritarian
  - C. The least important goal of Bach therapy is to stimulate the Higher Self of the other person so that it wishes to heal itself
  - D. It is always the development of the positive other side of what at present is a negative emotional state that will bring the Higher Self to realization

## Chapter 4

8. What does the “potential following transformation” portion of the flower description define?
- A. The most characteristic symptoms when energy is blocked and the energy of the Flower is needed
  - B. The soul quality, energy potential, or virtue a person has and which it is intended to bring to realization
  - C. The fundamental spiritual quality of the Flower
  - D. The symptoms due to energy block
9. Agrimony relates to:
- A. The soul potentials of joyfulness and an ability to confront others
  - B. The soul potentials of fearlessness, overcoming and resurrection
  - C. The soul qualities of sympathy and patience
  - D. The soul qualities of self-determination and self- realization
10. All of the following are Aspen symptoms due to energy block EXCEPT:
- A. Groundless fear, day and night
  - B. Self-deception, delusions
  - C. Under-imaginativeness
  - D. Nightmares, or walking in fear and panic and not daring to go back to sleep again
11. Which of the following is a Centaury key symptom?
- A. Weak willed
  - B. Over-reaction to the wishes of others
  - C. Can't say no
  - D. All of the above
12. All of the following is a potential following transformation with Cerato EXCEPT:
- A. Intuitive and capable of enthusiasm, curious, eager to learn
  - B. Unable to gather information, organize and use it
  - C. Good co-ordination of abstract and concrete thought
  - D. Acts wisely

13. Cherry Plum has provided good support in the:
- A. Rehabilitation of drug addicts
  - B. Rehabilitation of attention deficit disorder
  - C. Rehabilitation of criminals
  - D. Rehabilitation of alcohol addicts
14. Chicory relates to:
- A. The principle of openness and composure
  - B. The soul potentials of motherliness and selfless love
  - C. The soul potential of creative idealism
  - D. The principle of responsibility
15. All of the following are key symptoms of Clematis EXCEPT:
- A. Daydreamer
  - B. Thoughts always elsewhere
  - C. Thoughts always focused
  - D. Little attention for what is going on around him
16. Which of the following is a potential following transformation with Crab Apple?
- A. Feeling sinful, besmirched
  - B. Great need for cleanliness, even compulsive washing
  - C. A sense for the overall picture
  - D. Great need to exteriorize
17. All of the following are Gentian symptoms due to energy block EXCEPT:
- A. Feels depressed and does not know why
  - B. Skepticism
  - C. Temporary setbacks 'knock him over'
  - D. Easily feels dejected
18. Which of the following is a key symptom of Gorse?
- A. Jealousy
  - B. Hatred
  - C. Regrets of the past
  - D. Hopelessness despair
19. Everybody goes through the negative \_\_\_\_\_ state at times when a problem creates such concern that one simply has to let off steam and talk to someone about it.
- A. Gorse
  - B. Heather
  - C. Holly
  - D. Honeysuckle
20. Which of the following are supportive measures of Holly?
- A. Yoga exercises to stimulate the heart chakra
  - B. Group work of all types
  - C. Romantic love
  - D. All of the above

21. Hornbeam is often combined with:
- A. Olive, Holly, or Willow
  - B. Olive, Gentian, or White Chestnut
  - C. Aspen, Mustard, or Star of Bethlehem
  - D. Aspen, Clematis, or Chicory
22. All of the following are Impatiens symptoms due to energy block EXCEPT:
- A. Tense due to rapid mental activity
  - B. Spontaneous, active, energetic
  - C. Tells others to slow down
  - D. Great desire for independence
23. In the negative \_\_\_\_\_ state, one has to learn to overcome one's fears.
- A. Impatiens
  - B. Larch
  - C. Mimulus
  - D. Mustard
24. Which of the following is the essential difference between the Mustard and the Sweet Chestnut states?
- A. The Mustard state is more active, whereas the Sweet Chestnut state is more passive
  - B. The Mustard state is more angry, whereas the Sweet Chestnut state is more happy
  - C. The Mustard state is more happy, whereas the Sweet Chestnut state is more angry
  - D. The Mustard state is more passive, whereas the Sweet Chestnut state is more active
25. What is the absolute opposite state of Oak?
- A. Gorse
  - B. Larch
  - C. Mustard
  - D. Willow
26. Which of the following is a key symptom of Pine?
- A. Anger feelings
  - B. Guilt feelings
  - C. Despair feelings
  - D. All of the above
27. As a rule, the \_\_\_\_\_ state is only temporary.
- A. Olive
  - B. Pine
  - C. Red Chestnut
  - D. Rock Rose
28. Rock Water relates to the:
- A. Soul potentials of solicitude and love of one's neighbor
  - B. Soul qualities of courage and steadfastness
  - C. Soul qualities of adaptability and inner freedom
  - D. Soul potentials of poise and balance

