



3.4 Remedies for Fear Worksheet

1. Take some time by yourself and with a trusted person (family, friend, therapist...) to dissect each flower remedy related to fear to see if it relates to you. Make a list below of the fear flower remedies and related empowering affirmations that you relate to.

(Aspen, Mimulus, Cherry Plum, Red Chestnut, Rock Rose)

Flower remedy

Empowering Affirmation

2. Journal about each of these negative flower remedy states. How does it make you feel in each one? How does it make you feel to be in the positive state of each one?

3. Cross out (or **BLACK OUT**) the negative feelings in the previous question and re-read the positive feelings and empowering affirmations (to yourself, as a group, to your success team...) daily until it becomes your new normal.

4. Make sure to put 4 drops of each flower remedy in a flower remedy tincture. Take this daily at least 4 drops 4x/day or more as needed those negative states.