

Bach Flower Remedies

Self-Assessment

Identify which remedies match
your current emotional state



The Bach Flower Remedies work with our emotional states by helping to restore balance and perspective.

This checklist is designed to help you recognize which remedies best reflect how you are feeling right now.

Instructions

1. Check

- Read each group of statements and check any that feel true for you or relate to how you are feeling right now
- Go with your first response rather than overthinking

2. Select

- After completing the checklist, choose up to 7 remedies that best match your current state
- Focus on what feels most true now, rather than everything that may apply

AGRIMONY

- I hide my worries behind a cheerful face
- I try to avoid conflict or unpleasantness
- I distract myself from my feelings, often with food, TV or alcohol

ASPEN

- I feel anxious without knowing why
- I experience a vague sense of dread
- I feel uneasy for no clear reason

BEECH

- I get critical of others
- I am easily irritated by people's habits
- I notice what is annoying and wrong more than what is right

CENTAURY

- I find it hard to say no
- I put others' needs before my own
- I lose myself because I am eager to please others

CERATO

- I seek advice from others before acting
- I change my mind after hearing others' opinions
- I don't trust my own intuition

CHERRY PLUM

- I feel afraid I might lose control
- I feel intense inner pressure
- I feel like I might "snap" under stress

CHESTNUT BUD

- I wish I did not repeat the same mistakes
- I do not seem to learn from experience
- I disregard lessons life tries to teach me

CHICORY

- I like to feel needed by those close to me
- I feel hurt when loved ones don't include me
- I generally know what is best for my family and feel offended if disregarded

CLEMATIS

- I daydream a lot or feel spacey or disconnected
- I lack focus on what is happening now
- I like to sleep more than necessary

CRAB APPLE

- I tend to focus on small imperfections
- I feel the need to cleanse or correct small things about myself or my environment
- I can feel shame about who or how I am

ELM

- I feel overwhelmed by what I must do
- I feel temporarily unable to cope
- I'm usually capable but my current commitments feel like too much

GENTIAN

- I get discouraged when small things go wrong
- I lose confidence after setbacks and may give up
- I feel easily disheartened by difficulties

GORSE

- I feel there is no hope for improvement
- I have given up inside even if I act hopeful
- I believe my situation or condition will not get better

HEATHER

- I often talk about my own life and concerns
- I notice others sometimes pull away when I'm talking
- I feel uncomfortable being alone

HOLLY

- I feel jealousy or envy
- I am frequently distrustful and suspicious
- I feel anger and crave revenge

HONEYSUCKLE

- I nostalgically dwell in the past
- I often think about past regrets
- I compare the present to how things used to be

HORNBEAM

- I feel tired and unable to get started
- I put things off
- I lack energy for tasks that seem routine or uninteresting

IMPATIENS

- I feel irritated or tense when things move slowly
- I prefer to do things more quickly by myself
- I become impatient with others

LARCH

- I doubt my ability to succeed
- I often expect to fail
- I compare myself unfavorably to others

MIMULUS

- I have specific fears
- I worry about everyday situations
- I am shy or timid

MUSTARD

- I sometimes feel sudden sadness without reason
- I experience heavy, dark moods that come and go
- I cannot explain why these low moods appear

OAK

- I keep going even when exhausted
- I feel a strong sense of responsibility or obligation
- I am strong and reliable despite the cost to me

OLIVE

- I've been through a lot and feel completely exhausted
- I am too tired to spend time having fun
- I feel worn out physically and/or mentally

PINE

- I blame myself easily
- I feel guilty even when I'm not at fault
- I find myself apologizing frequently

RED CHESTNUT

- I worry about the safety of those close to me
- I'm afraid something bad may happen to loved ones
- I feel distress over other people's problems

ROCK ROSE

- I experience sudden intense fear
- I feel panic or terror
- I feel frozen or overwhelmed by fear

ROCK WATER

- I am strict with myself and deny myself pleasures
- I set high standards for myself
- I take pride in my self-discipline

SCLERANTHUS

- I go back and forth internally between choices
- My moods or energy fluctuate
- I find making decisions difficult

STAR OF BETHLEHEM

- I have not recovered from a shock or loss
- I feel emotionally numb from past trauma
- I feel lingering distress from past events

SWEET CHESTNUT

- I have tried so hard and can't take the pain
- I feel deep inner anguish
- I feel devastated and hopeless

VERVAIN

- I feel strongly about my views and try to convince others
- I feel driven or intense
- I find it hard to relax and unwind

VINE

- I like to be in control and can take charge easily
- I may appear aggressive or bossy to others
- I know my way is right and don't back down

WALNUT

- I find change and transitions difficult
- I feel affected by other people's energy
- I am ready to make a change, but feel stuck

WATER VIOLET

- I am a private person and don't share my troubles
- I keep a distance from others but sometimes feel lonely
- I can appear to be aloof or proud

WHITE CHESTNUT

- My thoughts repeat over and over
- I replay conversations and cannot switch off my mind
- I feel mentally preoccupied, even when trying to sleep

WILD OAT

- I feel uncertain about my life direction
- I want to do something meaningful but the path forward is unclear
- I feel unfulfilled and search for purpose

WILD ROSE

- I feel resigned to how things are
- I lack the motivation to change things
- I feel indifferent and disinterested

WILLOW

- I often feel life has treated me unfairly
- I blame others for my situation
- I find it hard to forgive and forget

RESCUE REMEDY

- I am going through sudden stress or shock
- I feel overwhelmed in the moment
- I need immediate calming

Final Notes

If several statements in a remedy group apply, that remedy may reflect your current emotional state. Most people experience more than one state at a time. You may choose up to 7 remedies that best match how you feel right now. Focus on what feels most true, rather than everything that applies.

Taking the Remedies

- Add 2 drops of each selected remedy to a glass of water and sip throughout the day
- Or take 2 drops directly on the tongue, 3–4 times daily
- Use consistently for several days and observe any changes

For instructions on preparing a mixing bottle, visit:

www.bachflowereducation.com/use-bach-flower-remedies.html

Next Steps

Most people find that more than one emotional pattern is active at the same time. Understanding how these patterns interact is what allows the remedies to be selected more precisely and effectively.

To go further, you can:

- Learn how to select and combine remedies more precisely through the Bach Flower Education training programs
- Explore a deeper understanding of emotional states and remedy selection
- Work directly with Nancy Buono or a practitioner in the Bach Flower Practitioner Alliance



www.bachflowereducation.com

Courses and certification in the original system of Dr Bach



www.theinnergardener.com

A framework for understanding emotional patterns and restoring balance through awareness and natural methods

The information in this guide is provided for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. The Bach Flower Remedies are a system of emotional support and are not a substitute for professional medical or psychological advice. If you have a medical or mental health condition, please consult a qualified healthcare provider. If you are in crisis, seek immediate professional assistance.

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