29. All of the following is a potential following transformation with Scleranthus EXCEPT:
- A. Power of concentration and determination
  - B. Maintains inner balance whatever the circumstances
  - C. Correct decisions are instantaneously made
  - D. Presence is disturbing to others
30. All of the following are Sweet Chestnut symptoms due to energy block EXCEPT:
- A. The sky is the limit feeling
  - B. Extreme despair, but no thought of suicide
  - C. All hope abandoned (more acute than with Gorse), but keeps it to oneself
  - D. Afraid one may break down under the stress against one's will
31. Which of the following are supportive measures of Vervain?
- A. Understand that any system will break down some time or other if constant tension is applied, and that this will serve no one
  - B. Do not 'over-ride' the other person but 'ride with him'
  - C. Tai Chi and other forms of meditation involving slow, harmonious movement
  - D. All of the above
32. All of the following are circumstances where Walnut may be needed EXCEPT:
- A. Conversion to a new faith
  - B. Celebrating a 10<sup>th</sup> anniversary at work
  - C. Changing to a completely different occupation
  - D. Emigrating to another country
33. All of the following are potentials following transformation with Water Violet EXCEPT:
- A. Dependent attitude, equable, on the uneasy side
  - B. Often speaks in a low, polite, and insistent voice
  - C. Acts in humility, love, and wisdom
  - D. Goes through life with elegance and inner dignity
34. Which of the following is a key symptom of White Chestnut?
- A. Difficulties of adjusting in transition periods of life
  - B. Inner reserve, proud withdrawal, feeling of superiority in isolation, little emotional involvement
  - C. Unwanted thoughts keep going round and round in one's head, cannot get rid of them, mental arguments and dialogues
  - D. Indefinite as to ambitions, dissatisfaction because one's mission in life is not found
35. Which of the following is a statement someone in need of Wild Rose may say?
- A. One just has to live with it
  - B. My situation can be changed
  - C. It's just beginning as far as I'm concerned
  - D. I have the power to change my life



36. All of the following are key symptoms of Willow EXCEPT:
- A. Unspoken resentment
  - B. Bitterness
  - C. 'Poor me' or 'victim of fate' attitude
  - D. Euphoria
37. Which of the following are components of the Rescue Remedy?
- A. Star of Bethlehem, Sweet Chestnut, Walnut, Cherry Plum, and Chicory
  - B. Star of Bethlehem, Rock Rose, Impatiens, Cherry Plum, and Clematis
  - C. Scleranthus, Rock Water, Larch, Cherry Plum, and Crab Apple
  - D. Sweet Chestnut, Pine, Olive, Honey Suckle, and Hornbeam

## Chapter 5

38. What is the standard dilution for oral medication of the Flower Remedies?
- A. 1 drop from each chosen stock bottle to a 1 fl oz (30 ml) medicine bottle which has been three-quarters filled with natural spring water (still) and topped with a spoonful of brandy or cider vinegar for preservation
  - B. 2 drops from each chosen stock bottle to a 1 fl oz (30 ml) medicine bottle which has been three-quarters filled with natural spring water (still) and topped with a spoonful of brandy or cider vinegar for preservation
  - C. 3 drops from each chosen stock bottle to a 1 fl oz (30 ml) medicine bottle which has been three-quarters filled with natural spring water (still) and topped with a spoonful of brandy or cider vinegar for preservation
  - D. 4 drops from each chosen stock bottle to a 1 fl oz (30 ml) medicine bottle which has been three-quarters filled with natural spring water (still) and topped with a spoonful of brandy or cider vinegar for preservation
39. According to the Bach Centre, how many Bach Flower Remedies may be taken at one and the same time?
- A. A maximum of 1 or 2
  - B. A maximum of 3 or 4
  - C. A maximum of 4 or 5
  - D. A maximum of 6 or 7

## Chapter 6

40. The Back Flower Remedies can be used:
- A. In conjunction with other forms of treatment
  - B. During pregnancy
  - C. On infants and children
  - D. All of the above

This completes the Back Flower Therapy Basics exam.

