

Bach Flower Remedies for Moods or Temperaments		
Mood or Temperament	Remedy	Qualifications
Adversity	Willow	Blame Others
Advice	Cerato	Seeks Advice
Alcoholic or drug user	Agrimony	
Aloofness	Water Violet	Prefer to suffer alone
Alternating moods	Scleranthus	
Alone	Water Violet	Desire to be alone
Alone	Agrimony	Fear of being alone
Ambitions	Clematis	Lack of ambition
Ambitions	Gorse	Lack of ambition
Anguish	Sweet Chestnut	Ultimate despair
Annoyed at others	Beech	
Anxiety	Agrimony	
Apathy	Oak	
Apathy	Wild Rose	Resignation to fatalism
Apprehensive	Aspen	Unknown events
Apprehensive	Mimulus	Of known things-pain, accidents
Apprehensive	Rock Rose	Terror
Arrogance	Beech	Intolerant and critical
Arrogance	Vine	Self-confident and seeks to gain control
Attention	Chicory	Desire for
Bitterness	Willow	Blame others
Blame	Willow	Blame others
Blame	Pine	Self
Bossy	Chicory	Critical, possessive, mothering type
Burnout	Elm	Stressed with responsibilities
Career or goal uncertainty	Wild Oat	
Careless	Chestnut Bud	Preoccupied with the future
Chronic illness	Gorse	
Confidence	Cerato	Those who lack self-confidence
Critical of others	Beech	Intolerant and irritable—negative
Critical of themselves	Pine	Blames themselves, feel guilty
Day dreamer	Chestnut Bud	Preoccupation with the future

Depressed	Gentian	Easily Discouraged
Delirium	Clematis	
Depression and gloom	Mustard	For no known reason
Despair	Gorse	Cannot find help
Despair	Sweet Chestnut	Ultimate anguish, self destructive
Despondent	Gentian	
Discouraged	Oak	Handles great responsibilities
Disinterested	Clematis	
Dislikes being alone	Agrimony	
Domineering	Vine	Lack sympathy
Doubt of ones abilities	Cerato	
Doubts	Gentian	Easily discouraged and depressed
Fainting	Clematis	
Fanatics	Rock Water	
Fantasizes	Clematis	
Fatalistic	Wild Rose	
Fear of death	Aspen	
Fear of disaster	Aspen	
Fear of insanity	Cherry Plum	
Fear of known things	Mimulus	Quiet
Fear of others troubles	Red Chestnut	
Fear of pain	Mimulus	
Fear of unknown source	Aspen	
Fear of unseen events	Aspen	
Fear of water	Mimulus	
Fretful	Chicory	
Gloom	Mustard	For no known reason— depression
Greedy	Chicory	Possessions
Greedy	Chicory	Power
Grief	Star of Bethlehem	From bad events—shock
Guilt	Pine	Blame themselves, over humble
Hopeless	Gorse	Gives up easily
Hopeless	Hornbeam	Concerning ability to cope
Humble	Pine	Over humble—blame themselves
Hysteria	Rock Rose	
Impatience	Impatiens	
Indecision	Scleranthus	
Indifference	Clematis	

Insanity	Cherry Plum	Fear of going insane
Intolerance	Beech	
Irritable	Beech	Negative
Lack of confidence in themselves	Cerato	To make decisions
Lack of confidence in themselves	Larch	Feel inferior, expect failure
Lack of strength and vitality	Centaury	
Lives in the past	Honeysuckle	
Loneliness	Impatiens	Prefers, due to restraints of society
Loneliness	Heather	Cannot get enough of people
Loneliness	Water Violet	Prefers to suffer in silence
Mental exhaustion	Olive	
Negative	Beech	Intolerant, irritable
Nervous attacks	Scleranthus	
Nervous breakdowns	Cherry Plum	Fear of a nervous breakdown
Over-active	Agrimony	Under cloak of forced cheerfulness!
Over-concern for others	Chicory	
Over-enthusiastic	Vervain	
Over-focus of mind	White Chestnut	
Overbearing	Vervain	Enthusiastic and strong willed
Oversensitive	Agrimony	Easily hurt but disguises hurt—joy
Oversensitive	Centaury	To strong personalities—dominated
Oversensitive	Walnut	Needs protection during change
Oversensitive	Holly	Angry
Overwork	Vervain	
Panic	Rock Rose	
Perfectionist	Rock Water	Seeks perfection—fanatic
Physical exhaustion	Olive	
Possessive	Chicory	Bossy and critical—mothering type
Preoccupied	Clematis	With fantasy and unreality
Preoccupied	Honeysuckle	With the past
Preoccupied	Wild Rose	With fatalism

Preoccupied	Olive	Mentally exhausted
Preoccupied	White Chestnut	With repetitive thought patterns
Preoccupied	Mustard	With gloom for no known reason
Preoccupied	Chestnut Bud	With future
Quiet	Water Violet	Prefer to suffer alone
Repetitive thought patterns	White Chestnut	
Restless mind	White Chestnut	No rest given to the mind
Restlessness	Agrimony	
Rigidity of thought	Vervain	
Self-confident	Vine	Dominant, lack of sympathy
Self-denial	Rock Water	Seeks perfection
Self-destructive	Sweet Chestnut	Great anguish
Self-disgust	Crab Apple	Feel unclean
Self-distrust	Cerato	
Self-pity	Chicory	
Shock	Agrimony	
Shock	Star of Bethlehem	Grief—bad events
Sleepy	Clematis	Dreamy mind
Strained state of mind	Vervain	
Stressed out	Elm	Great burden for responsibilities
Suicidal	Cherry Plum	Fear of committing suicide
Terror	Rock Rose	
Tormented state of mind	Agrimony	
Uncertainty	Cerato	Concerning one's ability
Uncertainty	Wild Oat	Concerning career or goal
Uncertainty	Gentian	Doubt and depression
Uncertainty	Gorse	About finding help—despair
Uncertainty	Hornbeam	About ability to cope
Uncertainty	Scleranthus	Concerning choices—can't choose
Unclean	Crab Apple	Self-disgust
Unconsciousness	Clematis	
Unreality—state of mind	Clematis	
Urgency	Rock Rose	Terror
Weakness	Centauray	
Worry	Agrimony	
Worry over trifles	Chicory	