

MY FEARS

This is a list of common dental fears. It can help you figure out what prevents you from seeing a dentist, or what makes dental visits difficult for you. Tick the fears that are relevant to you.

- I'm scared of what a dentist will say about my teeth and my oral hygiene
- "The chair" terrifies me
- I'm scared that treatment will be painful
- I'm scared that injections will be painful
- I have a phobia of dental injections
- I have a phobia of needles more generally
- Feeling out of control and not being in charge of what is happening
- Having little or no say in what is being done to me
- Lying down rather than sitting up in the dental chair
- I gag easily - I'm scared of embarrassing myself, throwing up, or _____
- The noise of dental instruments
- Choking, suffocating or not being able to swallow - more details _____
- The noise of the drill
- The smell - more details: _____
- Fainting at the sight or thought of an injection
- I fear the dentist's behaviour more than dental procedures as such
- I fear dental procedures rather than the dentist
- I'm scared of being told what's going on during treatment – I'd rather not know!
- I'm scared of not being told what's going on - I'd rather know!
- I'm scared of the dentist not stopping when I'm distressed or in pain.
- I'm scared of being in a lot of pain afterwards
- Dentists have had trouble getting me numb in the past and I'm worried it will happen again
- I wasn't given anaesthetic for a painful dental procedure in the past and I'm worried it will happen again
- I'm worried that the dentist will carry out unnecessary treatment
- I've got a problem with or fear of a particular treatment or treatments (for example, cleanings, having a filling, or having a tooth removed):

- I'm scared that the dentist will treat me as a set of teeth, not as a person, and will be cold and uncaring
- I'm scared that the dentist will not be gentle with me

- I'm worried that I will panic so much that I have a heart attack
- I'm worried that I will have a panic attack and lose my mind
- I'm worried that I will have a panic attack and what the dentist or other people will think about me then
- I'm worried that I will start crying or shaking uncontrollably and what the dentist will think of me then
- I'm worried that the local anaesthetic (numbing injection) will cause an allergic reaction.
- I've had a bad reaction to a local anaesthetic injection in the past and I'm worried it will happen again - more details: _____
- I'm scared that dental instruments will be laid out in plain sight
- I'm scared of the pokey thing they use to check teeth
- I'm scared that the dentist will be shocked and disgusted at the sight of my teeth, and how embarrassed and humiliated I will feel then
- I'm very worried about getting infections from dental instruments
- I'm scared that the dentist will inflict pain on purpose
- I'm scared that the dentist will inflict pain by accident
- I fear the drill, especially the sound / especially pain
- I fear seeing what the dentist does during treatment
- I'm worried that I'll have a bad reaction to the local anaesthetic - more details:

- I'm scared that I'll be unable to breathe or that I will suffocate - more details:

- I'm scared of having items or hands in my mouth
- I'm scared of seeing instruments near my mouth
- Being told I've left it too late
- The dentist calling out numbers while looking at my teeth (dental charting)
- Looking at my own teeth
- Letting someone else look at my teeth
- Letting a dentist look at my teeth
- The dental assistant thinking I'm disgusting for having my teeth get into such a state
- Not being able to afford the suggested treatment
- Being lectured or told off for not having looked after my teeth properly
- Being lectured or told off for not having visited a dentist earlier
- X-ray radiation
- Not being treated warmly and compassionately
- Cotton wool rolls

- I have other health problems which make it difficult for me to seek help for my dental problems - more details: _____
- Being left in the waiting room for a long time
- Being frozen with fear and unable to communicate my concerns to a dentist
- Being frozen with fear and unable to give a stop signal
- Not being able to cope with the "bad news"
- I'm scared of medical settings generally
- People touching me without my consent
- Trusting someone with my body
- I have a fear of throwing up (emetophobia) and I'm worried that medications or gagging may cause vomiting
- I'm scared of the numb feeling because it makes me feel...
- not in control of my body
- as if I might suffocate
- other: _____

Other fears I have:

You can find more information about these fears, and get tips for dealing with them, at www.dentalfearcentral.org/fears/ or ask on our forum at www.dentalfearcentral.org/forum/ for ideas.