## Outline of different Back Flower Applications

As the textbook mentioned in Chapter 5 the Back Flower Remedies can be used in several different ways. For incorporating into your massage practice, the following chart outlines common applications of the Remedies. To ensure the purest product, we recommend only purchasing the Bach Flower Remedies from:

- The Bach Centre at <http://www.bachcentre.com/index.php> located in the UK
- Nelson Bach at <http://www.bachflower.com/> or <http://www.directlyfromnature.com/> in the USA

Application	Preparation	Dosage	Length of Treatment	Notes
Oral	<p>Add 2 drops of each of the selected Bach Flower Remedies to a 30 ml/1 oz mixing bottle.</p> <p>As preservative (optional) you can add 1 teaspoon brandy, apple cider vinegar or vegetable glycerin.</p> <p>You then fill the bottle to the top with water and from this mixture you take 4 drops, 4 times a day until you feel better.</p>	<p>Take as often as needed, but at least four drops four times daily – first thing in the morning, on an empty stomach at lunch time, on an empty stomach about 5pm, and again last thing at night.</p>	<p>Varies according to the individual.</p>	<p>A maximum of 6 or 7 remedies can be taken at one time.</p> <p>The Bach Flowers are pure, harmonious energy frequencies that will never have side-effects.</p>
Oral Without Dilution	<p>You can also take remedies 'neat', or without diluting them.</p>	<p>2 drops, direct on the tongue four times daily – first thing in the morning, on an empty stomach at lunch time, on an empty stomach about 5pm, and again last thing at night.</p>	<p>Varies according to the individual.</p>	<p>This way of taking remedies can taste strongly of brandy (unless you are using a stock remedy bottled in glycerine etc.), so is not always recommended - but it is just as effective.</p>

Compresses	6 drops from the stock bottle are added to 1 pint of water. The compress is soaked in the solution, and then applied to the affected area.	10 minutes on the affected area at least once a day.	Varies according to the individual.	Can be incorporated into a massage routine.  If you are using this on a client, take care not to touch the compress with your bare hands.
Baths	Add about 5 drops from the stock bottle to a full bath.	Soak in the bath for as long as you like.	Varies according to the individual.	
Creams	Use a cream with a natural base, such as jojoba. Add 2-4 drops from the stock bottle to the cream and mix.	Apply once a day to the affected area, twice for more complicated cases.	Varies according to the individual.	Sometimes, you can buy these already prepared and mixed.  You can use this in your massage routine; use caution not to get the cream on your bare hands or you may absorb the remedy yourself.
Rescue Remedy	Rescue Remedy can be taken as often as needed, either by adding 4 drops directly in your mouth or adding 2-4 drops in a glass of water and drink it slowly over a period of time.	Rescue Remedy is usually given at double the dosage of the normal Remedies in times of crisis.	As long as needed.	The Rescue Remedy may also be used externally in a compress by adding 6 drops to a pint of water. Soak the compress in the solution and apply directly to the affected area.  For burns, sprains, stings, bumps, or blows, it can be applied to the affected area directly from the stock bottle.

