1 - WHAT I FEAR

[1] I’m scared of what a dentist will say about my teeth and my oral hygiene, and the humiliation I will feel.


[3] I’m scared that treatment will be painful.

[4] I have a phobia of dental injections and/or needles more generally.


[7] I gag easily. I’m scared of embarrassing myself and/or throwing up.


[12] I fear the dentist’s behaviour more than dental procedures as such.

[13] I fear dental procedures rather than the dentist.

[14] I’m scared of the dentist telling me what s/he is doing.


[16] I’m scared of the dentist not stopping when I’m distressed or in pain.

[17] Being aware of what’s going on and being able to remember it afterwards.

[18] Dentists have had trouble getting numb in the past and I’m worried it will happen again.

[19] I wasn’t given anesthetic for a painful dental procedure in the past and I’m worried it will happen again.

[20] I’m worried that the dentist will carry out unnecessary treatment.

[21] I’ve got a problem with or fear of a particular treatment or treatments:

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[22] I’m scared that the dentist will treat me as a set of teeth, not as a person, and will be cold and uncaring.
[23] I’m scared that the dentist will not be gentle with me.

[24] I’m worried that I will panic so much that I have a heart attack.

[25] I’m worried that I will have a panic attack and what the dentist or other people will think about me then.

[26] I’m worried that I will start crying or shaking uncontrollably and what the dentist will think of me then.

[27] I’m scared that dental instruments will be laid out in plain sight.

[28] I’m scared of the pokey thing they use to check teeth.

[29] I’m scared that the dentist will be shocked and disgusted at the sight of my teeth, and how embarrassed I will feel then.

[30] I’m very worried about getting infections from dental instruments.

[31] I’m scared that the dentist will inflict pain on purpose.

[32] I’m scared that the dentist will inflict pain by accident.

[33] I fear the “drill”, especially the sound / especially pain.


[36] I’m worried that I’ll have a bad reaction to the local anaesthetic:

[37] I’m scared that I’ll be unable to breathe.

[38] I’m scared of having instruments in my mouth.

[39] I’m scared of seeing instruments near my mouth.

[40] Being told I’ve left it too late.

[41] The dentist calling out numbers while looking at my teeth (dental charting).

[42] Looking at my own teeth.

[43] Letting someone else look at my teeth.

[44] Letting a dentist look at my teeth.

[45] Dental assistant thinking I’m disgusting for having my teeth get into such a state.

[46] Not being able to afford extensive treatment.
[47] Being lectured or scolded for not having looked after my teeth properly.

[48] Being lectured or scolded for not having visited a dentist earlier.


[50] Being told what’s going on during treatment – I’d rather not know!

[51] Not being treated warmly and compassionately.

[52] I have other health problems which make it difficult for me to seek help for my dental problems:

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[53] Being left in the waiting room for a long time.

[53] Being frozen with fear and unable to communicate my concerns to a dentist.

[54] Not being able to cope with the “bad news”.

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Disclaimer: By using these sheets, you understand that they are for entertainment purposes only and are not intended to replace the advice of a qualified health professional. They may not address your particular circumstances. They were not written, nor have they been validated, by a health professional.