

A Self Help Guide to Bach Flower Remedies

Briefly think about your pet and then grade each of the flower essences according to how they fit his or her personality. The scale will be a 0-10 rating. Zero being “does not fit at all,” five being “kind of fits” and ten being “fits exactly.” Try to match the numbers as closely to what fits their personality. We will choose 4-6 of the most appropriate Bach Flower essences to put into his/her remedy mixture.

Owner _____ Pet _____ Date _____

___ **Agrimony**- For those wishing not to burden others with their troubles and cover up their suffering behind a cheerful façade. They are distressed by argument or quarrel and may seek escape from pain and worry through the use of drugs or alcohol.

___ **Aspen**- For those who experience vague fears and anxieties of unknown origins. They are often apprehensive and full of foreboding.

___ **Beech**- For those while desiring perfection easily find fault with people and things ,critical and at times intolerant. They may over react to small annoyances. And idiosyncrasies of others.

___ **Centaury**- For those who are over anxious to please, often weak willed and easily exploited or dominated by others. As a result they may neglect their own interests.

___ **Cerato**- For those who lack confidence in their own judgement and decision. They constantly seek advice of others and may often be misguided.

___ **Cherry Plum**- for those who fear losing mental and physical control of doing something desperate. May have some impulses to do things thought or known to be wrong.

___ **Chestnut Bud**- For those who fail to learn from experience, repeating the same patterns and mistakes again and again.

___ **Chicory**- For those who are overfull of care for others and need to direct and control those who are close to them.They are generally possessive, always finding something to correct or put right.

___ **Clematis**- For those who tend to live in the future, lack concentration, are daydreamers,drowsey or spacey and have halfhearted interests in their present circumstances.

___ **Crab Apple**- For those who may feel something is not quite clean about themselves, or have a fear of being Contaminated. For feelings of shame or poor self image. For example, thinking oneself not attractive for one reason or another. When necessary, may be taken to assist in detoxification, for example during a cold or while fasting.

___ **Elm** – For those who at times experience momentary feelings of inadequacy, being overwhelmed by their responsibilities.

___ **Gentian**- For those who before easily discourage by small delay or hindrances. This may cause self doubt.

___ **Gorse**- For hopelessness and futility when there is little hope of relief.

___ **Heather**- For those who seek companionship, of anyone who is to listen to their trouble. They are generally good listeners and have difficulty being along for any length of time.

___ **Holly**- To be used when troubled by negative feelings such as envy, jealousy, hate, suspicion, revenge. Vexations of the heart, states indicating a need for more love.

___ **Honeysuckle**- for those dwelling in the past, nostalgia, homesickness, always talking about the good old days, when things were better.

___ **Hornbeam** – For the Monday morning feeling of not being able to face the day. For those feeling that some part of the body or mind needs strengthening. Constant feelings of fatigue and tiredness.

___ **Impatiens**- For those quick in thought and action, who require all things to de done with out delay. They are impatient with people who are slow and prefer to do work alone.

___ **Larch** - For those who despite being capable, lack self confidence or feel inferior. Anticipating failure, they often refuse to make a real effort to succeed.

___ **Mimulus** – for fear of known things such as height, water, the dark, other people,of being alone.ect. Often shy and timid.

___ **Mustard** – For deep gloom which comes on for no apparent reason, sudden melancholia or heavy sadness. Will lift just as suddenly.

___ **Oak** – For those who struggle on despite despondency from hardship, even when ill and over worked, they never give up.

___ **Olive** – For mental and physical exhaustion, sapped vitality with no reserve. This may come on after an illness or personal ordeal.

___ **Pine**- For those who feel they should do or should have done better. Who are self reproachable or blame themselves for mistakes of others. Hardworking people who suffer from as much fault as they attach themselves. They are never satisfied with their success.

___ **Red Chestnut**- For those who find it difficult not to be overly concerned or anxious for others. Always fearing something wrong may happen to those they care for.

___ **Rock Rose**- For those who experience states of terror, panic, and hysteria, also when troubled with nightmares.

___ **Rock water**- For those who are very strict with themselves in their daily living. They are hard masters to themselves struggling toward some ideal or to set an example for others. This would include strict often rigid adherence to a living style or to religious, personal or social disciplines.

___ **Scleranthus**- For those unable to decide between two things, first one seeming right then the other. Often presenting extreme variations in energy and mood.

___ **Star of Bethlehem**- For grief, trauma, loss. For the mental and emotional effect during and after trauma.

___ **Sweet Chestnut** – For those who feel they have reached the limits of their endurance. For those moments of deep despair when anguish seems to be unbearable.

___ **Vervain**- For those who have strong opinions and who usually need to have the last word. Always teaching or philosophizing, they are easily incensed by injustice. When taken to extreme they can be extremely argumentative, overbearing and intense in their fanaticism, needing to put the world right.

___ **Vine**- For those who are strong willed leaders in their own right, who are unquestionably in charge. However, when taken to an extreme they may become dictatorial.

___ **Walnut**- Assists in stabilizing emotional upsets during transitional periods, such as puberty, adolescence and menopause. Also helps one to break past links and emotionally adjust to new beginnings such as moving, changing or taking a new job, beginning or ending a relationship.

___ **Water Violet**- For those who are gentle, independent, aloof, and self reliant, who do not interfere in the affairs of others and when ill or in trouble prefer to bear their difficulties alone.

___ **White Chestnut**- For constant and persistent unwanted thoughts such as, mental arguments, worries, or repetitious thoughts, that prevent peace of mind and disrupt concentration.

___ **Wild Oat**- For the disassociation with not having succeeded in one's career or life goal. When there is unfulfilled ambition. Career uncertainty or boredom with one's present position or station in life.

___ **Wild Rose**- For those who for no apparent reason have resigned themselves to their circumstances. Having become indifferent, little effort is made to improve things or find joy.

___ **Willow**- For those who have suffered some circumstance or misfortune which they feel was unfair or unjust. As a result they become bitter toward those who they feel were at