## Bach Flower Indication Chart

INDICATION	BACH REMEDY	OUTCOME
Hide Problems behind a cheerful face	<b>Agrimony</b>	Cheerfulness stems from a real sense of self acceptance and inner joy.
Fears and worries of unknown origin, night terrors	<b>Aspen</b>	A state of inner peace, security and fearlessness.
Intolerant of others, critical, They are always in the right	<b>Beech</b>	Tolerance and a sense of compassion for and unity of others.
Weak-Willed and easily led, You find it hard to say no	<b>Centauray</b>	Become in touch with what you want and follow your own path.
Seek advice and confirmation from others	<b>Cerato</b>	Trust your own inner wisdom and follow it. Self Assured and decisive.
Fear of losing control of your own behaviour	<b>Cherry Plum</b>	A calm mind and are able to think and act rationally.
Failure to learn from past mistakes and experiences	<b>Chestnut Bud</b>	Observe your own mistakes with objectivity, and learn from it.
Overly possessive and over protective of others	<b>Chicory</b>	Able to care for others unselfishly, offering genuine maternal love.
Dreaminess, lack of interest in the present. Daydreamer	<b>Clematis</b>	Interest in the world around, and enjoyment of life.
Poor self image, sense of uncleanness	<b>Crab Apple</b>	Acceptance of oneself and one's imperfections.
Overwhelmed by responsibility	<b>Elm</b>	Restoration of one's normal capable personality and self assurance.
Discouragement and dispondency	<b>Gentian</b>	Realization that there is no such thing as failure when doing your best.
Hopelessness and despair, for people who have given up	<b>Gorse</b>	Sense of faith and hope, despite current physical or mental problems.
Self preoccupied, self concern or talkative	<b>Heather</b>	Good listener who is generous in helping others. Selfless.
Envious, jealous, feelings of hatred	<b>Holly</b>	Generous-hearted person able to give without making demands.
Dwells on the past, over-attachment to the past	<b>Honeysuckle</b>	Ability to live in the present, able to move forward in life without regret
"Monday Morning Feeling", mental weariness	<b>Hornbeam</b>	Certainty of one's strength and ability to face the day's work.
Impatience, people who are easily irritated	<b>Impatiens</b>	Someone who is decisive and spontaneous, less hasty in action.
Lack of self confidence, people who don't try	<b>Larch</b>	Determined, capable, with a realistic sense of self-esteem.
Fear of known things such as illness, death, accidents...etc	<b>Mimulus</b>	Quiet courage to face trials and difficulties with humor & confidence.
Deep gloom with no origin, unable to shake off at will	<b>Mustard</b>	Return of joy, supported by an inner stability and peace.

*More on next page...*

## Bach Flower Indication Chart

INDICATION	BACH REMEDY	OUTCOME
Exhausted but struggles on, Keep going ignoring tiredness	<b>Oak</b>	Restores their energy and helps them recognize the need to take time off.
Lack of energy, exhaustion to point of tears, tires easily	<b>Olive</b>	Restoration of strength, vitality and interest in life. Peace of mind.
Self-Reproach and guilt, blame themselves	<b>Pine</b>	Accept responsibility realistically and have sound judgement.
Fear of over concern for others and welfare of others	<b>Red Chestnut</b>	Ability to care for others with compassion but without anxiety.
Terror such as after being in an accident, or nightmares	<b>Rock Rose</b>	Courage and presence of mind. The person is calm and self-forgetful.
Inflexible, self denial and set themselves high standards	<b>Rock Water</b>	Ability to hold high ideals with flexible mind. Willing to change minds.
Uncertainty and indecision, faced with two possibilities	<b>Scleranthus</b>	Certainty and decisiveness with poise and balance in all circumstances.
After effects of shock, mental or physical	<b>Star of Bethlehem</b>	Neutralize the effects of the trauma, whether immediate or delayed.
Extreme mental anguish, at point of breakdown	<b>Sweet Chestnut</b>	Liberation from despair and despondency. Peace of mind.
Over enthusiasm. Those with fixed principles and ideas	<b>Vervain</b>	Calm, wise and tolerant. Able to relax and take broad view of life and events.
Assertive and inflexible, often very capable and ambitious	<b>Vine</b>	Determination without domination. See the good in others/encourage.
Protection from change and outside influences	<b>Walnut</b>	Ability to move forward and remain steadfast to one's path in life.
Proud and aloof, calm, capable and knowledgeable	<b>Water Violet</b>	Warmer relationships with others, while maintaining one's wisdom.
Unwanted thoughts, mental anguish, Repetitive thoughts	<b>White Chestnut</b>	Peace of mind, the head is clear and thinking is under control.
Uncertainty as to correct path in life.	<b>Wild Oat</b>	Clear picture of what to do in life with positive ideas and ambitions.
Resignation and apathy, for those who are resigned	<b>Wild Rose</b>	Lively interest in life, work and the world in general.
Self pity and resentment, feel more or less put-upon	<b>Willow</b>	Allows people to forgive and forget past injustices and enjoy life.

## Bach Flower Questionnaire

This questionnaire can help you learn the different type of emotional imbalance that each Dr. Bach Flower Remedy addresses. You may want to read more about each of the Remedies in order to select the correct combination.

