

Group	Symptom	Remedy
FACE YOUR FEARS	You are shy or you feel anxious about something specific	Mimulus
	You are anxious but can't say why	Aspen
	You feel an extreme terror about something	Rock Rose
	You fear you might lose control	Cherry Plum
	You feel anxious about somebody else's safety	Red Chestnut
LIVE THE DAY	Your mind is on the past instead of the present	Honeysuckle
	You are in a dream	Clematis
	You find yourself making the same mistakes	Chestnut Bud
	Your mind is running over the same thing	White Chestnut
	You can't really be bothered	Wild Rose
	You feel down in the dumps and don't know why	Mustard
	You feel tired after making an effort	Olive
REACH OUT TO OTHERS	Your talkativeness leads to loneliness	Heather
	You feel impatient with the slow pace of people or things	Impatiens
	You like your own company but sometimes feel lonely	Water Violet
KNOW YOUR OWN MIND	You put things off, feeling tired at the thought of starting work	Hornbeam
	You feel a bit let down after a setback	Gentian
	You give up when things go wrong	Gorse
	You can't make your mind up	Scleranthus
	You want to do something worthwhile but can't find your vocation	Wild Oat
	You know what you want to do but doubt your judgement	Cerato
FIND JOY AND HOPE	You are suffering from the effects of a shock, or from grief	Star of Bethlehem
	You feel resentful and sorry for yourself	Willow
	You feel overwhelmed by your many responsibilities	Elm
	You feel guilty or blame yourself	Pine
	You feel despair when there is no hope left	Sweet Chestnut
	You expect to fail and lack confidence in your skills	Larch
	You are a strong person who struggles on past the limits of strength	Oak
	You feel unclean or dislike something about yourself	Crab Apple
LIVE AND LET LIVE	Sometimes you are a tyrant when you want to lead	Vine
	Your enthusiasm leads you to burn yourself out	Vervain
	You feel critical of or intolerant towards others	Beech
	Your love for your family makes it hard to let them go	Chicory
	You drive yourself hard trying to set an example	Rock Water
STAND YOUR GROUND	You can't easily say 'no' to other people	Centaury
	Other people's ideas knock you off course; you are unsettled at times of change	Walnut
	You feel wounded, jealous, spiteful, or want revenge	Holly
	You hide your troubles behind a smile	Agrimony

These brief indications give an idea of what each remedy is for. For more information and advice see "Getting Help".