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Bach Flower Remedies

Agrimony

1. When worried or in pain, do you tend to hide it behind a cheerful and smiling face?
2. Do you 'give in' so as to avoid arguments and conflicts?
3. When stressed do you find yourself drinking alcohol or using stimulants or drugs to help you cope?

Aspen

1. Do you worry something bad might happen to you?
2. Do you often find yourself distressed and anxious, but without knowing why?
3. Do you wake with a sense of fear and anxiety about what the day might bring?

Beech

1. When assessing people or situations, do you look for what you can find wrong?
2. Do you prefer to work or be alone because others irritate you?
3. Are you critical and intolerant of the habits and shortcomings of others' standards or expectations?

Centaury

1. Do you find it difficult to say no to those who impose on your good nature?
2. Are you easily influenced by those with a stronger personality than yourself?
3. Do you deny your own needs, in order to please others?

Cerato

1. Do you lack confidence in your ability to judge things on your own and make decisions?
2. Do you change your mind often?
3. Do you constantly question your own judgement and decisions?

Cherry Plum

1. Do you have a tendency to act irrationally and violently. exploding into unexplained fits of rage?
2. Do you fear losing control of yourself?
3. Do you fear losing control and hurting yourself or others?

Chestnut bud

1. Do you find that you don't learn from experience?
2. Due to lack of awareness, do you find it necessary to go over things already done?
3. Is there a recurring theme, situation or condition in your life that you would like to overcome?

Chicory

1. Are you possessive of those close to you and do you feel you know what's best for them?
2. Do you need to be needed?
3. Do you feel unloved or unappreciated by people despite what you've done for them?



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Clematis

1. Are you absentminded or do you feel spaced out?
2. Do you tend to daydream, wishing you were somewhere else?
3. Do you find yourself dozing off frequently, regardless of where you are?

Crab apple

1. Do you find yourself preoccupied with small physical problems such as pimples, small blemishes or rashes while overlooking serious conditions?
2. Do you feel there is something wrong with, or something you would like to change in your physical appearance?
3. Are you obsessed with cleanliness

Elm

1. Do you feel inadequate when it comes to dealing with the tasks ahead of you?
2. Do you feel overwhelmed by your responsibilities?
3. Do you become despondent when faced with the size of your commitments?

Gentian

1. Are you easily discouraged when faced with difficult situations?
2. When setting out to accomplish a task, do you become oversensitive to small delays or hindrances which may lead to self-doubt and at times to depression?
3. Is it hard to start over again once you've encountered difficulties?

Gorse

1. Have you lost hope that you will recover from or be helped in overcoming an illness or difficulty?
2. Do you feel it is a worthless task to seek further help for your problem?
3. Do you believe nothing can be done to help relieve your situation?

Heather

1. Do you talk incessantly and take little interest in what others have to say?
2. Do you dislike being alone and seek out the company of others?
3. Are you self-absorbed, concerned only about yourself and your issues?

Holly

1. Are you suspicious and mistrusting of other people's motives and intentions?
2. Are you full of jealousy, envy or hate?
3. Do you find yourself lacking compassion or warmth towards others?

Honeysuckle

1. Do you find it difficult to change your present circumstances because you are always looking backwards and not into the future?
2. Are you dissatisfied with your accomplishments?
3. Do you find yourself reminiscing about the good old days, wishing you were able to live your life over again?



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Hornbeam

1. On rising in the morning, do you feel too tired to face the day?
2. Do you lack enthusiasm; do you tend to procrastinate?
3. Do you feel bored with your life?

Impatiens

1. Do you find yourself losing patience, becoming tense and irritable with people and things that move too slowly for you?
2. Do you do things with a sense of urgency, always rushing to get through?
3. Do you prefer to work alone?

Larch

1. Do you lack self-confidence?
2. Do you not try things for fear of failing?
3. Do you feel inferior and that others are more capable and qualified than you?

Mimulus

1. Do you have fears of known things, such as spiders or heights?
2. Are you shy, overly sensitive and often afraid?
3. When faced with situations or things that frighten you, do you become too paralysed to act?

Mustard

1. Do you ever become depressed for no obvious reason?
2. Does this depression descend and then lift quickly?
3. Do your moods swing back and forth?

Oak

1. Are you exhausted but nonetheless struggle on against all odds?
2. Can you always be depended on to complete what you set out to do, regardless of the challenge?
3. Do you tend to throw yourself into your projects, neglecting your own needs?

Olive

1. Do you feel completely physically and mentally drained?
2. Do you tire easily with no reserve energy to complete your tasks or to enjoy the day?
3. Is everything an effort?

Pine

1. Are you full of guilt and self-reproach?
2. Do you blame yourself or feel responsible for everything that goes wrong?
3. Are you hard on yourself when you fail to live up to the standards or expectations you've set for yourself?



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Red Chestnut

1. Are you excessively concerned about your friends and family?
2. Do you fear that something may happen to those close to you?
3. Are you distressed and disturbed by other people's problems?

Rock Rose

1. Do you feel terror and panic?
2. Do you tend to panic and become hysterical or freeze in the face of fear?
3. Do you suffer from nightmares?

Rock Water

1. Do you have an inflexible approach to life, always striving for perfection?
2. Do you deny yourself the simple pleasures in life?
3. Do you feel it's important to make an example of yourself by living up to your ideals, so that others may follow?

Scleranthus

1. Do you suffer from indecision, uncertainty or hesitancy?
2. Do you lack concentration; are you fidgety and anxious?
3. Do your moods change from one extreme to the other?

Star of Bethlehem

1. Have you suffered from a shock in your life such as an accident, assault or serious illness?
2. Do you feel a past surgery or accident is responsible for your present condition?
3. Have you recently or in the past, suffered a personal loss or grief which you haven't quite recovered from?

Sweet Chestnut

1. Do you feel the future holds nothing for you?
2. Do you suffer from mental anguish and deep despair?
3. Do you feel that you have reached the limits of what you can endure?

Vervain

1. Do you have strong opinions, but ones that you are convinced are the right ones?
2. Is your over-enthusiasm so strong it is almost bordering on being fanatical?
3. Are you highly strung, at times tense and over-enthusiastic, always teaching and philosophising?

Vine

1. Do you tend to take charge in circumstances and situations you're involved with?
2. Are you domineering and overbearing?
3. Do you feel the need to be always right?



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Walnut

1. Are you experiencing a major change in your life right now?
2. Are you finding it hard to let go of certain attachments?
3. Are you distracted by outside influences?

Water Violet

1. Do others find you aloof, overly proud and at times condescending?
2. Do you bear your grief and sorrow in silence?
3. Are you self-reliant; prefer spending your time alone?

White Chestnut

1. Do you find you can't sleep because your thoughts go round and round?
2. Do you find your head full of persistent, unwanted thoughts that prevent concentration?
3. Do you relive unhappy events or arguments over and over again?

Wild Oat

1. Are you displeased with your lifestyle and feel dissatisfied with your achievements?
2. Have you tried many different directions in life, but nothing seems to bring satisfaction?
3. Do you have ambition but feel life is passing you by?

Wild Rose

1. Do you find that you are indifferent and apathetic towards life?
2. Are you resigned to your current circumstances?
3. Do you lack motivation to change and improve your life?

Willow

1. Do you feel that life has been unfair or unjust to you?
2. Do you feel resentful and bitter?
3. Do you have difficulty forgiving and forgetting?

Mix 2 to 6 remedies.