### Agrimony

- I hide my feelings behind a façade of cheerfulness
- I dislike arguments and often give in to avoid conflict
- I turn to food, work, alcohol, drugs, etc. when down

### Aspen

- I feel anxious without knowing why
- I have a secret fear that something bad will happen
- I wake up feeling anxious

### Beech

- I get annoyed by the habits of others
- I focus on others' mistakes
- I am critical and intolerant

### Centaury

- I often neglect my own needs to please
- I find it difficult to say "no"
- I tend to be easily influenced

### Cerato

- I constantly second-guess myself
- I seek advice, mistrusting my own intuition
- I often change my mind out of confusion

### Cherry Plum

- I'm afraid I might lose control of myself
- I have sudden fits of rage
- I feel like I'm going crazy

### Chestnut Bud

- I make the same mistakes over and over
- I don't learn from my experience
- I keep repeating the same patterns

### Chicory

- I need to be needed and want my loved ones close
- I feel unloved and unappreciated by my family
- I easily feel slighted and hurt

### Clematis

- I often feel spacey and absent minded
- I find myself unable to concentrate for long
- I get drowsy and sleep more than necessary

### Crab Apple

- I am overly concerned with cleanliness
- I feel unclean or physically unattractive
- I tend to obsess over little things

### Elm

- I feel overwhelmed by my responsibilities
- I don't cope well under pressure
- I have temporarily lost my self-confidence

### Gentian

- I become discouraged with small setbacks
- I am easily disheartened when faced with difficulties
- I am often skeptical and pessimistic

### Gorse

- I feel hopeless, and can't see a way out
- I lack faith that things could get better in my life
- I feel sullen and depressed

### Heather

- I am obsessed with my own troubles
- I dislike being alone and I like to talk
- I usually bring conversations back to myself

### Holly

- I am suspicious of others
- I feel discontented and unhappy
- I am full of jealousy, mistrust, or hate

### Honeysuckle

- I'm often homesick for the "way it was"
- I think more about the past than the present
- I often think about what might have been

### Hornbeam

- I often feel too tired to face the day ahead
- I feel mentally exhausted
- I tend to put things off

### Impatiens

- I find it hard to wait for things
- I am impatient and irritable
- I prefer to work alone

### Larch

- I lack self-confidence
- I feel inferior and often become discouraged
- I never expect anything but failure

**Mimulus**

- I am afraid of things such as spiders, illness, etc.
- I am shy, overly sensitive, and modest
- I get nervous and embarrassed

**Mustard**

- I get depressed without any reason
- I feel my moods swinging back and forth
- I get gloomy feelings that come and go

**Oak**

- I tend to overwork and keep on in spite of exhaustion
- I have a strong sense of duty and never give up
- I neglect my own needs in order to complete a task

**Olive**

- I feel completely exhausted, physically and/ or mentally
- I am totally drained of all energy with no reserves left
- I have just been through a long period of illness or stress

**Pine**

- I feel unworthy and inferior
- I often feel guilty
- I blame myself for everything that goes wrong

**Red Chestnut**

- I am overly concerned and worried about my loved ones
- I am distressed and disturbed by other people's problems
- I worry that harm may come to those I love

**Rock Rose**

- I sometimes feel terror and panic
- I become helpless and frozen when afraid
- I suffer from nightmares

**Rock Water**

- I set high standards for myself
- I am strict with my health, work &/or spiritual discipline
- I am very self-disciplined, always striving for perfection

**Scleranthus**

- I find it difficult to make decisions
- I often change my opinions
- I have intense mood swings

**Star of Bethlehem**

- I feel devastated due to a recent shock
- I am withdrawn due to traumatic events in my life
- I have never recovered from loss or fright

**Sweet Chestnut**

- I feel extreme mental or emotional heartache
- I have reached the limits of my endurance
- I am in complete despair, all hope gone

**Vervain**

- I get high-strung and very intense
- I try to convince others of my way of thinking
- I am sensitive to injustice, almost fanatical

**Vine**

- I tend to take charge of projects, situations, etc.
- I consider myself a natural leader
- I am strong-willed, ambitious and often bossy

**Walnut**

- I am experiencing change in my life--a move, new job, etc.
- I get drained by people or situations
- I want to be free to follow my own ambitions

**Water Violet**

- I give the impression that I'm aloof
- I prefer to be alone when overwhelmed
- I often don't connect with people

**White Chestnut**

- I am constantly thinking unwanted thoughts
- I relive unhappy events or arguments over and over again
- I am unable to sleep at times because I can't stop thinking

**Wild Oat**

- I can't find my path in life
- I am drifting in life and lack direction
- I am ambitious but don't know what to do

**Wild Rose**

- I am apathetic and resigned to whatever happens
- I have the attitude, "It doesn't matter anyhow"
- I feel no joy in life

**Willow**

- I feel resentful and bitter
- I have difficulty forgiving and forgetting
- I think life is unfair and have a "Poor me attitude"

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